

Team Handbook

Purpose and Philosophy

The purpose of this handbook is to share the values, expectations, and philosophy of Orono Girls Hockey. Our goal is to build a strong team culture where players grow as athletes, teammates, and people.

As Spartans, we believe in **teamwork, respect, giving our best, positive energy and doing the right thing**, on and off the ice. We strive to develop future leaders who are grateful, comfortable taking risks and equipped to build & maintain quality relationships while supporting one another and taking pride in representing Orono Hockey.
Our athlete-created *Spartan Standards* from STP this summer:

Spartan Standards

- **Maximum Effort:** Compete, give your best and respond the right way
- **Positive Energy:** Lift the team with your actions, positive body language and support teammates
- **Respect:** Use considerate words and tone, active listening, on-time and keep our spaces tidy

Our Goals

Our goal is to help every player grow as a hockey player, teammate, and person. We focus on a hat trick of core values:

1. CHARACTER We compete with integrity. We personify the six pillars of character (Trustworthiness, Respect, Responsibility, Fairness, Caring, Citizenship). We keep our promises and own our actions. We do what is right when it's hard.

2. COMMITMENT We show up ready to get better every day. We learn from our mistakes and give our best effort in games and practices.

3. COMMUNITY We lead by serving others and making a positive impact. We play for something bigger than ourselves.

In addition to our Spartan Standards and Core Values, we will focus on what we can control: *our **Attitude**, our **Effort** and our **Actions to be a Good Teammate**.* Above all, we want our Spartans to enjoy the game, build lasting friendships, and create memories that extend beyond the ice.

Play hard. Play together. Leave a legacy of greatness.

Families and Community

Parents and families are an important part of Orono Hockey. Thank you for your support, time, and commitment to our players and program. We encourage families to cheer on our Spartans, get involved and help build a positive hockey community that lasts beyond the season.

Players, as one of our core beliefs of **leading through service**, all team members will be working with our future Spartans throughout the season and offseason. More information to come from our Youth Outreach Coordinators.

Coach Contact Information

Head Coach:
Ryan St.Martin
Ryan.st.martin@orono.k12.mn.us
651-329-4254

Roles and Expectations

Below are expectations for our players:

1. Have a Positive Attitude
2. Be Committed & Prepared
3. Be Coachable in your actions
4. Give your Best Effort
5. Have a TEAM First Mentality
6. Accept your Team Role
    -Everyone has a role and they are all important to the team
    -Strive to be an all-star in your role
    -Realize roles may change throughout the season
7. Support and Encourage your Teammates; Be Accountable to your Teammates
8. Display Positive Sportsmanship

Roster Size and Team Makeup

Our goal is to build the strongest two teams possible while providing meaningful opportunities for athletes to develop and compete. Tryout evaluations will guide team placement and roster decisions, with consideration given to overall team composition, depth, practice opportunities and game experience.

Roster sizes and team roles may differ from previous seasons. Decisions will be made annually by the coaching staff based on the athletes evaluated and what best supports team competitiveness and player development.

Note: Participation in tryouts does not guarantee a roster spot.

Playing Time

Playing time is earned through hard work, attitude, commitment to hockey and the team, consistent effort, performance, attendance, conduct, and understanding and execution of team systems.

Coaches will make playing-time decisions based on what is best for the team at a given moment. These decisions are at the coaches' discretion and are not negotiable.

While playing time is not guaranteed, we make three commitments to every player:

1. **Development:** We will support every player's growth and development.
2. **Honesty:** We will provide honest assessments of each player's skills and progress.
3. **Communication:** We will communicate as clearly and consistently as possible.

Training

Training will stress the development of position specific technical and tactical skills under competitive conditions. This is the stage of hockey, athletes compete daily in a competitive environment, and are expected to work on:

- Continuing their skill development
- Individual and team goal setting
- Mental skills that contribute to performance
- Build their fitness with sprinting, jumping, lifting, & skating
- Prioritize their recovery

The Spartan Hockey program is a huge commitment. Athletes are expected to manage their time in all areas of the lives, meet the expectations of our program, Orono High School and the MSHSL as well as be a role model for our youth hockey players. At the high school level, competitions become more important and the focus shifts to performance and accountability.

Communication

As coaches, we will do our best to communicate information to players and parents as soon as possible. Many times, dates and details are outlined in weekly emails to the parent group, but if there are changes, the coaches will let the players know about those changes as soon as possible. We will have weekly team meetings and talk about the week's upcoming events as well as having a weekly calendar at the rink. With winter weather, events may get cancelled and may or may not be rescheduled based on ice availability.

