2016/2017
Nickel City Hockey
(insert team name here)

Parent/Player Team Handbook
**TABLE OF CONTENTS**

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome Letter</td>
<td>3</td>
</tr>
<tr>
<td>Board of Director and Team Staff</td>
<td>4</td>
</tr>
<tr>
<td>Mission, Vision, and Core Values Statement</td>
<td>5</td>
</tr>
<tr>
<td>Coaching Philosophy</td>
<td>6</td>
</tr>
<tr>
<td>Team Communication</td>
<td>6</td>
</tr>
<tr>
<td>NCHA Meetings</td>
<td>7</td>
</tr>
<tr>
<td>12/13 Proposed Tournaments</td>
<td>7</td>
</tr>
<tr>
<td>Sponsorship</td>
<td>7</td>
</tr>
<tr>
<td>Fundraising</td>
<td>8</td>
</tr>
<tr>
<td>Team Finances</td>
<td>8</td>
</tr>
<tr>
<td>Parent Fee Schedule</td>
<td>8</td>
</tr>
<tr>
<td>Team Apparel</td>
<td>9</td>
</tr>
<tr>
<td>Equipment</td>
<td>9</td>
</tr>
<tr>
<td>Team Rules -</td>
<td></td>
</tr>
<tr>
<td>Attendance</td>
<td>9</td>
</tr>
<tr>
<td>Games</td>
<td>10</td>
</tr>
<tr>
<td>Practices</td>
<td>10</td>
</tr>
<tr>
<td>Dressing Room</td>
<td>10</td>
</tr>
<tr>
<td>Dress Code</td>
<td>10</td>
</tr>
<tr>
<td>Conduct, Attitude, and Discipline</td>
<td>11</td>
</tr>
<tr>
<td>Complaint Resolution Process</td>
<td>11</td>
</tr>
<tr>
<td>Hockey Nutrition, Eat to Win!</td>
<td>12</td>
</tr>
<tr>
<td>Parental Code of Conduct</td>
<td>16</td>
</tr>
<tr>
<td>Acknowledgement</td>
<td>17</td>
</tr>
<tr>
<td>Team Budget</td>
<td>18</td>
</tr>
</tbody>
</table>
Dear Nickel City Parents & Players:

Welcome to the Nickel City (insert team name here) Hockey Team! We are extremely pleased to have your families involved in what is shaping up to be an exciting and promising season!

This handbook was developed to provide you with a greater understanding of the Nickel City Hockey “rep” program and to help manage your expectations in terms of the financial and time commitments required. Please read through this document and ensure that everyone involved fully understands his or her responsibilities on the team. We believe this is an important tool in ensuring a positive and rewarding hockey experience for all.

Together with talented and dedicated athletes, committed parents, and hard working coaches, we hope to create a hockey team that will compete at the highest levels for this age group and that your sons or daughters will have an enjoyable and rewarding experience in the sport.

Should you have any questions, comments, or concerns throughout the season, please do not hesitate to speak with the team’s Manager, (insert team manager’s name and contact info here).

Best Regards,

Nickel City Hockey Association
TEAM STAFF

The NCHA proudly entrusts the following individuals to lead the Nickel City (insert team name here) Hockey Team:

Head Coach:
Res:
Cell:
E-Mail:

Assistant Coach:
Res:
Cell:
E-Mail:

Assistant Coach:
Res:
Cell:
E-Mail:

Trainer:
Res:
Cell:
E-Mail:

Manager:
Res:
Cell:
E-Mail:
MISSION, VISION, AND CORE VALUES STATEMENT

MISSION

The mission of the Nickel City Hockey Association is:

1. To lead, develop, and promote a positive hockey experience for all players and their families.
2. To create a learning environment built on a foundation of respect, integrity, and honor.
3. To foster a love for the great game of hockey while creating lasting memories and life-long friendships.
4. To maximize the individual skills development of every player that will enable these players to compete at a high level of hockey for years to come.
5. To emphasize that hockey is a team game, and that team achievements far outweigh the individual accomplishments.
6. To recognize the success of winning while downplaying the significance of losing.
7. To teach the importance of goal setting that allows for maximum personal, academic and athletic development.

