
SUN PRAIRIE EAST & SUN PRAIRIE WEST HIGH SCHOOLS



HOCKEY TEAM RULES & EXPECTATIONS HANDBOOK 2023-2024

PHILOSOPHY

The Sun Prairie High School Hockey Team has a tradition of success which is based on the simple philosophy of hard work, continuous teaching and a respect for the sport. This approach has resulted in a WIAA State Championship, six appearances in the WIAA State Hockey Tournament and six Big 8 Conference Championships.

The coaching staff promises to work hard with each athlete so they will understand the importance of self sacrifice and help them reap the benefits of their efforts and dedication. Our intention is to create an environment that will provide each athlete the opportunity to grow both individually and as a part of the team. The coaching staff will encourage each athlete to work as hard as possible to help the team reach common goals.

Teaching is the backbone of high school athletics. Our athletes will be exposed to a number of systems and will be responsible for learning and executing them to the best of their ability. In addition to hockey, each athlete will also learn about team work, accountability, support and other characteristics that will help them later on in life.

The game of hockey has been around for a long time. It is our intention to help our athletes develop a respect for the game that will last for a lifetime. We are privileged to play such a great game and we will constantly remind our players that the game is much more important than anything we may accomplish in the short term. We have all taken from the sport. We hope that learning to respect the game will remind our athletes to give something back someday.

Finally, we plan to provide a lot of enjoyment for the players during the season. While working hard will be demanded, we want each player to know that having fun is also part of the equation for success.

Hockey is fun; we don't plan to change that.

3 PILLARS OF SUN PRAIRIE VARSITY HOCKEY PREPARE—COMPETE—CONTRIBUTE

MISSION STATEMENT

The Sun Prairie High School Hockey Program strives to create a culture of family that builds from the bottom up as demonstrated through open communication, selflessness, hard work, passion and a “green light” mentality. Our team will embody these core values and the culture we create on the ice, in the locker room, in our classrooms and throughout our community.



EXPECTATIONS OF COACHES

- Knowledgeable, well prepared and dedicated.
- Well thought out season and practice plans.
- Demonstrate good sportsmanship and model desired behaviors.
- Development of players individually and as a part of the team by providing constructive feedback.
- Develop basic hockey skills, concepts and knowledge while challenging players with advanced skills and tactics.
- Assist players in achieving their academic, personal and hockey related goals.
- Develop a cohesive team by determining player roles and responsibilities.
- Provide a positive environment and create passion for the game of hockey.
- Create an atmosphere of FUN!

EXPECTATIONS OF CAREGIVERS

- Have a positive attitude toward all coaches, players, fans, school personnel, and officials.
- Teach personal responsibility to your player by encouraging them to communicate with coaches when they will miss a team practice, game or function.
- Support coaching decisions by teaching your player to seek out information, ask questions and resolve conflicts appropriately.
- Support your player(s) by remaining positive and encouraging.
Win or lose, let them know you appreciate their efforts.
- Please honor a 24 hour grace period prior to making contact with the coaching staff regarding player issues.
All concerns should be brought to the attention of the head coach. Any meeting including a parent will also include the player(s) involved.



EXPECTATIONS OF PLAYERS

The coaching staff expects each player to work as hard as possible both on and off the ice. Academic performance, attendance, and respect for teammates, teachers, parents and coaches are all important elements to being a member of the Sun Prairie High School Hockey Team.

1. DO WHAT IS RIGHT.

- Abide by the SPHS code of conduct year round
- Put school first, athletics second
 - Attend all classes everyday & be productive academically
- Be on time and attend all practices and team functions
 - ***ALWAYS*** ***notify the HEAD COACH*** when unable to attend a team practice or function in a timely manner
- Follow all team rules regarding the locker room, travel, dress code and behavior
- Represent Sun Prairie United Hockey by acting with class at all times
 - No Foul Language
 - No Inappropriate Clothing/Music
 - No Illegal Activities

2. BE YOUR BEST.

- Prepare yourself physically & mentally for all team practices, games & functions
 - Get appropriate amount of sleep
 - Prepare nutritionally
 - Execute team systems to the best of your ability
 - Demonstrate focus during practices and games
 - Give maximum effort during all practices and games

3. DEMONSTRATE ACCEPTANCE & RESPECT.

- As teammates, you are responsible for each other. Your attitude directly affects your teammates, so it is expected that you will treat each other with respect and offer positive encouragement. Negative comments regarding a teammate's performance or their personal life will not be tolerated by the coaching staff.
- Demonstrating sportsmanship is a priority.
- Locker rooms are to be treated with respect by maintaining cleanliness and refraining from any behavior that is considered destructive to the property.
- Demonstrate respect for opponents, referees, facilities, buses and bus drivers at all times by using appropriate language, etiquette and cleanliness.

