

200 FOOT HOCKEY

PLAYER & FAMILY HANDBOOK

BUILDING BETTER PLAYERS. BUILDING BETTER PEOPLE.

01

WELCOME

PROGRAM PHILOSOPHY & CULTURE

WELCOME

15U AAA / 200 FT HOCKEY

Welcome to our 15U AAA hockey program.

Participation in a AAA hockey program is a privilege. Every season provides an opportunity for players and families to grow, compete, learn, and create experiences that will last a lifetime.

This handbook has been created to provide players and families with a clear understanding of our expectations, values, and standards.

Our goal extends far beyond wins and losses. While we are committed to competing at a high level and pursuing championships, our primary responsibility is to help players develop into better athletes, teammates, leaders, students, and people.

We believe the habits developed through hockey can positively impact every area of a player's life. The standards outlined in this handbook are intended to help create an environment where players can maximize their development while contributing to a positive team culture.

Success requires commitment from everyone involved. Players, coaches, parents, team staff, and volunteers all play an important role in creating a positive experience. When everyone is aligned around common goals and expectations, remarkable things become possible.

Thank you for being part of our program. We look forward to an outstanding season.

A MESSAGE FROM THE HEAD COACH

Dear Players and Families,

Welcome to another exciting season of AAA hockey.

Being selected to play at this level is an accomplishment that reflects years of dedication, sacrifice, and hard work. Every player has invested countless hours developing their skills and earning the opportunity to compete in this environment.

However, making the team is only the beginning. What happens next is what truly matters.

Our staff believes that success is built through daily habits. Championships are not won on game day. They are earned through the countless decisions players make throughout the season.

SUCCESS IS BUILT WHEN PLAYERS:

- Arrive prepared.
- Work hard in practice.
- Support their teammates.
- Accept coaching.
- Take responsibility for mistakes.
- Demonstrate resilience during adversity.

There will be challenges throughout the season. There will be difficult games. There will be adversity. There will be moments when things do not go according to plan. Those moments often provide the greatest opportunities for growth.

We want players who embrace challenges rather than avoid them. We want players who choose accountability over excuses. We want players who demonstrate respect regardless of circumstances.

Most importantly, we want players who understand that hockey is ultimately a team sport. Individual success is important. Individual development is important. However, the most rewarding experiences in hockey come when a group of individuals commits to something larger than themselves.

Our staff is committed to helping every player reach their potential. We will challenge players. We will support players. We will hold players accountable. We will celebrate successes. We will help players navigate setbacks.

In return, we ask for commitment, effort, coachability, and professionalism. We are excited for the season ahead and look forward to building something special together.

Sincerely,
Head Coach

OUR PROGRAM PHILOSOPHY

DEVELOP. COMPETE. REPRESENT.

Everything we do is guided by three simple principles.

Develop

Player development is our primary responsibility. The objective of youth hockey is not simply to win games. The objective is to help players become better. Every practice, meeting, game, and conversation should contribute to development.

DEVELOPMENT INCLUDES:

- Technical skills
- Tactical understanding
- Physical preparation
- Mental performance
- Leadership
- Character

Players develop at different rates. Our responsibility is to provide an environment that challenges every player while supporting their growth. Long-term development always matters more than short-term results.

Compete

We believe competition is one of the greatest teachers in sport.

COMPETING MEANS:

- Giving maximum effort
- Embracing challenges
- Battling through adversity
- Pursuing excellence
- Refusing to quit

Competition is not limited to games. Players compete every day — in practice, in workouts, in school, and with themselves. The ability to compete consistently is one of the most important qualities a player can develop.

Represent

Every player represents something larger than themselves.

PLAYERS REPRESENT:

- Their family
- Their teammates
- Their coaches
- Their organization
- Their community

Representation occurs everywhere — at the rink, at school, at tournaments, on social media, and in public. Character is demonstrated through actions when nobody is watching. We expect players to represent our program with pride and professionalism.

