

# CASTLE VIEW HOCKEY PROGRAM PLAYER HANDBOOK





Thank you for making the decision to play for the Castle View High School Hockey team for the upcoming season.

There are three essential parts to developing and improving your hockey skills. First, the players must have a training program that is challenging, covering all the fundamentals needed to improve on and off the ice. Second, players need coaches with the experience and enthusiasm to help each individual player develop to their potential. The third and most important part is you, the athlete, be willing and open to learning the skills presented to you.

For the athlete, we stress that the development of your character and life skills are equally as important as the development of your hockey skills. We promote to our athletes that a positive attitude, good work ethic, good academic standing, and strong character are very important towards succeeding in hockey and life. These are just a few of the characteristics that you will need to be successful in anything you do.

Welcome to the program. Good luck this season!

Lee Olson

Head Coach  
Castle View Varsity Hockey Coach



### **Team Philosophy**

Varsity - The coaching staff will attempt to put the best team possible on the ice regardless of a player's age, grade or school attending. We will look for ability and attitude when putting together a competitive team. We want players that will work hard to earn their position on a daily basis.

Junior Varsity - The focus of the JV team will be to develop the players by improving hockey skills and expanding their understanding of the game. JV players may have opportunities to play at the Varsity level throughout the year.

### **Team Practice**

Varsity and JV Practices will take place three (3) times each week. While at practice, players are expected to arrive prepared, encourage their teammates, and leave a little better than when they arrived. It is assumed that each player will arrive early, be prepared to start on time, and have everything needed to practice.



### **Player Expectations**

- Upon joining the team, each player commits to attend all scheduled practices, games and other team activities.
- Put the team goals and successes before your own.
- Maintain all classroom assignments and required academic grades. Castle View Eligibility Policy, along with the CHASSA requirements, involves a weekly grade eligibility report run on Thursday and given to the Coaches. If a student has 2 or more F's the student is not eligible to compete for the following week's games (Monday – Saturday).
- Work hard in all aspects of your life (i.e. academics, athletics and personal).
- Be respectful of others and yourself. How you act in public reflects upon the Castle View Co-op Hockey Program, school, family and our communities.
- All players expected to work to their potential in practices and games.
- Be responsible for all uniforms and team equipment.
- Be respectful to all coaches, teammates, trainers and on-ice officials.

### **Parent Expectations**

Please assist your player in being accountable for their actions. Each player should pack their own hockey bag, take care of their equipment & uniform, and be prepared. Parents are welcome & encouraged to watch any practice; however, please do not engage in conversation with your player, attempt to speak to the coach or instruct any player during a practice. Parents violating this policy will be asked to leave the practice area. During games, please exhibit good sportsmanship as an example to our players and the opposing team. Everyone in the stands represents the club and schools involved, please keep comments positive & constructive and do not coach or instruct from the stands during games. Please notify the coach immediately of any non-hockey concerns about your player that you feel the coach needs to be aware of, but that the player may not want to discuss (personal issues, family issues, concerns about school, etc.).



### **Schedules**

Varsity and JV schedules will be communicated as soon as the dates are confirmed. They will be loaded into TeamSnap and our website [www.sabercathockey.com](http://www.sabercathockey.com). It is recommended that every player has the TeamSnap app installed on their phone.

### **Game Day Procedures**

The expectation is that players will be at the arena in the locker room at least 1 hour (60 minutes) before the scheduled game and ready to leave for the start of team dryland 50 minutes before the start of the game. The game begins with the dryland warm-up. Everyone is expected to be diligent, accountable, and focused.

As traffic, weather, and other variables do affect the time, please allow plenty of time to arrive at the destination on time.

### **Game Day Home and Away Player Dress Code**

All players and coaches will adhere to the team dress code. All Varsity players are expected to dress in ***Business Professional Attire*** and bring clothes to do dryland in.