At this level we would like athletes to communicate directly with the coaching staff. We will keep journals and sit down with each student to set goals, discuss their strengths and opportunities, course of action for improvement and follow up on the process.

- **We will discuss**: individual strengths, opportunities, player's hockey identity, expectations, development goals, and readiness to contribute
- **We will not discuss**: another player's performance evaluation, roster standing, preferred line combinations, strategies or why one athlete is ahead of another
- **We will not promise**: a call-up, more ice time, a different role or a future roster change
- **We will expect**: athletes to take ownership of their development, trust the process and be ready when opportunities arise

Development improves a player's readiness to contribute;
it does not guarantee a particular role.

Attendance Policy

Attendance at all hockey activities is expected unless a player is ill or has a valid reason for missing. Hockey activities include practices, lifting, sprints, games, team bonding, video, youth outreach, etc.

Players must notify their coach as far in advance as possible if they will miss a practice or game. Excused absences will be considered on a case-by-case basis. Unexcused absences may affect playing time and will be at the coach's discretion.

Students are expected to be in school all day for their scheduled in-person classes in order to participate in after school activities. Students with an unexcused absence for any period of the day may not participate that night. Students excused due to illness must be in school by the beginning of the third period and remain in school for the rest of the day in order to participate. A doctor's note must be provided for any excused medical appointment that requires the student to be out of school for more than two periods on a game day. Students with in-school or out-of-school suspensions may not participate in activities/contests on days of suspension. Additional extenuating circumstances must be cleared by the activities director. Attendance will be evaluated with daily/weekly checks. If a student should participate on a day when they are ineligible, additional consequences will be determined by the Activities Director and/or Principal.

Examples of valid reasons for missing a hockey related activity include family emergencies, medical appointments, religious events, national hockey team participation, college visits, reasonable family events/celebrations including time spent with family around holidays or school-related activities.

Personal errands, going to a friend's cabin, viewing a professional sporting event, work, haircuts, and similar activities are generally not considered valid reasons for missing team activities.

With our holiday tournament and six-day weekly hockey schedule, please plan medical and dental appointments, college visits and vacations outside of hockey activities.

Varsity Call-Up Policy

JV players may be called up to varsity if and when a need arises due to injuries, illness, absences or team needs. Call-ups will be based on the needs of the varsity team, player readiness, consistency, performance, adherence to core values, positional needs and commitment to the program. The coaching staff will make decisions on a case-by-case basis.

- Call-ups are not guaranteed
- Being called up for a game or practice does not guarantee future call-ups or a permanent roster change

Sectional Roster

Our postseason roster will consist of 20 athletes. Once the JV season concludes, the coaching staff will determine which athletes will be added to the varsity team for sectional and state play. Factors considered for call-ups include needs of the varsity team, player readiness, consistency, performance, adherence to core values, positional needs, commitment to the program as well as the coaching staff's assessment of the best roster to compete in the postseason.

Middle School Athletic Participation

8th grade players must believe they have the skill to be a top-six forward, top-four defender on varsity or a top-3 goalie in the program. Please do not try out only for the experience.

Injuries

Injuries can be a part of a high school career in athletics. Inform your coach of any injuries you may have. All students who see a physician for any injury must have a signed re-participation slip filed with the head athletic trainer at the high school before they can resume play or practice in their sport. Your coach must see the written re-participation slip signed by a doctor or talk to the ATC before the student resumes activities. When a student-athlete has a head injury, he/she must get the proper re-participation form from the athletic trainer at Orono High School. The student-athlete will also have to have clearance from a doctor before any participation in a sport/activity may resume. Please see the schedule posted by the training room door for specific times and expectations.

Lettering

A varsity letter is presented to students who display the highest level of commitment, contributions and achievements in their activity. Completion of the athletics season, in good standing, is required in order to be eligible for a letter. To letter in hockey, you must be on the varsity roster for 17 games in a season.

Other Considerations: Coaches may letter team managers, any senior in the program, and players on the section roster at their discretion. A student who violates MSHSL rules resulting in a suspension or ineligibility, is still eligible for a letter, but may forfeit the ability to receive team awards. Once a student has earned a letter and if after the season is over, a rule is violated, the letter cannot be taken away. By special recommendation of the advisor/coach, a student who has not met the lettering requirements may still letter if they have proven to be an exceptional asset. Letters and/or awards may be withheld if fee payments are still outstanding. All letters are finalized at the discretion of the advising/coaching staff and the Activities Director

Parent/Coach Collaboration

Both parenting and coaching are extremely tough jobs. By establishing an understanding for each position, we are better able to accept the actions of the other and provide a better experience for the student. As a parent, when your child becomes involved in an Orono High School athletic program, you have a right to understand the expectations that are placed on your child. This begins with clear communication from the coach of your child's team.