VISION

The vision of the Association is to create an Association that:

- Puts the kids first
- Ensures a positive and rewarding experience for the participants
- Ensures there is a structured development program for Players and Coaches
- Provides an ability for parents and participants to give input to allow for continued improvement

The team’s vision is to:

1. (insert team vision here)
CORE VALUES

The core values of the Association are:

The NCHA values are respect, integrity, fairness, sportsmanship, transparency, perseverance and the pursuit of excellence

The team will represent the Nickel City Hockey Club with pride and promote the following:

Never – Never say never. We never quit
Improvement – Each hockey player will be a better person at the end of the season
Compete – Strive to be the best hockey player/coach/fan and person you can be
Knowledge – We are all students of the game, it is important to learn something new every ice time
Effort - Always try your best in every practice, every game, and on every shift.
Loyalty - Be committed to the goals and to the fellow members of the team

COACHING PHILOSOPHY

Our expectations for the players are simple – give 100% and be ready to listen and learn at all times.

Communication between coaches is extremely important to ensure we are conveying the same message to the players. Please DO NOT coach your child at home or from the stands. The coaching staff will discuss every player individually and determine what skill sets require attention.

Our practice plans will be geared to skills development and team concepts. Players will be motivated to achieve their full potential.

Our overall philosophy is that players need to play to develop.

Player positioning may change as the year develops and in strategic situations. These decisions are at the sole discretion of the coaching staff.

Power play and penalty killers will also change throughout the season. Everyone will get a chance but as the year progresses, it is likely that some players will see more ice in these strategic situations. This decision is at the sole discretion of the coaches.

Sitting a player may happen during the season for lack of effort or attitude, and in some situations, for ability.

We must remember that hockey is a sport and the number one priority for the student athlete is their school work. If players are falling behind or doing poorly academically, it may be necessary to miss practices or...
games until school work is completed or improved. Realistically, none of our kids are going to play in the NHL, education is the key to their future success!

TEAM COMMUNICATION

A team website will be designed for players, family members, and friends with all sorts of valuable information such as player profiles, schedules, tournament information, pictures, links to various hockey related websites as well as numerous fun sites for the kids. The team’s website can be viewed at (INSERT HERE). Please bookmark the website and be sure to visit the site weekly as it will be a main source of communication along with e-mail. Please advise the team’s Manager of any e-mail addresses you would like us to have for communication purposes, as we will NOT be making any telephone calls unless there are extenuating circumstances.

NCHA MEETINGS

The Nickel City Hockey holds regular meetings on the second Monday of every month throughout the playing season. These meetings are open to all NCHA members by appointment and any members wishing to address the Board must do so in writing. The Board may elect to have the member speak to the issue at the Board meeting and will notify the member if they are being invited to do so.

For further information on Nickel City Hockey or to download a copy of the Constitution, please visit the website at www.nickelcityhockey.ca

2015/2016 PROPOSED TOURNAMENTS – Subject to Change

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<td><strong>Maximum of 5 tournaments</strong></td>
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<td><strong>Teams are required to attend Association run tournaments</strong></td>
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<td><strong>Any tournaments above the maximum must be board approved</strong></td>
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SPONSORSHIP

The team is looking for major sponsors, as well as individual sponsors. Parents are asked to seek any form of sponsorship they can. If you are fortunate enough to obtain an individual sponsor, the amount required from you will be lessened.

A copy of the team’s Sponsorship Request Letter can be provided by the team manager.

FUNDRAISING

In an effort to reduce costs to parents for the operation of the team, the following fundraising events are planned: (of course with prior approval from the Nickel City Hockey board)

1. 
2. 
3. 
4. **50/50 Draws (Home Games)**
   - Parents will be scheduled to sell raffle tickets at all home games.

