

# **SAHS Boys Hockey**

## **“Trust the Process”**

### **Coaches Statement**

*“ I coach to teach young athletes the work ethic and commitment it takes to become a great teammate, and the accountability and responsibility needed to reach the goals we have set as individuals and as a team.”*

### **Player Commitment**

It is a privilege to be a part of this team and this program. We expect that all players act in a manner that represents this program in a positive light. Being a Pony Hockey player means being a role model in the community. How you behave at school, at the rink and out in the community is heavily scrutinized. Your actions and words not only affect you but they affect your family, teammates and coaches. Always show respect to your parents, teachers and coaches.

As players, you will be held accountable for your actions on and off the ice. Accountability is the cornerstone of being a good teammate. We are all held accountable to ourselves and each other everyday. Accountability starts in the classroom and continues at the rink and at home. All players have the responsibility to be the best STUDENT athlete that they can be. Without success in the classroom, there can be no success on the ice. As players, you need to be accountable for your attitude at school, at home and at the rink.

A strong work ethic is the foundation for a successful life. Working every day to improve ourselves at home, at school and at the rink is how we will become better individuals and a better team. We WILL outwork every team that we play in all areas of the game.

As players, we need the determination to be our very best and battle through adversity. The ability to overcome obstacles is a characteristic of a true champion. Winning is not easy. Having the determination to work your hardest in practice and games, and the willingness to sacrifice for the team, is the champion mindset that we will need to accomplish our goals.

## **Coaches Commitment**

We, as coaches, are committed to teaching players what it takes to become better students, players and people. As individuals and as a team, we will experience peaks and valleys throughout the season. We will do our very best to always communicate our thoughts, whether encouraging or constructively critical, to help us achieve our goals. Always feel that you can talk with us if there is something on your mind. Coaches will determine playing time and line ups based on the work put in by the individual. WE WILL NOT BE OUT WORKED.

## **Team Rules**

### **Academics**

We expect that all players give their best effort at school every day. Players will be held accountable for their actions and work at school. Every player will be expected to submit a their grades prior to practicing the first Monday of every month (throughout the hockey season). Grades can be found on the schoology website they need to be printed off along with their attendance sheet. No grades, no practice. Players must maintain the correct amount of core credits to continue to be eligible to play hockey. If grades are becoming an issue, coaches will initiate a meeting with the player and/or his parent(s) to assess the situation and to formulate a plan to get the player any academic assistance he may need.

### **Dress code**

Players will wear dress pants/slacks, dress shirt, dress shoes and team jacket/dress jacket to all home games. Players will wear team issued pants and jackets to all away games. Any deviation from this will result in a meeting with coaches and possible disciplinary actions.

### **Game day**

JV players will arrive in the dressing room 1 hour and 15 minutes prior to the start of home games and 30 minutes prior to bus departure for away games. Varsity players will arrive at the rink for home games before the start of the JV game and 30 minutes prior to bus departures for away games.

### **Violations**

All players are expected to follow the rules set forth by the Minnesota State High School league regarding the use of ALCOHOL, TOBACCO and DRUGS. The use of energy drinks is a violation and is forbidden at all times. Any violation of MSHSL rules and/or codes of conduct will result in a meeting with coaches and possible disciplinary actions.

### **Social Media**

Please think before you type/post anything on any Social Media. Once something has been shared, there is no taking it back - one comment that crosses the line or inappropriate post, and everything you have worked for could be destroyed.

### **Attendance**

Players must call/text Coach Zanon (414.305.9017) by 11:00am if they are not able to attend school on any given day. If a player does not go to school, he is not allowed to attend practice or the game that day either. Attendance is mandatory at all team functions. If, for any reason, a player cannot make a team function he must call Coach Zanon 24 hours prior to the team event.

### **Parents**

We are asking that you support ALL team members and the program in a positive fashion. Coaches WILL NOT have meetings with parents about playing time, coaching decisions or any other team oriented issues. Should a player OR parent have any hockey related concerns, we ask that the PLAYER discuss the concern(s) with the coaching staff. We do encourage both parents and players to maintain an open line of communication directly with the coaching staff regarding anything and everything that may be taking place *away from the rink* that might have an affect on the players ability to perform on the ice, in the classroom, or maintain a healthy state of mind.

### **Community service**

We, as a team, will perform community service throughout the year. Most of this will be done through coaching opportunities with our youth programs at SAHA. When on the ice with SAHA youth teams, High School players will need gloves, stick, skates, helmets and team jersey. High School players are expected to be actively engaging with youth players and coaches as well as assisting coaches as needed. High School players are there to help, encourage and have fun - NOT to distract! We will have sign up sheets for practices that we have been asked to attend.

### **Letter requirements**

Earning your varsity letter is a privilege. You must attend all team functions, representing your family, team and yourself in a positive manner. You must perform the community service that is asked of you. You must be on the Varsity roster for 13 games and be included on the section roster . Coaches will have the final decision on issuing letters.

## Team Information

Website: [ponyhockey.com](http://ponyhockey.com), Instagram: sahsboysshockey,  
Twitter: @ponyhockey, Facebook: Stillwater Boys High School Hockey  
Greg Zanon: 414-305-9017  
Thomas Vanek: 612-964-2059  
Cale Arhart: 651-208-4252  
Jon Peterson: 651-472-4692  
Chad Smith: 651-324-4419

I have read through the information, reviewed it with my parents and agree to follow the guidelines set forth.

Player Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_