As your child participates in the athletic programs at Orono High School, they will experience some of the greatest and most rewarding moments of their young lives. It is also vital to recognize and understand that there will be times when things do not go the way you or your child wish. At times such as these, discussion with your child's coach is encouraged.

Appropriate Concerns to Discuss with Coaches

1. The treatment of your child.
2. Concerns about the behavior of your child.
3. Family concerns that may have an impact on your child's athletic participation.

Issues Not Appropriate to Discuss With Coaches

1. Playing time
2. Team strategy
3. Play calling
4. Lineups
5. Substitutions
6. Other members of the team

It is very difficult to accept your child not playing as much as you hope. Coaches are professionals and they make judgment decisions based on what they believe to be best for all

members of a team. As you have seen from the list above, certain things can be and should be discussed with your child's coach.

Unacceptable Contact with Your Child's Coach

1. Prior to, during, or immediately after any team practice or competition
2. Late night emails, texts, and phone calls.

Either these are typically very busy times, or in the case of a contest, very emotional times for all parties involved. Things can and will be said that are not meant. Meetings of this nature do not promote resolution. There are situations that may require a conference between the coach, student, and parent. These are encouraged.

It is important that both parties have a clear understanding of the other's position. When these conferences are necessary, the following procedure and chain of communication should be followed to promote an understanding. We understand your desire to talk with the Activities Director first, but such contacts will be referred to the appropriate coach.

Student safety and well-being is our top priority. If anyone becomes aware of any hazing, bullying, or dangerous behavior - they should contact the coach and Activities Director immediately. For general concerns, please follow the protocol below.

Chain of Communication

Step 1 – Have your daughter talk directly to the coaches and advocate for themselves.
**Teammate(s) and/or assistant coach(es) are welcomed/encouraged to join.*

Step 2 – Contact the coach for their insight into the concern.
**Initial contact should be done via email during normal hours and not immediately prior to or after (24 hours) an event.*

Step 3 – Set up a face-to-face meeting with the coaches and your daughter.
**Conversation should be student led and held on school grounds. Assistant coach(es) are welcomed/encouraged to join.*

Step 4 - Contact the Activities Director if further discussions need to happen.
**The Activities Director should not be involved without participating in the first 3 steps.*

Eligibility Requirements

(see *Orono High School Athletics and Activities Handbook)*

STANDARDS

MAXIMUM EFFORT

COMPETE
- Battle for pucks
- Never quit
- Challenge yourself

GIVE YOUR BEST
- Stay engaged
- Execute with purpose
- Take responsibility

RESPOND QUICKLY
- Hustle and be ready
- React right away
- Get back in the play

POSITIVE ENERGY

ENERGY-GIVING BEHAVIORS
- Bring enthusiasm
- Communicate
- Lift the team

POSITIVE BODY LANGUAGE
- Keep your head up
- Move on after mistakes
- Avoid frustration

SUPPORT TEAMMATES
- Celebrate others
- Encourage, not criticize
- Team first

RESPECT

CONSIDERATE WORDS & TONE
- Be kind and respectful
- Address issues directly
- Think before you speak

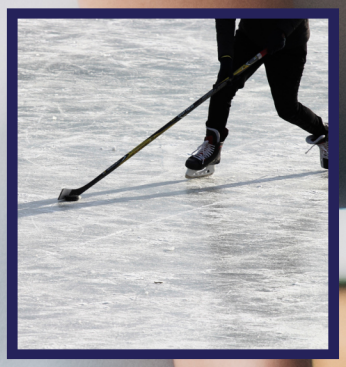
LISTEN WITH EYES & EARS
- Make eye contact
- Avoid distractions
- Be open to feedback

ON TIME
- Arrive prepared
- Have your gear
- Communicate if needed

TIDY ENVIRONMENT
- Pick up your trash
- Keep spaces organized
- Leave it better

SPARTANS
HOCKEY

300 HOUR CLUB







Set Goals. Track Progress. Evaluate Growth.