WHAT SUCCESS LOOKS LIKE

Many organizations define success exclusively through wins and losses. We do not.

Winning matters. Competing for championships matters. Learning how to win matters. However, those outcomes should be the result of strong habits rather than the sole focus of our program.

WE DEFINE SUCCESS THROUGH:

Development

Players improve throughout the season.

Preparation

Players develop professional habits.

Accountability

Players take ownership of their actions.

Leadership

Players positively influence others.

Teamwork

Players prioritize team success.

Character

Players demonstrate integrity and respect.

If these areas improve consistently, team success often follows naturally.

TEAM CULTURE

Culture is the foundation of every successful team. Culture is not created by slogans — culture is created by daily actions.

Every player contributes to team culture whether they realize it or not. The standards players choose to uphold become the standards the team accepts.

Our culture is built around four core values.

Compete

Compete is more than effort. Compete is a mindset.

COMPETE MEANS:

- Winning races.
- Battling for loose pucks.
- Finishing drills.
- Maintaining focus.
- Embracing difficult situations.

Compete means giving your best regardless of the score, standings, or circumstances. Players who compete consistently earn trust. Teams that compete consistently achieve success.

Accountability

Accountability is the foundation of trust.

ACCOUNTABILITY MEANS:

- Being on time.
- Being prepared.
- Following through on commitments.
- Accepting coaching.
- Taking responsibility for mistakes.

Accountable players do not blame officials. Accountable players do not blame teammates. Accountable players focus on solutions rather than excuses. Great teams are built on accountability.

Respect

Respect is expected at all times.

RESPECT INCLUDES:

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- Teammates
- Coaches
- Opponents
- Officials
- Parents
- Staff
- Facilities

Respect is demonstrated through words, actions, and attitude. A player can compete fiercely while still showing respect. There is never an excuse for disrespectful behavior.

Team First

The strongest teams are built around selflessness.

TEAM FIRST MEANS:

- Supporting teammates.
- Celebrating others.
- Accepting roles.
- Making sacrifices.
- Prioritizing team goals.

Every player contributes differently. Every role matters. Championship teams understand that success belongs to the group. When individuals focus on helping the team succeed, everyone benefits.

OUR COMMITMENT TO PLAYERS

As coaches, we make the following commitment to every player.

WE WILL:

- Provide a positive learning environment.
- Coach with professionalism.
- Communicate honestly.
- Treat players with respect.
- Challenge players to improve.
- Support players through adversity.
- Prioritize long-term development.
- Create opportunities for growth.

We expect players and families to make the same commitment to our program. Together, we can create an environment that develops better players, better teammates, and better people.

THIS IS THE STANDARD. THIS IS OUR CULTURE. THIS IS OUR COMMITMENT.

02 PLAYER EXPECTATIONS

STANDARDS FOR THE 15U AAA ATHLETE

PLAYER EXPECTATIONS

The standards outlined in this section are designed to help players maximize their development, contribute to team success, and prepare for future opportunities in hockey and life.

Every player is expected to demonstrate professionalism, accountability, and commitment throughout the season. The habits developed at age 15 often become the habits that define future success.

TALENT CREATES OPPORTUNITIES. HABITS DETERMINE HOW FAR THOSE OPPORTUNITIES LEAD.

Attendance

Attendance is one of the most important factors in player development. Players who consistently attend team activities receive more opportunities to improve their skills, learn team systems, build chemistry with teammates, develop trust with coaches, and establish consistent habits.

Our expectation is simple: if the team is scheduled to be there, players should make every reasonable effort to be there.

EXPECTED ATTENDANCE

Players are expected to attend:

- All practices
- All games
- Team meetings
- Team events
- Off-ice training sessions
- Video sessions

EXCUSED ABSENCES

We understand that circumstances occasionally arise. Examples include:

- Illness
- Injury
- Family emergency
- School commitments
- Religious obligations

Communication should occur as early as possible.

