

AHS GIRLS HOCKEY



Dear Student athletes and Parents

Welcome to Austin High Girls Hockey Program. It's here for the hardworking, dedicated, Coachable, cooperative, and stout-hearted students who want to achieve more than the "Ordinary" student.

You are becoming a part of one of the most respected athletic programs in Minnesota. Our "Packer" tradition since we became a school has been that of a WINNER! Not only In "wins and losses", but in the reputation that Packer teams and individual athletes come to compete being well prepared, well coached, disciplined, aggressive, skilled, persistent, and with positive attitudes becoming of an athlete. We are proud of that tradition! We expect that you will not only keep up that tradition, but make it even better. We will follow through on our expectations in a fair and timely manner.

We as coaches are here not only to coach, but to teach life skills as well. We are here to help you not only with areas on the ice, but with areas off the ice.

Best of luck to you in your athletic experiences knowing that it takes much more than Luck to be successful. With a lot of dedicated work, you may well be a part of "Packer Pride"

Activities Director:
507-460-1800

Katie Carter
AHS Athletic Office
Katie.Carter@austin.k12.mn.us

Varsity Coach:
507- 440-4339

Denny Bray
54471 175th St.
Dennyb73.db@gmail.com

Asst. Varsity Coach:
507-383-0580

Sarah Jensen
Austin Mn. 55912
jensen.sarah15@gmail.com

Asst. Varsity Coach:
507- 440-7843

Grace Heimsness
Austin Mn. 55912
grace.heimsness@gmail.com

Packer Vision

A Girls Packer Hockey player strives to dedicate her heart, mind, and body to realizing the potential for greatness in her team, her teammates, and herself.

Packer Mission

A Girls Packer Hockey Player:

1. Brings herself and her teammates to their fullest potential as athletes, students, and friends.
2. Is known for her sportsmanship, her loyalty, and her commitment.
3. Achieves her potential on and off the ice.
4. Overcomes adversity with dedication and enthusiasm.
5. Works hard in the up times: works harder in the down times.
6. Lifts herself and her teammates in the down times.
7. Plays with intensity and heart.
8. Believes in her vision and acts to achieve it.
9. Has fun and Shares fun.

WHAT ARE PACKER ATHLETICS ABOUT?

Athletics is an integral and very important part of our total education program. We feel that the experience of participating in athletics should be a part of the education of each student at Austin. Participation means being directly involved in an activity as a player, swimmer, etc. and as a spirited fan supporting our events, playing in the pep band, danceline, being a positive participant at pep fest, etc.

Voluntary participation in a good athletic program such as Austins will help you to health, happiness, physical skill, emotional maturity, working together toward a common goal, self discipline, social competence, and acceptable moral values. Athletic involvement can help teach you the true value of cooperation and the spirit of sportsmanship in competition as it exists in true life!

You are expected to be students FIRST and athletes second! Both of these go hand in hand. Usually the hard working students are the best athletes. Be a winner in the classroom and on the field of play.

Sportsmanship is of primary concern for all out athletes. We expect you to be courteous and respect your opponents, officials, coaches, etc. win or lose, on and off the field. We expect you to give it your best effort without excuses, with total preparation, with total commitment to your team's cause, win or lose be proud of your effort.

Individual and team development at the 7th, 8th, and 9th grades will emphasize competitive opportunity for all participants who exhibit positive attitude growth and regular attendance. We will provide a setting in each activity which allows athletes equitable chances to develop and grow. No athlete will be "sold short".

At the sophomore and higher levels a greater degree of selectivity by skill level and attitude will likely occur as the competitive process becomes more refined. Under any circumstances, Packer coaches will provide an atmosphere where all athletes, who have the desire to progress, exhibit positive attitude, will be given a fair opportunity to succeed.

ACADEMIC STANDARDS

Players must always be mindful that they are students first and athletes second! The whole team is judged by teachers and others by the image each of us projects at school. Be at school and class on time. Regular attendance is a must.

POLICIES:

1. Work to the best of your ability in class. Under achievement may affect a player's good standing on the team.
2. Only proper classroom conduct and cooperation will be tolerated. Behavioral problems will result in hockey discipline.
3. A coach may request to see a player's report card. It may not be in the best interest of the player or team to keep an athlete who is in danger of becoming academically ineligible.
4. If any player is failing or receiving an incomplete in a class, that player will be suspended from the team for the duration it takes to receive a passing grade.

SCHOOL ATTENDANCE

Players are responsible for attending school and being in school on time. Tardiness and excessive absences are behaviors which indicate lack of self-discipline and self motivation. These behaviors will cause suspension from the team!

AHS Co-Curricular and Sports Attendance Policy Recommendations are:

When students participate in any co-curricular and /or sports activity, they are required to be in school the entire day of the event. Also, students must not incur any unverified absence (as outlined in the AHS student handbook) for the next consecutive school day of the same week. If an unverified absence is incurred for either day, the student will not participate in the next scheduled co-curricular and/or sports event.