Apri 1 to October 31	T-shirts & awards	Recognition at HS Game

Player-led offseason development

Submit Activity Log to Mr. St.Martin Nov. 1st



SPARTANS HOCKEY

EXAMPLE ACTIVITY LOG BREAKDOWN

APRIL

High Performance	10
AAA Hockey	15
Strength Training	8
Softball (Season)	50

MAY

AAA Hockey	22
Strength Training	8

JUNE

AAA Hockey	3
STP	7.5
Strength Training	9
Shooting Pucks	9
Shooting Pucks (Bonus)	9
A-Honor Roll	10

JULY

High Performance	17.5
AAA Hockey	6
STP	7.5
Strength Training	9
Shooting Pucks	12
Shooting Pucks (Bonus)	12

AUGUST

AAA Hockey	6
Strength Training	12
Shooting Pucks	16
Shooting Pucks (Bonus)	16
Soccer (Season)	50

SEPTEMBER

Elite League	10
Captains Practice	10
Power Skating	2
Strength Training	8
Shooting Pucks	5
Shooting Pucks (Bonus)	5
Service Work	20

OCTOBER

Elite League	10
Captains Practice	10
Power Skating	2
Strength Training	8
Shooting Pucks	8
Shooting Pucks (Bonus)	8
A-Honor Roll	10

300+ TOTAL HOURS

Players can earn hours in the following ways:

- 50 hours each for playing in a fall or spring sport/activity
- 10 hours each for making the A or B honor roll in the spring and fall
- 1 hour for every hour spent in the weight room or speed camp
- 1 hour for every hour of hockey you practice or play (includes: camps, high performance, leagues, shooting in the driveway, etc.)
- Up to 20 hours of service work
- Bonus Hours: 1 Bonus hour for every 250 pucks shot

Hockey teams are built during the season, but hockey players are built in the offseason. That's the idea behind the Spartans Hockey 300 Hour Club.

The 300 Hour Club is a player-led offseason development program designed to encourage players to take ownership of their growth. Athletes set their own goals, track their progress, and work toward completing 300+ hours of hockey-related training between April 1 and October 31.

Training hours can include skill work, strength training, conditioning, shooting, stickhandling, skating, camps, team activities, hockey IQ development and other areas of growth outlined above.

The program is built around the principles of USA Hockey's American Development Model (ADM), which emphasizes consistent training habits, skill development, fitness, and long-term athlete development for players ages 15–18. Research also shows athletes who train independently outside of team practices often develop greater confidence, motivation, and accountability.

Participation in the 300 Hour Club is optional, but players are encouraged to challenge themselves, stay consistent, and invest in their own development throughout the offseason.

Players who complete 300 hours will be recognized and receive a team t-shirt. Players who reach 400 or 500 hours will earn additional awards and recognition.

Getting Started

1. **Print** off blank calendar
2. Write down **goals and detailed plan** to grow in these areas
3. **Track** daily hockey related activities

June 11

FAST - 1 hour
STP - 1 hour
Shooting 250 pucks - 1 hour
(Bonus Shooting) - 1 hour

4. **Reflect:** *Did you acheive your goals? Explain.*
5. **Submit** Calendar & Reflection to coach

April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NAME:			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		
			ALL MY ACTIONS IMPACT OUR TEAM			Monthly Hours: **Total Hours:**

GOALS:

Goal 1

Plan:

Goal 2

Plan:

Goal 3

Plan:

May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31			*ALL MY ACTIONS IMPACT OUR TEAM*			Monthly Hours: **Total Hours:**

GOALS:

Goal 1

Progress:

Goal 2

Progress:

Goal 3

Progress:

June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				
			ALL MY ACTIONS IMPACT OUR TEAM			Monthly Hours: **Total Hours:**

GOALS:

Goal 1

Progress:

Goal 2

Progress:

Goal 3

Progress:

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
			ALL MY ACTIONS IMPACT OUR TEAM			Monthly Hours: **Total Hours:**

GOALS:

Goal 1

Progress:

Goal 2

Progress:

Goal 3

Progress:

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31		*ALL MY ACTIONS IMPACT OUR TEAM*			Monthly Hours: **Total Hours:**

GOALS:

Goal 1

Progress:

Goal 2

Progress:

Goal 3

Progress:

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			
			ALL MY ACTIONS IMPACT OUR TEAM			Monthly Hours: **Total Hours:**

GOALS:

Goal 1

Progress:

Goal 2

Progress:

Goal 3

Progress:

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
			ALL MY ACTIONS IMPACT OUR TEAM			Monthly Hours: **Total Hours:**

GOALS:

Goal 1

Progress:

Goal 2

Progress:

Goal 3

Progress:

Welcome! *Thanks for coming out for Orono Girls Hockey. We're excited to get started!*

Our program gives students the opportunity to represent their school and community while growing as players, teammates and leaders. We will have two teams, JV and Varsity, with competitive tryouts for grades 9-12. 8th graders should only try out if they believe they have the skill to compete for a top-six forward or top-four defender position on varsity or a top-three goalie in the program.

