



Boys' Hockey 2021-2022

Player & Parent Handbook

Welcome to the Hockey Season!

We're thankful for the opportunity to play and represent our community. This is my 23rd year of teaching and coaching at South St. Paul High School.

My purpose as an educator: To help kids learn to interact in a positive way, be accountable, and develop a work ethic in order for them become honest men of integrity.

Our Coaching Staff

Varsity Head Coach - Pete Schultz '94

651-206-1241 pschultz@sspps.org

Director of Hockey Operations – Paul Moen '60

651-246-3514 pmoen@sspps.org

Assistant Coach – Jeff Lagoo '88

jlagoo@sspps.org

Assistant Coach – Elliott Vesper '93

651-491-1859 Coachvesper@msn.com

Head JV Coach – David Simons '97

651-248-4153 sspyha.president@gmail.com

Assistant Coach – Mike Simons '96

612-801-8130 Mike16simons@yahoo.com

Goalie Coach – Brent Buhl

651-968-6055 brent.buhl@outlook.com

This coaching staff will continue to be one of the most dedicated, enthusiastic, and competent in the state. We each bring something unique to the program and are collectively ready to share our love of the sport and our community.

Please be sure to check out www.packerhockey.com. You can find practice and game schedules, coach's information, history, and other important material regarding our program.

GO PACK!

Sincerely,

~ Pete

PLAYER EXPECTATIONS

PRACTICE GUIDELINES

1. Be on Time!

- Be dressed and ready at the given time. Each player should be working on individual skills at the start of each practice. Coach Vesper and Coach Lagoo will have a few individual drills designed for a particular skill. We want our kids to use this time to their advantage.
- Communicate with your coach if you are going to be late or gone. When you are, it affects our practice plan so the earlier we know the better. **DO NOT have someone else communicate for you.** Be responsible and contact your coach on your own.
- Information on Tardies and Absences are found below.

2. Wear Practice Gear

- Forward lines will be in different colors and defenseman will be in another color. Wear what you've been assigned with the understanding that there will be movement between positions and lines. Always wear socks that match!!

3. How to Handle Injuries

- Any player who misses any practice time because of an injury will be required to see **our trainer, Lea Aaberg**, who works with all sports and can be found at the rink or at school. **Her number is: 701-510-0378.** Self-diagnosis is not how it works. We want our kids to be safe but also get on a proper treatment plan to get them back on the ice as quickly and safely as possible. Depending on the severity of the injury, she may also recommend seeing a doctor. If that's the case, **WE NEED A DOCTORS NOTE IF A PLAYER IS SITTING OUT WITH EXACT SPECIFICATIONS SO WE KNOW WHAT THE SITUATION IS, AND THEN WE NEED A DOCTORS NOTE FOR THE PLAYER TO BE CLEARED TO RETURN TO THE ICE.** Players who are able should dress and take part in whatever sort of physical activity they can or rehab while we are practicing. Again, our focus is safety first and then getting the player back on the ice as quickly as possible.

ABSENCES

Excused Absences- An excused absence or tardy is one where the coach is aware of the absence or tardy before a game or practice. An excused absence can come in the form of a family emergency or illness, or possibly something school related. **With regards to school, all missed tests or study help should be taken care of before the school day.** An excused absence related to school would be something like a class field trip gone long.

Unexcused Absences- An unexcused absence is an absence or tardy that is not approved by the coach or that does not result from an illness, emergency, or possibly school related event. Being assigned detention by a teacher is obviously not an excused absence.

GAME DAYS

Pre-Game Routines

- Home Games: Varsity players will need to be at the rink 100 minutes prior to game time (5:20 for a 7 PM game). We want you to support the JV first and then have tennis shoes and wear whatever it is the captains establish as acceptable for off-ice warmup. **Know the Schedule!**
 - ❖ JV players need to be dressed and ready at the time Coach Simons establishes.
- Away Games: Players must be at the rink at least 15 minutes prior to bus departure.
- Dress the way the captains plan for at school. Be a team and look like a team on game day.
- Away Games: Along with game equipment and uniform, players will need tennis shoes and proper attire for off-ice warmups.
- **No cell phones once game time prep begins.** They have been a distraction in the past and cause way too much drama.
- JV players will sit together during Varsity games. It is understood that school comes first and a player may have some work to do but it must be communicated to a coach if a JV player leaves before the end of a home game.
- Away Games: All players will ride the bus back to school, no exceptions. All players are expected to ride the team bus to and from all away games and scrimmages. If a circumstance arises and you must ride home with your parents, you must have a note from your parent in the activities office prior to leaving for the game.

UNIFORMS

1. Uniforms are to be worn for games only.

2. Uniforms and some equipment are school property. They will be issued, inventoried, and must be returned at the end of the season. They should not be worn at any point other than in the game setting.

PLAYING TIME

JV: The team will focus on improving skills and their understanding of the game. Opportunities will be provided for players to have more playing time than they would get at the varsity level alone. Playing time may not be equal.

Varsity: Playing time is based on ability, effort and attitude and is at the coach's discretion. We are trying to give our program the best opportunity at winning a section championship. While game time over the course of a season should be desired by all players, a specified amount of playing time at the varsity level is not guaranteed and showing up does not guarantee playing time.