On the day of the event, the following absences may be excused:

- Absence is due to a school related activity
- Medical appointment which requires verification by the school office or attendance secretary
- Up to one period in the school Health Office
- Funeral or family medical/legal emergency-requires parental excuse
- Student safety issues-to be reviewed by the AHS Leadership Team.

The AHS administration retains the right to request verification of any absences presented by a student or parent/guardian.

Any student who is assigned to ISS and misses class will not be eligible for the next event or contest. An ISS absence may not be exempted.

AHS Athletic Captain Recommendation Regarding MSHSL Bylaws Governing Student Eligibility.

Any Student in violation of the MSHSL bylaws regarding student eligibility will be Ineligible for captaincy for one calendar year from the date of the violation. If that calendar year ends within a season, the student will be ineligible for the season as well. This rule applies to captains of AHS sports that are in place (in-season or out-of-season), as well as any potential candidates for captain.

GAME ATTENDANCE

All players should show concern and support for their teammates during and after a game. Players are expected to stay and support the other teams until ALL games are over. Exceptions may be made at the PARENT'S request. You are a family-pull for each other!

POLICIES

1. Stay in good physical shape-year around.
2. Utilize our facilities especially the weight room every chance you get.
3. Report all noticeable injuries to your coach.
4. Athletes are totally responsible for the care, security, transfer, and return in good condition of all equipment.
5. All players are to follow the prescribed eligibility rules of the Minnesota State High School League and any additional rules as stated by Austin High School. Violations rules will result in loss of eligibility.
6. Any disagreement with coaches should be discussed with coaches, not everyone else but the coaches.
7. When you signed up for Girls Hockey you made a commitment to this team. If not, we don't want you here. With this commitment comes responsibility. Be responsible with any action, be responsible for yourself and the team!
8. Do special things together as a team we are a family.
9. No jewelry at any time.
10. When we talk, you listen.
11. All players will wear mouthguards during practice and game.
12. No school because of inclement weather means No Practice.

PRACTICE AND GAME PARTICIPATION

All interested players who abide by the rules and regulations set forth by the MSHSL, Austin, and the coaching staff will be allowed to participate in tryouts for the varsity hockey team. Participation will be determined by the coaches based on the player's attitude and ability.

POLICIES:

1. Varsity
 - a. The player's quantity of game participation will be a direct result of her ability to contribute to the success of the team under the existing game situations.
 - b. Each player must assume a role best suited to help in the teams success.
 - c. There will be an effort to play all athletes as much as possible, however playing time is not always guaranteed.

TRYOUT PLAYER EVALUATION FORM

[illegible]

GOALIES	PUCK ABILITIES	ANGLES	QUICKNESS	SKATING	SAVE ABILITY	COACHABILITY	SCORE/AVG
NAME							

All scoring is done 1-10...10 being the best for all players

INJURIES AND ILLNESSES

No player should be asked to perform beyond their physical capabilities.

POLICIES:

1. Coaches will work closely with players, parents, and doctors to attempt to ensure that no player's participation in practices or games goes beyond her capabilities or hinders her recovery from illness or injury.
2. Coaches will design practices to condition the players to ensure that injuries and/or illnesses occur as seldom as possible.

After a professionally-treated injury the player **MUST** have a release form before being allowed to return to participation. The coach will then decide when it is beneficial to the team for an athlete to return to competition.

BUS REGULATIONS

Austin provides transportation to all away games. Whenever a bus is provided all players must ride it. Only team personnel are allowed on the bus.

POLICIES:

1. Be early and be ready to leave on time. Equipment should be stored and players seated by departure time.
2. Respect the bus driver and thank him/her for serving us.
3. Be sure that all garbage is put in the trash cans. Be neat. A clean bus reflects on you personally and the team and school as a whole.
4. Only head phone music players are allowed on the bus. All tape players, radios, etc. must be turned off a minimum of fifteen minutes before arrival time.
5. Team unity and concept is developed and enhanced by the shared experiences on bus trips. Therefore, players are expected to ride to and from games **WITH** the team.
6. Any player not riding the bus home must receive permission through the athletic office prior to the event.

CONDUCT

The privilege of playing Hockey for Austin also brings additional responsibilities. First impressions are important and long-lasting. Always remember that you represent our Austin community, our school in general, our team specifically, but especially you represent yourself. Only the highest standards of behavior in school, on the field, on busses, in locker rooms, and during games, will be allowed. Maintain a high standard of sportsmanship. Respect your opponent and the officials. They also are trying to do their best. Shake hands with the proper attitude after the game. Win or lose-be proud of your performance and always show CLASS!

LETTERS AND AWARDS

The lettering policy is intended to be inclusive, yet selective. A player who has participated and carried out the responsibilities outlined in this handbook is eligible. Each coach or advisor has the responsibility to determine the lettering policy for their activity and to inform participants and their parents of the policy at their pre-season meeting. The Activities Office will provide the 8" chenille letters, chenille numerals, activity pins, and gold bars as needed to the student-participants who earn those awards.