We will be forming a fundraising committee to come up with any other ideas and to coordinate the events. The fundraising committee will have the full support of the coaching staff. All we ask is that we be kept informed, as the Nickel City Hockey board must approve all fundraising initiatives. Participation in fundraising activities is **MANDATORY** for all members of this team, however parents may decide to contribute an equal cash amount.

TEAM FINANCES

As outlined in the team’s proposed budget (page 18, the team’s operating cost for the full season will be approximately $(insert team budget here). Included in this amount are tournament entry fees, team apparel, extra ice, team pictures, etc.

Money will only be spent where necessary, but at the coaching staff’s discretion. If there is a surplus remaining at the end of the season, we will divide the remainder equally and gladly disburse your portion back to you.
PARENT FEE SCHEDULE

The annual fee is $(insert player annual fee here)/player. We ask that this fee be paid in one payment upon signing, if possible. If the one payment is not possible, please pay this amount in three installments:

Cheque #1 $(insert value here) Due upon signing
Cheque #2 $(insert value here) Due (insert date here)
Cheque #3 $(insert value here) Due (insert date here)
Cheque #4 $(insert value here) Due (insert date here)

All fees are to be paid by cheque payable to the Nickel City Hockey (insert team name here).

If you cannot meet these financial obligations, we ask that you (1) kindly notify the coaching staff ASAP and (2) please do NOT sign your child’s NOHA player card.

The team has adopted a strict “no-pay, no-play” policy. This policy requires that all fees must be paid by (insert date here). If there are any fees outstanding after (insert date here), no game playing time will be allotted until full payment is received. Cheques returned due to NSF will be subject to a $50 fee. All remaining cheques from the person(s) will only be accepted if certified.

REFUNDS

A refund for part or all of the registration fees paid may only be given in accordance with the NCHA constitution.

TEAM APPAREL

The NCHA (insert team name here) team will provide the following to all players as part of the team’s budget:

- Home & away jerseys (to be returned to the association)
- Shells
- Home & away socks
- Team jacket
- Track suits (warm up)
- Mock neck shirt
- Ball cap
- Toque
- Hockey Bag

*Dress code for games – Players are expected to wear (insert expected apparel here). Coats are to be zippered and players are to look neat and presentable when arriving and leaving at the arena.

5/07/14
TEAM RULES

Attendance
- It is expected that the players will attend all team functions including games, practices, tournaments, and social functions.
- If a player cannot attend, the Head Coach or Manager will require at least 24 hours notice. Emergency or critical personal situations are exceptions.
- Please advise the Head Coach or Manager of any holiday plans or conflicts as soon as possible.

Games
- Players must be at the rink 60 minutes prior to game time. Players need to be fully dressed and ready to play 10 minutes before game time.
- All players are responsible for their own equipment. Failing to bring equipment could result in player missing a period or game for repeated circumstances.
- Players are expected to always play hard, fairly, and by the rules.
- There will be a curfew for both home and away games. Curfew time will vary according to games times and game performance
- Injuries—a player that is injured at any team functions, game, practice, etc and had to go to the doctors MUST bring a form from the doctor stating it is okay to return to normal activities

Practices
- Practice time should be valued and considered the most important part of the program.
- Players must be at the rink 30 minutes prior to practice time.
- Players must be fully dressed and ready 5 minutes before practice time.
- Consistent tardiness will be addressed with the parent and player as required.
- Players must stop what they are doing immediately when the coach blows the whistle.
- At times, players not listening or impacting other player’s ability to learn may be sent off the ice.

Dressing Room
- There will be no adults (aside from the coaching staff) permitted in the dressing rooms at any time. Parents should respect that the locker room is a private area. The dressing room is also a place where valuable information is communicated and team bonding is formed. In most cases, the dressing rooms are limited in size.
- The dressing rooms are to be kept tidy before and after each game or practice.
- There are no cameras or other picture taking devices allowed in the dressing rooms.
- No personal electronics such as cell phones, iPods or Nintendo DS are permitted as they take away from team atmosphere of the dressing room.
Dress Code
- Coats should be zippered and the players should be proud to wear the Nickel City Hockey logo and all that it represents.
- Game jerseys are to be hung up at all times and are not permitted to be left in the hockey bags.
- Game jerseys and socks are not to be worn at practices.