UNEXCUSED ABSENCES

- Forgetting
- Last-minute schedule conflicts
- Lack of communication
- Choosing optional activities over team commitments

Repeated unexcused absences may impact team opportunities. Attendance communicates commitment. Commitment builds trust. Trust builds successful teams.

Punctuality

Being on time is one of the simplest ways to demonstrate professionalism.

“IF YOU’RE ON TIME, YOU’RE LATE.”

PRACTICE EXPECTATIONS

Players should:

- Arrive at the rink at least 30 minutes before practice
- Be dressed and prepared 15 minutes before ice time
- Have equipment ready
- Be mentally prepared to begin immediately

GAME EXPECTATIONS

Players should:

- Arrive 90 minutes before game time unless instructed otherwise
- Complete preparation routines before meetings
- Be focused and engaged

WHY PUNCTUALITY MATTERS

Late arrivals affect individual preparation, team preparation, meeting schedules, and practice efficiency. Professional habits begin with simple responsibilities. Punctuality demonstrates respect for teammates and coaches.

Preparation

Successful athletes understand that preparation begins long before stepping on the ice. Preparation creates confidence. Confidence improves performance.

PHYSICAL PREPARATION

- Eat properly
- Hydrate consistently
- Sleep adequately
- Stretch regularly
- Maintain fitness

MENTAL PREPARATION

- Arrive focused

- Review team concepts
- Set daily goals
- Visualize success
- Embrace challenges

EQUIPMENT PREPARATION

Players are responsible for:

- Maintaining equipment
- Replacing broken equipment
- Bringing all required gear
- Sharpening skates regularly

Being prepared demonstrates professionalism.

Practice Standards

Practice is where development occurs. Games reveal what players have learned. Practices create what players become. Our practices are designed to be competitive, demanding, and purposeful.

PLAYERS ARE EXPECTED TO:

- Practice at game speed
- Finish every drill
- Listen when coaches are speaking
- Encourage teammates
- Communicate consistently
- Accept feedback positively

WHAT COACHES WANT TO SEE

Players who:

- Compete
- Learn from mistakes
- Ask questions
- Take risks
- Support teammates

WHAT COACHES DO NOT WANT TO SEE

- Poor effort
- Negative body language
- Complaining
- Excuses
- Lack of focus

MISTAKES ARE EXPECTED. LACK OF EFFORT IS NOT.

Coachability

One of the most important traits in player development is coachability. Coachable players improve faster. Coachable players earn trust. Coachable players maximize opportunities.

COACHABLE PLAYERS:

- Listen actively
- Apply feedback

- Ask questions
- Accept correction
- Focus on improvement

UNCOACHABLE BEHAVIORS

- Arguing
- Making excuses
- Ignoring feedback
- Blaming others
- Resisting change

Every player will receive coaching. The players who embrace it grow the most.

Game Day Expectations

Game day is an opportunity to demonstrate preparation and professionalism.

BEFORE THE GAME

Players should:

- Arrive on time
- Follow dress standards
- Participate fully in meetings
- Complete warm-up routines
- Maintain focus

DURING THE GAME

Players should:

- Compete relentlessly
- Support teammates
- Demonstrate discipline
- Follow team systems
- Maintain composure

AFTER THE GAME

Players should:

- Shake hands respectfully
- Support teammates
- Accept responsibility
- Learn from the experience

Win or lose, professionalism remains the standard.

Response to Adversity

Every player will face adversity. Examples include reduced ice time, mistakes, injuries, slumps, and team challenges.

ADVERSITY IS NOT A SETBACK. ADVERSITY IS AN OPPORTUNITY.

Players are expected to:

- Maintain perspective
- Continue working

- Support teammates
- Trust the process
- Focus on controllable factors

Character is often revealed during difficult moments.

Leadership Development

Leadership is not reserved for captains. Every player is expected to lead. Leadership takes many forms.

LEAD THROUGH EFFORT

Work hard every day.

LEAD THROUGH PREPARATION

Be ready before others.

LEAD THROUGH ATTITUDE

Remain positive.