Athletes who are unable to meet these expectations will face one of the following consequences based on the severity of the incident.

- Meeting with the coaching staff and/or parents
- Dismissal from practice
- Loss of playing time
- Dismissal from the team



TRYOUTS / SEASON

All players planning to participate in the 2023-2024 must:

- Have a current physical examination form on file in the Athletic Office
- Complete the athletic registration through Infinite Campus opens October 1:
<https://www.sunprairieschools.org/east-high/athletics/forms>
<https://www.sunprairieschools.org/west-high/athletics/forms>

Further information on Registration:

<https://resources.finalsite.net/images/v1655840752/sunprairiek12wius/frci1j4kul25ofokrza6/ParticipationAgreement.pdf>

- * **Note there will be an \$95 athletic fee that will be paid at the time of online registration.**
<https://resources.finalsite.net/images/v1663965248/sunprairiek12wius/wbim3vrpgihscs77efh/FeelInfoSheet.pdf>

THE 2023-24 SEASON WILL BEGIN ON MONDAY, NOVEMBER 6, 2023.

Tryouts will be held November 6-10. All players who tryout will be selected for either the JV or Varsity team. Final selections will be announced on Friday, November 10, 2023. Following Friday's practice, each player will meet with the coaching staff to discuss their individual team placement.

At this time, we anticipate the Varsity roster will hold roughly 15 skaters and 2 goalies while remaining players will be assigned to the JV roster. Opportunities for JV players to participate in Varsity practices/games will be available and players will be notified in a timely manner.

Friday, November 10, 2023, ALL JV and Varsity players will be required to attend Equipment Handout and Locker Selection. ALL Parents will be required to attend an informational Booster Club Meeting beginning around 7:30 pm in the Sun Prairie East Commons. Players & Coaches will arrive around 8:30 pm.

DO NOT MAKE ANY PLANS FOR FRIDAY NIGHT or SATURDAY IF YOU PLAN TO PLAY SUN PRAIRIE HIGH SCHOOL HOCKEY.

Saturday, November 11, 2023, ALL JV and Varsity players will be required to attend Pictures at 6:30-8:00 am.



During tryouts, players will be evaluated based on fundamental hockey skills, game knowledge and performance, attitude, work ethic, dedication and respect for the game. Attendance, grades, behavior and code violations will also be included as part of a player's evaluation.

The following criteria will be used to evaluate players during the tryout period:

Skating: The players' technique, speed, balance, agility, and power.

Puckhandling: The players' ability to control the puck while skating in a straight line, turning, stopping and starting. Puck protection and control in tight areas is also considered.

Passing: The players' ability to accurately pass to a target while moving, as well as, the ability to receive a pass.

Shooting: The players' ability to accurately shoot a puck in a variety of situations. Scoring ability is also considered.

Body Contact: The players' ability to handle physical play and body checks, as well as, their ability to gain puck possession through the use of appropriate body contact techniques.

Knowledge: The players understanding of game rules, procedures, and positioning.

Hockey Sense: The players' ability to read and react to the play appropriately.

Attitude: The players' ability to handle success and failure, as well as, coaches instruction.

Intensity: A measure of the players' work ethic and effort.

INJURIES

All players are required to provide and wear protective equipment during the tryouts, including mouthguards. Team equipment will not be distributed until after the team is selected.

If an injury occurs during practice, the coaching staff will determine the action required based on the severity of the injury. The Athletic Trainer will be notified immediately and, if emergency personnel are required, the coaching staff will initiate the 911 call.

In all emergency situations, the parents will be contacted by the coaches. For minor injuries, the coaches and/or athletic trainer may rely on the player to communicate the extent and follow-up requirements to the parents.

Anytime the Athletic Trainer determines that an athlete needs a follow-up from an injury it will take place in either the training room at Sun Prairie East or Sun Prairie West High School immediately following class the next day. The athlete will be excused from the first part, or all of practice when visiting the athletic trainer.



PRACTICE & TEAM FUNCTIONS

All on-ice practices are at the Sun Prairie Ice Arena.

JV PRACTICES:

Mondays :: 6:30-7:30 a.m.