Conduct, Attitude, and Discipline
- In order to have a successful and competitive team, players need to work together and be willing to do what is asked of them and to do it with good attitude. Examples include:
  - Players being moved to different positions that are not necessarily their first choice.
  - Not complaining about playing time during the game.
- Foul language, physically or verbally aggressive behavior, bullying or any other inappropriate behavior will not be tolerated from any player under any circumstances.
- Drugs, alcohol or smoking will not be tolerated. If you are found with any of these items in your possession, you will be suspended from the Team and your parents will be notified.

Bus Etiquette and Rules for the teams applicable
- Keep the bus clean at all times. TWO players per trip will be selected to ensure this is done
- Players will bring schoolwork or a book to read (no excuses for late school assignments; bus trips are long enough to complete homework).
- Card playing on the bus (parents and players) at the discretion of the coach.

COMPLAINT RESOLUTION PROCESS

There is a **MANDATORY** process in place called the “24 Hour Rule” that is commonplace in all sports at various levels. The 24 Hour Rule is highly effective in maintaining a respectful and successful level of communication among parents and coaches, which in turn ensures that adult exchanges are positive in the eyes of the players. This cannot be understated or underestimated.

If at any time you see something that makes you angry or upset, the 24 Hour Rule stipulates that you take one full day as a cool down period to determine if you are truly bothered by the situation, or if you are simply reacting on emotion. We ask that you go home, think about the situation from a variety of perspectives, write down your thoughts, and after a minimum of 24 hours, you may contact the Parent Representative, either in person or by telephone to explain the nature of your concern. **Please DO NOT send any e-mails and please DO NOT discuss your concerns with others OR get others involved.** The Parent Representative will approach the coaches to arrange for a meeting if necessary. **The coaches will NOT discuss any issues or complaints on an individual basis. We will deal with all issues collectively as a coaching staff.**

Issues or concerns not resolved by the coaching staff are to be communicated to the Convenor by the Coaching staff or Parent. The Convenor will listen to the concerns of the Parent and Coaching
staff and then notify the Board of the issue. The Board will then determine the best actions to be taken to resolve the matter.

Let’s work together to have a great season!
HOCKEY NUTRITION, EAT TO WIN!
By Tina Shepard, MS, RD  Department of Nutrition Arizona State University

Ice hockey is a high-intensity activity, and hockey players expend a tremendous number of calories in practice and in competition. Fueling the body at frequent, regular intervals with appropriate amounts of food will enhance strength, speed, and stamina. To have enough energy, you must eat enough energy. With too few calories, you will feel weak and tired, and will be more susceptible to injuries. A hockey player’s diet should be based primarily on complex-carbohydrate-containing food (starches) with less emphasis placed primarily on protein and fat. During activity, muscles use carbohydrate as their primary source of energy, not protein. A high carbohydrate diet increases glycogen stores (for muscle energy) and improves athletic performance. A majority of your daily calories should come from carbohydrate, such as bread, pasta, rice, cereal, fruit and vegetables. Hockey players should AVOID low-carb diets, as they will not provide enough fuel for endurance.

Do you need to eat something before you play?

Yes. Just like a racecar you can’t expect to win an Indianapolis 500 without the right fuel in your tank. Unfortunately, everyday hockey players around the world run out of gas in the middle of a game and struggle just to finish simply because they forgot to re-fuel before they played. Here are some basic tips:

- Eat breakfast everyday! Breakfast starts your metabolism for the day and fuels your body and brain.
- Eat every 3-4 hours. This usually breaks down to 3 meals a day plus 3 snacks a day.
- Fit meals into your schedule as best as possible but do not go more than 4 hours without eating.
- Fluids, fluids, fluids, and more fluids! Your hydration status will have a huge impact on the day’s performance. The more hydrated you are the better the performance.