LEAD THROUGH ACCOUNTABILITY

Take responsibility.

LEAD THROUGH SUPPORT

Encourage teammates.

The strongest teams have leaders throughout the locker room — not just leaders wearing letters.

Academic Expectations

Student-athletes are students first. Academic success creates opportunities.

Players are expected to:

- Attend classes consistently
- Complete assignments
- Maintain academic eligibility
- Communicate challenges early
- Manage time effectively

TIME MANAGEMENT

Successful student-athletes:

- Plan ahead
- Prioritize responsibilities
- Avoid procrastination
- Use travel time productively

Learning to balance academics and athletics is an important life skill.

Representing the Organization

Players represent the organization everywhere they go. This includes school, tournaments, hotels, restaurants, social media, and community events.

Players should strive to represent themselves, their family, and their team with pride. The reputation of a team is built through the actions of its players.

EVERY INTERACTION MATTERS. EVERY DECISION MATTERS. EVERY DAY MATTERS.

Player Commitment

By accepting a position within this program, players commit to:

- Attending consistently
- Being prepared
- Competing daily
- Supporting teammates
- Respecting coaches and officials
- Pursuing academic success
- Accepting coaching
- Demonstrating professionalism

The expectations in this handbook are not designed to make participation more difficult. They are designed to help players become the best version of themselves.

Our goal is not simply to develop hockey players. Our goal is to develop people who will succeed long after their playing careers have ended.

PARENT & FAMILY

PARTNERSHIP, COMMUNICATION & CONDUCT

PARENT & FAMILY HANDBOOK

Parents and families play an essential role in the development of young athletes. No successful hockey program exists without the support, commitment, and sacrifices made by families.

Throughout the season, parents will invest significant time, energy, and resources to support their athlete's development. We are grateful for that commitment.

At the same time, one of the most important responsibilities of a hockey program is helping young athletes become increasingly independent, accountable, and resilient. Our goal is to create an environment where players learn to take ownership of their development while families provide support and encouragement along the way.

The strongest player development environments occur when coaches, players, and parents work together toward common goals.

The Role of a Parent

Youth hockey can be emotional. Parents naturally want the best for their children. However, one of the greatest gifts a parent can provide is perspective.

Our role as adults is not to remove every obstacle. Our role is to help players learn how to overcome obstacles.

PARENTS SHOULD:

- Support effort over results
- Encourage resilience
- Promote accountability
- Reinforce team values
- Help players maintain perspective
- Celebrate improvement

PARENTS SHOULD AVOID:

- Coaching from the stands
- Criticizing teammates
- Criticizing officials
- Criticizing opponents
- Making excuses
- Solving every problem for their athlete

Development often occurs through adversity. The ability to overcome challenges is one of the most valuable lessons sport can teach.

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Let Coaches Coach

One of the most common challenges in youth sports occurs when players receive conflicting messages. Players perform best when expectations are clear.

During team activities, coaches are responsible for:

- Systems
- Strategy
- Ice time decisions
- Player deployment
- Team management
- Development planning

Parents are encouraged to support the coaching process. This does not mean parents must agree with every decision — it means parents should trust the process and maintain perspective. Many decisions are made using information that may not be visible from the stands.

PLAYERS PLAY. COACHES COACH. PARENTS SUPPORT.

Let Players Advocate for Themselves

One of our most important developmental goals is helping players become confident communicators. As players progress through hockey, they will increasingly be expected to communicate directly with:

- Coaches
- Teachers
- Employers
- Mentors
- Teammates

For this reason, we encourage players to initiate conversations regarding ice time, roles, performance, development goals, and feedback.

Parents should support players in preparing for these conversations rather than conducting the conversations themselves whenever possible. The ability to advocate for oneself is a critical life skill.

Communication Standards

Effective communication is built on respect, professionalism, and trust. We welcome communication from players and families. Questions and concerns should be addressed early before frustrations grow.

Our objective is not to avoid difficult conversations. Our objective is to ensure difficult conversations occur productively.