Tuesdays-Fridays :: Mostly 4:30-5:30 p.m. | May vary based on Away schedule night before

Workouts at Sun Prairie East High School :: Wednesdays 6:00-7:00 pm | Fridays 6:00-8:00 pm

VARSITY PRACTICES:

Mondays -Fridays :: 4:30-5:45 p.m. | Couple Morning Practices

Workouts at Sun Prairie East High School :: Wednesdays 6:00-7:00 pm | Fridays 6:00-8:00 pm

Varsity players are expected to be available until 7:00 p.m. for workouts and meetings.

We will be providing a calendar that everyone will have access to review and double check times, as there are certain dates and times that vary.

From time to time, the players will also be expected to attend team functions. The players will receive advance notice when the functions are not during the normal practice/meeting time periods.

The school district has an emergency school closing policy. In the event of a cancellation, the team will be notified by the coaches and/or the school regarding the impact on practices and/or games. *Please note that if school is cancelled, the premise is that all events will be cancelled for that day including practices and games.*

VOLUNTARY PRACTICES ARE NOT ALLOWED.

As a member of the Sun Prairie High School Hockey Team, players will be expected to participate in community service events. Throughout the season, there will be opportunities for players to work with children within the Sun Prairie Youth Hockey Association by working with specific teams and running skill sessions. This is a part of our team mission to support our community and give back to a game we have all benefited from.



PRACTICE EXPECTATIONS

GENERAL CONDUCT

- No use of foul language.
- Locker rooms are to be kept clean by all members of the team.
- Respect others and their belongings.
- Cell phones must be turned off when in the locker room.

PUNCTUALITY AND PREPAREDNESS

- Players are expected to arrive at the ice arena 30 minutes prior to the start time and need to be dressed in full gear 5 minutes prior to practice.
- Players are responsible for having all of their equipment. Equipment is to be in good and acceptable condition as prescribed in the rules of the game and worn as designed by the manufacturer. Protective equipment includes mouth-guards, which are to be worn at all times.

GAME EXPECTATIONS

DRESS CODE

- When arriving to games, players are required to be dressed in a similar manner in order to distinguish our team. The coaching staff and team captains will determine the appropriate dress code for home and away games. Hats are not allowed when entering and leaving the ice arena.

PUNCTUALITY AND PREPAREDNESS

• HOME GAMES

Players are expected to be at the rink 1 hour prior to on ice warm-ups. An off-ice warm-up will begin 45 minutes prior to getting on the ice. Players are expected to be prepared with athletic clothing and footwear.

• AWAY GAMES

Players are expected to be at the rink 15 minutes prior to bus departure. Players will be responsible for packing and loading all of their equipment. An off-ice warm-up will begin 45 minutes prior to getting on the ice. Players are expected to be prepared with athletic clothing and footwear.

ATTENDANCE

- Practices, games, and team meetings are a required part of playing hockey. If a player cannot make a scheduled event because of a prior engagement, illness or emergency, it is the PLAYER'S responsibility to communicate directly to the team's head coach.
- Unexcused or unreasonable absences may result in a loss of ice time. For example, an unexcused absence for a game will also result in missing the following game.

Arriving on time, or early, is a simple and silent way of showing your respect and demonstrates your commitment to your teammates and coaches.