### **Team Uniform Code**

Players must use Castle View Hockey Bags, Black Helmets with Castle View Decals, Black Gloves and Castle View Breezer Covers. **No Out of Club Bags or team Decals allowed.**

### **Absences & Conflicts**

Barring special circumstances, players are expected to attend all team practices, games, team meetings and functions. **In the event of an unavoidable conflict, it is the player's responsibility to communicate with the coach as soon as possible.** Additionally, vacations should be scheduled around our game and tournament schedule whenever possible. It is nearly impossible to avoid conflicts with all school breaks, events, holidays, and family functions. If practices, games and tournaments were rescheduled to accommodate the needs & requests of all families, then few would be played. Players are expected to make sacrifices when needed to meet the commitments of the team.



### **Religious holidays/observances:**

Family events, emergencies: Players should and are encouraged to spend time with family on these occasions and are excused from training and/or games on those days. However, the player needs to inform the coach well in advance or as soon as possible.

### **Mandatory School Function:**

Any required school function requires one (1) week notification in advance of the event. This is also the player's responsibility.

### **Excused Absences and Tardiness**

- Definition- An excused absence excused before the start of practice or game and/or notifies head coach of being late to the start of the game or practice.
- Players will not be penalized for any excused absence, including illness or injury. However, being excused does not guarantee that all circumstances will be the same upon a player's return. For example, during your absence, another player may demonstrate that he/she should start or receive more playing time. No one player is entitled to their position, playing time, etc., because they were excused from training.
- Ideally, all communication regarding absences and tardiness should be communicated, by the player, in person. As this is not always possible, the player needs to text or email the team's head coach with as much notice as possible. (Bad roads, weather delay, etc.)



## **Unexcused Absences and Tardiness**

- Definition - An unexcused absence is an absence or being late for practice by more than 20 minutes not approved by the head coach.
- Players deciding to miss practice or a game for any of the following may be deemed unexcused. The following are some examples: *school dance, skiing, NHL game, and any other unplanned event.*

1. 1st offense – The player will miss shifts or a goalie start and the coaches will document appropriately.

2. 2nd offense - The player will sit out 1 period of the next game regardless of opponent or any other circumstances.

3. 3rd offense - The player will sit out the next full game regardless of opponent or any other circumstances.

Once we reach the 3rd unexcused absences or tardiness we will have a meeting with the head coach, assistant coach, player and at least one parent to discuss the situation and help resolve any problem or problems the player may be having.

## **Playing Time**

### **Varsity/JV Playing Time**

Every player selected has proven they are a quality player and able to contribute to the team, however, that is only the beginning. Healthy competition among teammates helps elevate a player's ability and skills.

This is not youth hockey. Playing time is neither given nor guaranteed and no player is entitled to it. Earning playing time is directly related to participation in **practices, off ice training, and the needs of the team at any given time during a game.** Each player will be evaluated to determine areas of strength and needed improvement.

### **Goalies Varsity and JV**

Goalies may be healthy scratched for game day rosters and not play every other game. Goalie games will be determined based on practices, playing opponent and game day situations.



## **Academics**

Academics and grades are very important. As a student-athlete, each player is expected to make sacrifices to maintain their grades and be productive in practices and games. These sacrifices often involve staying up late or getting up early to complete homework and school projects because of games or practice. This may also include missing a favorite television show or time with friends. All players are expected to manage their time accordingly and responsibly. **Missing practices or games to complete homework, work on school projects, or study for tests is not proper time management and will be unexcused.** If a player's grades begin to decline, the coach should be notified to develop a plan to improve grades.

## **Dealing with Questions or Concerns**

Any player having questions or concerns regarding playing time, about improvement needed, or requires assistance with goals & aspirations of playing at the next level, it is their responsibility to approach the coach. Parents, please encourage your player to be proactive in these situations.