WE ENCOURAGE COMMUNICATION REGARDING:

- Player development
- Academic concerns
- Health concerns
- Scheduling issues
- Team expectations
- Behavioral concerns

WE DISCOURAGE COMMUNICATION REGARDING:

- Ice time immediately after games
- Emotional reactions
- Comparisons with teammates
- Coaching decisions made during competition

TIMING MATTERS. APPROACH MATTERS. RESPECT MATTERS.

The Communication Pathway

To maintain consistency and accountability, we ask families to follow the communication pathway outlined below.

STEP 1

Player communicates with Assistant Coach or Position Coach.

STEP 2

Player communicates with Head Coach.

STEP 3

Parent contacts Head Coach if necessary.

STEP 4

Parent contacts Director if concerns remain unresolved.

Following this process allows most concerns to be addressed effectively and efficiently.

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The 24-Hour Rule

One of the most important policies within our program is the 24-Hour Rule. Parents and players should wait a minimum of 24 hours before discussing concerns related to:

- Ice time
- Team selection
- Coaching decisions
- Player roles
- Game situations

Why? Because emotions often influence perspective. Immediately after competition, players are emotional, parents are emotional, and coaches are emotional.

Waiting allows everyone to approach the discussion objectively. Most concerns become easier to address after time has passed. The 24-Hour Rule exists to protect relationships and encourage productive communication.

Behavior at Games

Parents are representatives of the organization. Player behavior matters. Parent behavior matters equally.

We ask families to:

- Support all players
- Demonstrate sportsmanship
- Respect officials
- Respect opponents
- Respect facility staff

INAPPROPRIATE BEHAVIORS INCLUDE:

- Verbal abuse
- Harassment
- Profanity
- Confrontations
- Public criticism

Players learn from what they observe. We expect adults to model the behaviors we expect from athletes.

Travel Expectations

Travel experiences often create the strongest memories of a hockey season. Travel also presents unique responsibilities.

Players represent the organization at all times during bus trips, flights, hotels, restaurants, arenas, and public spaces.

TRAVEL STANDARDS

Players are expected to:

- Follow schedules
- Respect curfews
- Respect teammates
- Respect hotel staff
- Respect property
- Demonstrate professionalism

HOTEL EXPECTATIONS

Hotel behavior should reflect organizational values. Players should:

- Keep rooms clean
- Respect guests
- Follow room assignments
- Follow curfews
- Avoid disruptive behavior

The reputation of an organization is built through countless small interactions. Travel is an opportunity to demonstrate character.

Locker Room Culture

The locker room should be one of the most positive environments within a player's life. We expect every player to contribute to that environment.

THE LOCKER ROOM SHOULD BE:

- Inclusive
- Supportive
- Competitive
- Respectful
- Positive

THE FOLLOWING ARE NOT TOLERATED:

- Bullying
- Hazing
- Harassment
- Discrimination
- Intimidation
- Exclusion

Every player deserves to feel respected and valued. Strong locker rooms create strong teams.

Social Media Policy

Social media is now a permanent part of athlete development. Every post contributes to a player's digital reputation. Future coaches, employers, teammates, and organizations may all view content posted online.

Before posting, players should ask:

- Would I say this in person?
- Would I be comfortable showing this to my coach?
- Would I be comfortable showing this to my parents?
- Does this reflect positively on my team?

If the answer is no, reconsider posting.

PLAYERS SHOULD AVOID:

- Negative comments
- Arguments
- Public criticism
- Offensive language
- Inappropriate content

Social media should be used responsibly. A positive digital reputation creates opportunities. A poor digital reputation can close doors.

Building a Positive Hockey Experience

The most successful seasons are not always defined by championships. The most successful seasons are often defined by:

- Growth
- Relationships
- Leadership
- Confidence
- Resilience
- Memories

Parents, coaches, and players all contribute to that experience. When everyone focuses on development, accountability, and support, players are positioned to maximize both performance and enjoyment.