SUN PRAIRIE UNITED HIGH SCHOOL HOCKEY SCHEDULE 2023-2024

THU	Nov 16	7:00 PM	OREGON (SCRIMMAGE)	HOME
Tue	Nov 21	7:30 PM 5:30 PM	Beloit Memorial JV @ Beloit Memorial	Away Away
Tue	Nov 28	7:30 PM 5:30 PM	Muskego Ice Force (Wilson Park) JV @ Muskego Ice Force (Wilson Park)	Away Away
Sat	Dec 2	7:00 PM 5:00 PM	Oregon JV @ Oregon	Away Away
TUE	DEC 5	7:30 PM 5:30 PM	MIDDLETON (Staff Appreciation) JV VS MIDDLETON	HOME HOME
Thu	Dec 7	5:30 PM	JV @ Monona Grove – Hartmeyer Arena	Away
TUE	DEC 12	7:30 PM 5:00 PM	MADISON WEST (Hockey Fights Cander) JV VS MADISON MEMORIAL/WEST CO-OP	HOME HOME
Thu	Dec 14	7:00 PM 5:00 PM	Janesville JV @ Janesville	Away Away
Sat	Dec 16	7:30 PM 5:30 PM	Madison Memorial JV @ Madison Memorial/West Co-Op	Away Away
TUE	DEC 19	7:30 PM 5:30 PM	VERONA JV VS VERONA	HOME HOME
TUE	DEC 21	7:30 PM 5:30 PM	ARROWHEAD JV VS ARROWHEAD	HOME HOME
Tue	Dec 26	T.B.D.	Joe Raymond Tourny @ Naga-Waukeee	Away
Wed	Dec 27	T.B.D.	Joe Raymond Tourny @ Naga-Waukeee	Away
Wed	Dec 27	T.B.D.	JV @ Culver's Cup Tournament	Away
Thu	Dec 28	T.B.D.	Joe Raymond Tourny @ Naga-Waukeee	Away
Thu	Dec 28	T.B.D.	JV @ Culver's Cup Tournament	Away
Thu	Dec 29	T.B.D.	JV @ Culver's Cup Tournament	Away
THU	JAN 4	7:30 PM 5:30 PM	BELOIT MEMORIAL JV VS BELOIT MEMORIAL	HOME HOME
Sat	Jan 6	TBD 5:00 PM	Madison West JV @ Sauk Prairie	Away Away
THU	JAN 11	7:30 PM 5:30 PM	WAUNAKEE (Parents Night) JV VS WAUNAKEE	HOME HOME
TUE	JAN 16	7:30 PM 5:30 PM	SAUK PRAIRIE (Youth Night) JV VS SAUK PRAIRIE	HOME HOME
Thu	Jan 18	5:30 PM 7:30 PM	Middleton JV @ Middleton	Away Away
Fri	Jan 27	7:00 PM	D.C. Everest	Away
Sat	Jan 28	2:00 PM 12:00 PM	Wisconsin Rapids JV @ Wisconsin Rapids	Away Away
TUE	JAN 30	7:30 PM 5:30 PM	MADISON MEMORIAL (GHT #1) JV @ MADISON MEMORIAL/WEST CO-OP	HOME HOME
Fri	Feb 3	TBD	TBD (GHT #2)	HOME
Sat	Feb 4	TBD	TBD (GHT #3)	HOME
Tue	Feb 6	7:00 PM 5:00 PM	Verona JV @ Verona	Away Away
THU	FEB 8	7:30 PM 5:30 PM	JANESVILLE (Senior Night) JV VS JANESVILLE	HOME HOME

Regionals Feb 13 & 15 or 16

Sectionals Feb 20 & 23

STATE Feb 29
Mar 1 & 2

BANQUET MARCH 3



CONFLICT RESOLUTION PROCESS

As an educational experience, the coaching staff expects the players to take responsibility for conflicts or issues they are experiencing with the team or coaching staff. We ask players to take initiative and speak with the coaching staff directly.

The following steps are used in resolving conflict within our team. Please check with your player to assure there is an issue that needs to be addressed prior to initiating the process.

1. The player affected by the conflict will ask to speak with the coaching staff or head coach.
The intention of this step is to come to a common understanding and develop a plan for the future.
2. If the conflict has not been resolved, a meeting with the player and caregiver(s) will take place.
Please do not ask to speak with any member of the coaching staff prior to or after a competition.
Caregiver(s) wishing to meet with the staff should request an in-person meeting.
3. If the conflict is still unresolved, a meeting with the athletic director will be scheduled

Please honor a 24 hour grace period prior to making contact with the coaching staff regarding player issues.

All concerns should be brought to the attention of the head coach.

Any meeting including a caregiver(s) will also include the player(s) involved.



LETTERING/AWARDS

Athletes that play in 2/3 of varsity games (may change depending on injury), are in good standing and contribute to the success of the team during the course of the season will earn a varsity letter in hockey. In addition, the team and coaching staff will name a team MVP, a Most Improved Player and a Churchill Award winner. In conjunction with the Hobey Baker Foundation, one student athlete will be awarded the Hobey Baker Character Award. All conference 1st and 2nd teams, plus honorable mention selections will be made at the end of season conference coaches meeting in February. The Wisconsin Hockey Coaches Association selects a Player of the Year and determines the All-State teams in March.

CONTACT INFORMATION

COACHES

Head Coach: Troy Giesegeh

Address: 612 Featherwood Pass, Sun Prairie, WI 53590

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Asst. Coach: Austin Luxford

Asst. Coach: Chris Rentschler

JV Coach: Beau Bingham

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SUN PRAIRIE HOCKEY BOOSTER CLUB

President: Becky Lemke

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ATHLETIC DEPARTMENT

Athletic Director & Activities: Eric Nee

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