- The players that give us the best chance to be successful will play.
- All players will be assessed during a try out period and constantly throughout the season. The players will be assessed on their ability and skill levels, their desire to follow instructions, their receptiveness to be coached, their attitude toward their teammates and coaching staff, and effort. We want well-rounded student-athletes in our program. Skill will be judged first, then will come the other areas listed above.

LETTERING POLICY

Lettering in Boys' Hockey is an honor and should be treated as such. We, as coaches, take great pride in who letters in our program. It is an honor that must be earned by meeting standards established below:

- a. Athlete must compete in or make an appearance in $\frac{1}{4}$ games during the regular season.
- b. Athlete successfully completes the season. Managers must also complete entire season. This is required.
- c. All seniors who have played a minimum of two years regardless of playing time are eligible for a letter. This includes having good attendance, good behavior, and have contributed positively to the culture of our program.
- d. Varsity and JV members must attend a minimum of 12 SSPYHA events/practices throughout the season. At least 1 must be a Mite level practice. This is required.

**The coaching staff reserves the right to make the final decision on lettering.

POSTSEASON AWARDS

- Team Captains will be voted on by returning players, but selection will be at the discretion of the coaching staff.
- All other awards (MVP, Most Improved, and Rookie of the Year) will be voted on by the players.
- The coaches will select the Hobey Baker/Character Award.
- All players are eligible to receive the Scholar Award which goes to players who achieved a 3.5 GPA or higher.
- All-Conference players are chosen by the coaches in the conference.
- All-State players are chosen by a committee of coaches from around the state.
- Great 8 Participants are selected by coaches in the section.
- Players are not nominated for the HP Programs. Anyone can try out and all are encouraged to do so. We have staff members highly knowledgeable about this process.

ACADEMICS

One of the student-athletes greatest achievements is to receive their diploma and be college or career ready. Our program will provide the support needed to make this possible. Two things will be important to keep in mind.

1. Classroom Attendance-

- Players must be in school by 9:57 (the start of 3rd period) to be eligible to participate in practice or games. Exceptions are pre-excused absences like a funeral or doctor's appointment.

2. Grades-

- Students need to have a cumulative GPA of 1.7 to be eligible to participate.

3. Study Halls/Grade Checks

- Once every two weeks, we'll be hosting a Grade Check/Study Hall. Coaches will be assigned players to look over and discuss grades with and players will get a chance to work on schoolwork with the help of coaches. We will be communicating with teachers if necessary.

COMMUNICATION

The chain of command to follow when addressing concerns is as follows:

- Player must discuss issue with the coach before contact is made by a parent or guardian

- If that meeting doesn't achieve an agreed upon result, then a meeting between coach and parent (athlete present) will be made
 - 24 Hour advance notice on all meetings must be established
 - 24 Hours must pass after a game before contact with the coach
- If the issue isn't resolved after that step, then a meeting between coaches, athlete, parents and Activities Director will be made
- All issues and concerns will be dealt with in confidence

*My door is always open. Follow the proper protocol if you feel it necessary to meet. The health, both mentally and physically, of your son is important to us.

South St. Paul Boys' Hockey Expectations & Good Sport Code of Conduct

As members of this program we will work together to be good sports. We believe that sportsmanship is a top priority for all involved in our program. We recognize that good sportsmanship includes respect, courtesy, humility, pride, fairness, and treating teammates and opponents with respect. We will work together to promote good sportsmanship during each and every game, practice, and team outing.

Student Athletes: We will

- Exhibit good sportsmanship at all times and show respect for our opponents.
- Accept the decisions of the coaches and officials even if we don't agree.
- Be respectful of your teammates, coaches, administrators, and parents of both teams.
- Communicate with our coaches in advance about issues that come up or frustrations we have.
- Never bully anyone, particularly a teammate.
- Avoid negative gestures and language.
- Display humility in victory and graciousness in defeat.
- Acknowledge and applaud good plays.
- Keep our academics in good standing so eligibility is maintained.
- Stay chemically free throughout the year.
- Consistently put forth your best effort in practices and games.
- Be fully responsible for your own actions.
- Obey all the rules of our school and the laws of my community, state, and country.

Coaches: We Will

- Exhibit good sportsmanship and show respect for our opponents.
- Accept the decisions of the officials even if we don't agree.
- Display humility in victory and graciousness in defeat.
- Work to build positive relationships with players.
- Never bully a kid or allow other players to bully kids.
- Avoid making off-color jokes about gender, race, religion, sexual orientation, or disabilities, and will correct kids when they do.
- Treat all kids with respect.
- Be prepared.
- Always be honest and always try to be positive. In the short term, we want to win, no question. In the long term, we want these kids to be positive members of their communities – as co-workers, neighbors, husbands, fathers, etc.

Parents: We Will

- Exhibit good sportsmanship at all times and show respect for our opponents.
- Refrain from booing or making negative comments about the officials, coaches or other players.
- Show respect and represent our community with class.
- Communicate concerns with coaches first, after your son has met with the coach. The time to approach a coach will also be in an appropriate time and place.
- Support the coaches attempt to get the best out of the players.