The objective is not simply to create better hockey players. The objective is to create confident, capable young people who are prepared for future challenges both inside and outside of sport.

TOGETHER, WE CAN CREATE AN ENVIRONMENT THAT ACHIEVES EXACTLY THAT.

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04 PEAK PERFORMANCE

NUTRITION, RECOVERY, LEADERSHIP & COMMITMENT

NUTRITION, RECOVERY, LEADERSHIP & COMMITMENT

As players advance through higher levels of hockey, the difference between athletes often becomes smaller from a talent perspective. At the 15U AAA level, most players possess strong skating ability, hockey sense, and technical skills.

What often separates players moving forward from those who plateau is not talent. It is preparation.

Elite performance is built upon daily habits — how players eat, how players sleep, how players recover, how players lead, how players respond to adversity.

The purpose of this section is to establish standards that support long-term development and prepare players for future opportunities.

Nutrition

FOOD IS FUEL.

Athletes cannot expect high-level performance while neglecting nutrition. While no player will eat perfectly every day, consistent nutritional habits can significantly impact:

- Energy levels
- Recovery
- Focus
- Performance
- Injury prevention
- Long-term development

BASIC NUTRITION PRINCIPLES

Players should strive to:

- Eat balanced meals
- Consume adequate protein
- Eat fruits and vegetables daily
- Stay hydrated
- Avoid excessive processed foods
- Limit sugary beverages

The objective is consistency, not perfection.

Game Day Nutrition

Game day preparation begins long before puck drop.

3–4 HOURS BEFORE COMPETITION

Players should consume a balanced meal containing lean protein, complex carbohydrates, fruits and vegetables, and fluids. Examples:

- Chicken, rice, vegetables
- Turkey sandwich with fruit
- Pasta with lean protein

1–2 HOURS BEFORE COMPETITION

Players may benefit from a lighter snack such as:

- Banana
- Yogurt
- Granola bar
- Fruit

POST GAME

Recovery should begin immediately. Players should:

- Rehydrate
- Consume protein
- Consume carbohydrates

Recovery nutrition helps prepare the body for future training and competition.

Hydration

Dehydration negatively impacts performance. Even mild dehydration can affect energy, decision-making, reaction time, and recovery.

HYDRATION HABITS

Players should:

- Carry a water bottle daily
- Drink water throughout the day
- Monitor urine color
- Increase fluid intake during tournaments

HYDRATION IS NOT SOMETHING THAT BEGINS AT THE RINK. HYDRATION IS AN ALL-DAY HABIT.

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Sleep & Recovery

Sleep may be the most powerful recovery tool available to athletes. Unfortunately, it is often the most neglected.

RECOMMENDED SLEEP

15U athletes should aim for **8–10 hours of sleep per night**.

Sleep supports:

- Recovery
- Growth
- Learning
- Memory
- Performance

HEALTHY SLEEP HABITS

Players should:

- Maintain a consistent sleep schedule
- Limit screen time before bed
- Create a quiet sleeping environment
- Prioritize sleep during travel

RECOVERY BEGINS WITH SLEEP.

Injury Management

Players should communicate injuries honestly. Attempting to hide injuries often creates larger problems.

Athletes should:

- Report concerns early
- Follow medical guidance
- Complete rehabilitation programs
- Prioritize long-term health

Missing a few days now is often better than missing months later. Health always comes first.

Mental Performance

Mental skills are an important component of development. Every player will experience success, failure, pressure, confidence challenges, and adversity. These experiences are normal.

MENTAL PERFORMANCE HABITS

Players should:

- Focus on controllable factors
- Learn from mistakes
- Develop routines
- Maintain perspective
- Build confidence through preparation

CONFIDENCE IS EARNED THROUGH PREPARATION. NOT THROUGH WISHFUL THINKING.

Leadership Development

One of the primary goals of youth hockey is developing future leaders. Leadership extends beyond hockey. The lessons learned through sport often transfer directly into school, careers, relationships, and community involvement.