HYDRATION GUIDELINES

You should drink fluids on a schedule, rather than as a response to thirst.

- Water: Drink 16 ounces of water before bed, first thing in the morning, and two hours before a practice or game.
- Fluids: The best choices are water, sports drinks, and juices or fruit drinks diluted in a one-to-one ratio. Caffeinated or carbonated drinks are poor choices.

- **Before:** Drink 8 to 12 ounces, 10-15 minutes before practices or games.
- **During:** Drink 6 to 8 ounces at all breaks during practices or games.
- **After:** Drink at least 24-48 ounces after practices and games.
To have the most strength, power, and stamina, timing of your meals around your training schedule is important, so you need to coordinate eating before, during, and after practices and games.

Before Practices and Games

1 to 3 hours before an event: Eat a balanced meal. This time frame allows most of the food to be emptied from the stomach, while not leaving you overly hungry. Skipping meals or not eating before an activity can impair athletic performance.

Meals serve two main purposes. They keep you from feeling hungry and help you maintain optimal levels of blood glucose (energy) for working muscles during training and competition.

The best pre-game meals are carbohydrate-based, moderate in protein and low in fat. You should try to limit high-fat and fried foods such as French fries, burgers, nachos, and fried chicken, as these take a long time to digest, and can cause gas, bloating, and stomach upset.

With the extremely busy schedule that ice hockey players and their families have, here are some of the healthiest fast food lunch and dinner options when there is no time for a home-cooked meal: grilled chicken sandwich, bean burrito, chicken burrito, plain small hamburger (no fries), salads, chili, baked potato, cheese or veggie pizza. Order milk or water instead of soda pop with your meal.

Young hockey players tend to drink way too much soda pop and not enough milk. Extra calcium is definitely needed by active, growing young athletes, and dairy products are the best source. If you do not like milk or other dairy products, you should take calcium supplements.

30 minutes prior to the event: Eat a high carbohydrate food like a banana, bagel or fruit juice. Sports nutrition products like Power Bars can also be an excellent source of energy and can be part of your pre-game snack. These foods are broken down quickly and provide fuel to the muscles. The timing and quantity of these foods will largely depend on your preference for eating before exercise and level of comfort during your workout. Chocolate bars and candy may give you a short term energy boost but tend to cause a real energy drain within a short time and actually hurt your performance more than help it.

Breakfast suggestions for early games and practices: Players should have a light meal or snack prior to arriving at games. In the morning, toast and fruit, such as a banana, are excellent, as is a pure fruit juice (juice is even better if diluted 50% with water for additional hydration). Other good breakfast foods are oatmeal, cereal with milk, yogurt with fruit, bagel with peanut butter or light cream cheese, smoothies or other “liquid meal” like Carnation Instant Breakfast.
Eat items that are easily digestible, and try to eat shortly after waking. Avoid heavy or greasy food like bacon, sausage, doughnuts, etc. These take longer to digest and may have a negative effect on performance.

**Packable Snacks**

So you won’t go hungry if you’re traveling to a game, be sure to pack food in your hockey bag or keep some in the car – try keeping a small cooler in your car to store extra healthy snacks and drinks. You might even pack extra snacks for underfed teammates and hungry little brothers and sisters. Some possibilities include:

- Granola bars or energy bars
- Trail mix
- Apples and oranges (they keep several days)
- Dried fruit
- Animal crackers
- Juice boxes
- Small bottles of milk
- String cheese
- Peanut butter and crackers
- Low fat yogurt or pudding
- Unsalted nuts such as plain almonds
- Pretzels
- Dry cereal

**During Practices and Games**

**Drink plenty of water**, at least 6 to 8 ounces at every break. Perspiration and exertion deplete the body of fluids necessary for an optimal performance and lead to dehydration. Drink before you feel thirsty.