Before concerns are addressed from the head coach to a parent, a few steps will need to be taken first. Mandatory 24 hour cooling off period from the end of any practice or game before a parent can contact the coach and before the coach will address questions or concerns from a parent. The coaching staff will not penalize any player for requesting to meet to discuss any questions or concerns.

1. 1st Step - The player must set up a meeting to talk to the head and assistant coach.
2. 2nd Step - Meeting between the head coach, assistant coach, player and parent. After meeting with player and 24 hour cooling off period.
3. 3rd Step - Meeting with head coach, assistant coach, parent, player and appropriate Athletic Director.

Feel free to discuss any concerns with the coaching staff except ice time allocation and/or team philosophies.

All questions or concerns will be addressed as long as we work together. The meetings with the player can be set up before or after practice but meetings with the player and parent must take place after practice.

The coaching staff does not promote gossip or negativity from players or parents. We must all remain positive and work together by addressing issues in a constructive manner.

Please make every attempt to discuss any problem with the coaching staff first. The Athletic Director may be busy and not able to address the concern right away. However, if you feel you need to, I encourage both player and parent to reach out to the Athletic Director at any time.





### **Varsity Roster**

The Varsity active roster will consist of 15-18 skaters and 2 goaltenders. The Varsity team will carry three (3) to four (4) lines.

**The fourth (4<sup>th</sup>) line may be made up of players that are full time JV players swinging between JV and Varsity. First commitment is with the JV team and called upon as needed to Varsity.**

All Varsity players in order to qualify for the playoffs must be rostered, dressed, and on the bench for 13-game mandatory requirement.

Varsity teams will play a maximum of 19 games, Varsity rostered players can compete in 72 total periods or 24 games (combined Varsity/JV) for the regular season.

*Example: Varsity players can play in 19 regular season Varsity games and 5 regular season JV games totaling 24 games.*

### **JV Roster**

The hope of the coaching staff to have 12-18 skaters and 2 goaltenders.

**JV rostered players may be identified as swing players for the Varsity team. These players will be notified if they will be playing with Varsity after the Wednesday practice.**

JV teams will play a maximum of 15 games; JV players can compete in 72 total periods or 24 games (combined JV/Varsity) for the regular season.

*Example: JV players can play in 15 regular season JV games and 9 regular season Varsity games totaling 24 games*



### **Lettering Criteria**

**Rostered Varsity Players: (Opening Day Roster)**

**13 games.** (Minimum to make playoff roster)

**Rostered JV Players: (Opening Day Roster)**

**Varsity Games: 6 games.**

### **Goalies:**

**Varsity Goalies: 13 Games (Dressed Starting or Backing Up)**

**JV Goalies: (6 Games back up or starting)**

**\*\*\* Coaches have the ability to adjust requirements for injuries and other unforeseen issues\*\*\*\***

### **WINTER VACATION PRACTICE/COMPETITION PROHIBITION**

There shall be no school sponsored activity of any sort, including practices, camps, clinics, tournaments, etc. from and including December 24 through December 27, and January 1. Beginning December 28, winter sports programs may have voluntary practice (excluding Sundays), but may not compete in interscholastic scrimmages or competition. (Bylaw 2310.4)

No faculty member or coach may have contact with any of his/her school's athletes from December 24 through December 27, and January 1. Beginning December 28, winter sports programs may have practice (excluding Sundays), but may not compete in interscholastic scrimmages or competition.

### **SUNDAY CONTACT**

No high school interscholastic contests, practices for interscholastic contests, camps, nor association between participants and coaches/directors of any CHSAA sanctioned **sport** from the student's school shall take place on Sundays during the school year. The Commissioner may, when deemed advisable, allow postponed state-level events to be played on Sunday. Teams playing on Monday in district, regional or in a state-culminating event will be exempt from this rule.

EXCEPTION 1 – A coach may have contact with his or her team on Sunday for a social, academic or service-related activity that is strictly voluntary. The contact must be a voluntary, non-competitive/non-participatory activity.