Our coaching staff is committed to creating a positive environment where every athlete can learn, improve and succeed.

TRYOUTS

There will be a 3-day process to determine team placements. To try out, players must be registered through the high school activities office.

Our goal is to build the strongest two teams possible while providing meaningful opportunities for athletes to develop and compete. Tryout evaluations will guide team placement and roster decisions, with consideration given to overall team composition, depth, practice opportunities and game experience.

Roster sizes and roles may differ from previous seasons. Athletes must attend all tryout sessions to be eligible for Varsity or JV consideration. At the conclusion of tryouts, coaches will meet individually with each player. If a player is offered a role in the program but would prefer to decline (*for example, to play U15 or U19 hockey*) please let the coaches know during this meeting.

Note: Participation in tryouts does not guarantee a roster spot.

TRYOUT EXPECTATIONS

- **Closed Tryouts**: To protect player privacy and reduce unnecessary pressure, only players and evaluating staff are permitted in arena during evaluations and meetings.
- **Check-In**: Players must check-in at the coach's room in Morrison on Monday.
- **Tryout Jerseys**: Each player will receive a numbered, reversible jersey. Assigned jersey colors will be posted before each session. Jerseys must be returned at individual meetings on Wednesday.
- **Locker Rooms**: Players will use the visiting locker rooms. The high school locker room will not be available.

WHAT WE EVALUATE

Drills and scrimmages will assess the following skills and abilities:

- **Skating**: Acceleration, edges, transitions and agility
- **Puck Handling**: Passing, receiving and puck protection
- **Shooting**: Velocity, accuracy, quick release and variety
- **Team Play**: Positioning, communication, habits, execution, decision-making under pressure, compete level, puck support, pace, gaps and awareness
- ***Goalies:** Stance, Skating, Positioning, Recovery, Save Selection, Rebound Control, Play Reading and Puck Handling

FITNESS STANDARDS

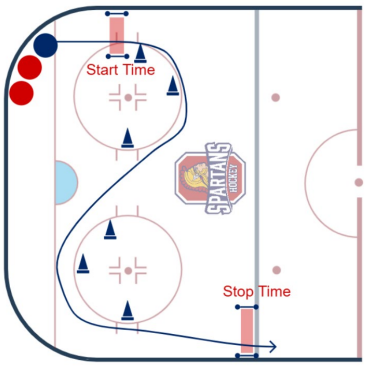
Off-ice, we will measure vertical jump, single-leg broad jumps (*both legs*), and a 10-yard fly sprint. On-ice, two fitness tests will be conducted:

S-Turn Cornering Test

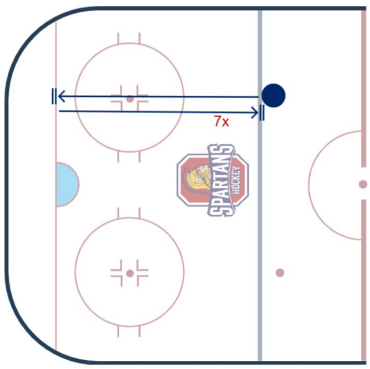
- Skaters will sprint around the top of a circle, bottom of another circle before finishing through the near blue line
- Skaters may opt to make two attempts, one from each starting corner. After a rest, any second attempt will be in reverse order of skaters from first attempts (*last skater to test → first skater to test*)
- Fastest time will be used

Olympic Shuttle

- **Goal:** fastest shuttle times and least difference between reps
  - 7 reps x blue line → goal line → blue line
  - 5 minute rest
  - 7 reps x blue line → goal line → blue line



S-Turn



Shuttle

SCHEDULE

Monday
3:00-4:30 PM, ice session
4:45-5:45 PM, off-ice testing at OAC (*have proper clothes and shoes*)

Tuesday
3:00-4:30 PM, ice session

Wednesday
3:00-4:30 PM, ice session
4:40 PM, individual meetings (*bring homework, snacks, drinks, etc.*)
7:00 PM, varsity team meeting in HS locker room

Good luck at trouts! Trust your preparation, compete hard and support one another. ***Let's get to work!***