Leadership is not determined by a letter on a jersey. Leadership is demonstrated through daily actions.

What Leaders Do

Effective leaders:

- Arrive prepared
- Lead by example
- Support teammates
- Communicate positively
- Accept responsibility
- Remain composed under pressure

Leadership is influence. Every player influences teammates whether they realize it or not. The question is whether that influence is positive or negative.

Leading Through Actions

The strongest leaders often say the least. Instead, they demonstrate standards through actions. Examples include:

- Being first on the ice
- Staying late after practice
- Helping teammates
- Supporting struggling players
- Maintaining positivity during adversity

ACTIONS CREATE CREDIBILITY. CREDIBILITY CREATES LEADERSHIP.

Dealing with Adversity

Every athlete encounters adversity. The strongest leaders respond positively. Examples include reduced ice time, mistakes, losing streaks, injuries, and performance slumps.

Leadership is often revealed during difficult moments. Anyone can lead when things are going well. Great leaders continue leading when things become challenging.

Discipline Process

Discipline is not intended to punish. Discipline is intended to teach. The objective of discipline is helping players develop accountability and responsibility.

STEP 1 / CONVERSATION

Many situations can be resolved through communication. Players should understand:

- What occurred
- Why it matters
- How to improve

STEP 2 / CORRECTIVE ACTION

Examples may include:

- Additional responsibilities
- Team service activities
- Temporary loss of privileges

STEP 3 / SIGNIFICANT CONSEQUENCES

Repeated issues may result in:

- Reduced opportunities
- Suspension
- Additional organizational action

The objective remains education and growth.

Character Matters

Character is one of the most important qualities we seek to develop.

Character is demonstrated through:

- Integrity
- Honesty
- Accountability
- Respect
- Responsibility

CHARACTER IS NOT TESTED WHEN THINGS ARE EASY. CHARACTER IS REVEALED WHEN THINGS ARE DIFFICULT.

Our goal is to help players develop habits and values that will benefit them throughout their lives.

Our Commitment as Coaches

We commit to:

- Treating players with respect
- Communicating honestly
- Supporting development
- Creating a positive environment
- Prioritizing player well-being
- Helping athletes reach their potential

Players and families should expect professionalism from our staff. We hold ourselves to the same standards we ask of our players.

PLAYER & FAMILY COMMITMENT AGREEMENT

By participating in this program, we acknowledge our commitment to the values and standards outlined throughout this handbook.

WE UNDERSTAND THAT:

- Development requires commitment.
- Success requires accountability.
- Growth requires effort.
- Team success requires sacrifice.

WE AGREE TO SUPPORT A POSITIVE CULTURE BUILT UPON:

COMPETE
ACCOUNTABILITY
RESPECT
TEAM FIRST

These standards exist to help players maximize their development as athletes, teammates, leaders, students, and people.

PLAYER

NAME

SIGNATURE

DATE

PARENT / GUARDIAN

NAME

SIGNATURE

DATE

HEAD COACH

NAME

SIGNATURE

DATE

FINAL MESSAGE

Years from now, players will not remember every practice. They will not remember every game. They may not remember every win or loss.

What they will remember are the relationships, experiences, lessons, and habits developed throughout the season.

Our responsibility as coaches, parents, and leaders is to create an environment that allows young athletes to grow into confident, resilient, and capable individuals.

If we achieve that goal, the season will be a success regardless of the standings.

Thank you for your commitment to our program.

We look forward to an outstanding season together.

DEVELOP. COMPETE. REPRESENT.

CLOSING

BUILDING BETTER PLAYERS / BUILDING BETTER PEOPLE

200 FOOT HOCKEY

BUILDING BETTER PLAYERS. BUILDING BETTER PEOPLE.

DEVELOP. COMPETE. REPRESENT.

*This handbook was generated using Artificial Intelligence and customized by 200 Foot Hockey
as an example of how AI can support youth hockey organizations through the creation of
professional operational resources, player development materials, and organizational documentation.*

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