You should try to avoid fluids like soda pop (can cause intestinal cramping), or any with caffeine. This will cause you to go to the bathroom more and can lead to dehydration.
After Practices and Games

Immediately after training:

1. Consume carbohydrate-rich foods and beverages as soon as possible after games and practices (ideally within the first 30 to 45 minutes after exercise). They will replenish glycogen fuel stores quickly and get your muscles back into performance shape. Some of the best choices are:
   - Fruit juice diluted with water, or sports beverages like Gatorade
   - Granola or cereal bars
   - Dry sweetened cereal
   - Chocolate milk

2. Replace fluids that have been lost. Drink at least 24-48 ounces of water or sports beverage.

1 to 2 hours after training

Eat a nutritious, balanced meal that has lots of carbohydrate-rich foods such as grains, pastas, potatoes, vegetables and fruits.

The Bottom Line

- Eat every three hours.
- Drink lots of fluids.
- Eat soon after leaving the ice.
- Emphasize carbohydrates.
- Also, I recommend a multivitamin/mineral supplement (like Centrum) each day plus an additional calcium supplement.
PARENTAL CODE OF CONDUCT

As a member of the Nickel City Hockey Association (NCHA) and Nickel City Hockey (insert team name here) Team, I have read and fully understand the following code of conduct for parents:

1. I will remember that an important part of my child playing hockey is his or her enjoyment, not mine.
2. I will encourage my child to play by the rules and to resolve conflict without resorting to hostility or violence.
3. I will not coach my child at home or from the stands.
4. I will support and encourage the concept of my child belonging to a team and I recognize the benefits of the commitment, discipline, and social skills learned and acquired.
5. I will remember that ice time, line combinations, goaltender rotations, and specific positions are all coaching decisions and are not open for discussion.
6. I will not ridicule or yell at any child for making a mistake or losing a game.
7. I will not be critical of or embarrass any player, including opposition players.
8. I will remember that children learn by example. I will applaud good plays by both my child’s team and his/her opponents.
9. If we are winning by four or more goals, I will not cheer loudly. Polite applause is always appropriate for our own accomplishments as well as those of the opposing team.
10. I will support the concept of “zero tolerance” and will not yell or question an official’s judgment. I recognize that officials are being developed in the same manner as players.
11. I will refrain from use of abusive or vulgar language at the rink or any hockey team function.
12. I will not engage in any unpleasantries with wayward parents from other teams.
13. I will not throw objects of any kind on the ice or lean over and pound on the glass.
14. I will make sure my child has the proper rest, nutrition, and hydration to compete at his or her best for the team and for him/herself.
15. I will insist that my child plays in a safe and healthy environment that is free of alcohol, drugs or tobacco and I will refrain from their use at all youth team events.
16. I will not yell, taunt, threaten or inflict physical violence upon any player, coach, official or spectator at any hockey activity.
17. I will communicate any concerns to the manager or parent liaison in a respectful manner and in accordance with the 24 Hour Rule. I will not discuss any issues with others or get others involved.
18. I respect and understand that the coaches and parents that assist in running the NCHA are volunteers who are helping to make my child’s experience enjoyable.
19. I acknowledge my responsibility to report infractions that I observe to an executive member of the NCHA board. I acknowledge that I have read and will abide by the above Code of Conduct. I understand that the NCHA follows the Nickel District Minor Hockey League (NDMHL) disciplinary rules and action if there is a violation.

____________________________________  ______________________________________  ________________
Parent Name                                     Parent Signature                           Date

____________________________________  ______________________________________  ________________
Parent Name                                     Parent Signature                           Date

5/07/14
ACKNOWLEDGEMENT

I have read and understand all policies set forth in the Nickel City Hockey (insert team name here) Team Handbook and I agree to uphold all standards.

Player’s Name: __________________________

Player’s Signature: __________________________  Date: __________________________

Mother’s Name: __________________________

Mother’s Signature: __________________________  Date: __________________________

Father’s Name: __________________________

Father’s Signature: __________________________  Date: __________________________

Thank you for your commitment and for embracing the vision and passion of the Nickel City Hockey Team!
### TEAM BUDGET

**Revenues**

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**Total Revenue**  
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**EXPENSES**

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**Total Expenses**  
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5/07/14