The awards will be given as follows:

- Letter "A" and numerals for a student-participant lettering for the first time in any activity.
- Sport Pin for a student-participant lettering for the first time in your activity but who has previously received a letter and numerals in an activity other than yours.
- Gold Bar for a student-participant lettering for the second time or more in your activity.

Austin Girls Hockey Lettering Policy

(1000 points required to letter)

1. **400 points:** Playing time, participating in same number of periods as schedule games at the Varsity level.
2. **200 points:** Making the roster for section tournament.
3. **200 points:** Helping out at the Youth level. (no less than 2).
4. **200 points:** Selection by teammates or coaches as a Captain for the entire season.
5. **150 points:** Perfect practice attendance (no missed practices excused or unexcused)
6. **150 points:** Participating in Fun Night (with youth players)
7. **150 points:** Participating with Salvation Army. Red Kettle, Angel Tree, serving meals during the holidays etc.
8. **150 points:** No unexcused absences in school during the hockey season
9. **150 points:** GPA greater than 3.0 during the season.
10. **150 points:** No ISS during the season.

Coaches' discretion: Players under consideration must be at 700-800 points.

Letter and numerals to first time letter winners.
Sport charm to repeat letter winner in different sport
Sport Bar to repeat letter winner in same sport.

Captain Pin
Manager Pin

PERSONAL GOALS

It is important in any endeavor as well as any athletic situation to determine what is to be accomplished. In other words, to set goals for achievement. What needs to be done now, what needs to be done for the season, what must be done for the season, what must be done for the following year, etc. To insure success plans must be made in advance in order to become skilled, physically and mentally prepared competitors. Simply leaving your development to chance vastly reduces your own and any teams chances to be competitive.

Studies have shown that those people who have plans but do not write them down have a good chance for success and that those people who have written plans or goals have an excellent chance for success and almost always accomplish their goals.

Setting goals in four areas and communicating those goals to your teammates and coaches will establish a plan for your sport. The four levels of goals are:

1. Immediate

Immediate goals refers to those items that need action right away and should be accomplished within a week or two. They are of an essential nature, but are usually not difficult to achieve and have a high success rate.

2. Seasons

Season goals refers to a goal which will be more difficult to reach but will be attainable during the season.

3. Long Range

Long range goals refers to a goal you wish to accomplish in one or two years. You may want to dunk the ball, bench 350 lbs., shoot off the pass, hit for more power, etc.

4. Ultimate Goal

This should be a high level goal, one that is extremely difficult to reach. It should represent a great challenge and an outstanding accomplishment when it is achieved.

When you complete your goal sheets, meet with your coaches, explain your plan and help your coaches write goals that will help you achieve your goals and at the same time help the team set goals.

GOALS ARE THE BASIS OF ALL SUCCESS!

TO WIN, THERE'S A BASIC FORMULA YOU HAVE TO ADHERE TO:

1. DEFINE YOUR GOALS.
2. DECIDE WHAT YOU ARE WILLING TO GIVE UP AND DO OR NOT DO TO GET WHAT YOU WANT.
3. DEVELOP A PLAN OF ACTION.
4. TAKE ACTION.

1. MY GOAL FOR THE UPCOMING GAME _____

2. MY GOAL FOR THE SEASON _____

3. TEAM GOAL FOR THE SEASON _____

4. MY EXPECTATIONS OF THE COACH _____

THESE WILL BE SHARED WITH THE COACH, ON AN INDIVIDUAL BASIS, SO PLEASE TAKE THIS SERIOUSLY. MAKE SURE EACH OF THE GOALS IS REALISTIC.

SET YOUR GOALS HIGH, BUT BE REALISTIC!

Austin Girls Hockey Contract For Success!

The following are the terms of the contract:

I realize that my attendance at practice is the foundation on which I will build my success. If I miss a practice and it is unexcused, I understand that I will not be allowed to play one period in the next scheduled game. A second miss means sitting out two periods; a third miss the whole next game; a fourth miss will be followed by a meeting with the coaches and possible severe consequences. Any missed practices must be followed by a note from parents, or a doctor to be excused. Detention is unexcused!

I will call one of the coaches or captains if I am going to miss a practice or a game. During the school day, call Coach Bray at 440-4339 or 437-0813 and leave a message.

I have read and understand the Minnesota State High School League and Austin High School eligibility rules, and I agree to abide by them.

I will be on time for all practices, games, and bus trips.

I will put forth my best effort in all workouts and competitions.

I realize that in order to be a successful part of the team, I will always be there to support and encourage all of my teammates in practices as well as in games.

I realize that any negative comments, including jokes, may hurt a teammate's feelings, thus hurting the entire team.

I will accept total responsibility for any school equipment checked out to me.

By signing this contract, I have made a commitment of excellence to myself and to the Austin Girls Hockey Team. I realize that this is the first step in becoming a winner, not only as an athlete, but as a person. I fully understand and agree to abide by the goals and standards in this contract.

Player Signature _____

Parent Signature _____