

# 2020-2021 Irondale/St. Anthony GIRLS' HOCKEY EXPECTATIONS

## I. GENERAL

- A. All players, managers, and coaches will always conduct themselves in a first class manner, be encouraging of each other, and have a healthy, positive attitude. We all represent Irondale/St. Anthony High Schools and the Irondale/St. Anthony community.
- B. All players, managers, and coaches are expected to use appropriate language in all practices, games and team activities.
- C. All equipment issued by the school must be returned by the end of the season in order to receive their letter. It is expected that all players keep practice uniform clean during the season.
- D. All players and managers must in school to practice or play in game.

***Breaking of any of these guidelines will result in:***

**The first offense:** the athlete or manager will miss part or all of the next varsity game. The player will be on the bench in street clothes and help with statistics.

**The second offense:** the athlete or manager will miss the next varsity game. The player will be on the game bench in street clothes and help with the statistics. In addition, the player or manager will not return to varsity competition until after a conference with the coaching staff and parent or guardian.

## II. PHILOSOPHY

**Varsity** – the coaching staff will attempt to put the best possible team on the ice regardless of a player's age or grade. We will look for athletic ability, attitude and the ability to be a team player when putting together a competitive team. If a younger player is ready to play at this level, she will play.

**Junior Varsity** – The Coaching staff will focus on skill development. We will work with the players to help them get to the next level.

## III. PARTICIPATION

### **Being on the Knights GIRLS' HOCKEY TEAM**

- It's a privilege, not a right.
- Players must accept all responsibilities in order to be on the team.
- Nobody will be accorded equal or guaranteed ice time.

#### IV. **SQUAD SELECTION**

Choosing the members of this team is the sole responsibility of the coaches. We shall provide the following information to all candidates for the team:

- Extent of tryout period
- Criteria used to select the squad
- Number to be selected
- Practice commitment if they make the squad
- Other commitments

#### V. **RESPONSIBILITIES OF THE ATHLETE**

- Put the teams' goals, welfare, and success before your own.
- Attend all practice sessions.
- Be receptive to coaching.
- Be responsible for all uniforms and equipment.
- Represent Irondale High School well and follow the team rules.
- Report all injuries to the trainer or coach.

#### VI. **RESPONSIBILITIES OF THE COACH**

- Select the team.
- Determine the style and philosophy of play.
- Teach at practice sessions.
- Determine amount of playing time for each player.
- Establish team rules.
- Establish the requirements to earn a letter.
- Always make safety and the athletes' welfare first.

#### VII. **RESPONSIBILITIES OF THE PARENTS**

\* Be positive and supportive of your daughter. Try not to add undue pressure and unrealistic expectations.

\* We want only the best for your daughter. Please trust that this is our top priority. We will do everything that we can to help your daughter achieve her goals. Please always try to be supportive of our program and if you have a concern, let's talk about it.

#### VIII. **DEALING WITH QUESTIONS OR CONCERNS**

There is a chain of command that must be followed when addressing concerns:

- 1st step – The player must talk to the coach.
- 2nd step – Meeting between the coach, parent and player.
- 3rd step – Meeting with the coaches, the athlete, parents and Activities Director.

\*All questions and concerns will be dealt with only if these steps are followed and will never take place at the arena. Please schedule your appointment to meet at the high school.

#### IX. **LETTERING STANDARDS**

A letter is something that each athlete must earn.

There are three different ways to earn a letter:

1 – If an athlete plays in at least as many periods as there are games. For example, if there are 25 games in a season, a player must play in at least 25 periods to letter. In addition, the athlete or manager must successfully complete the entire season and be on the final section tournament roster.

2 – If an Athlete has been out for high school hockey for 4 years.

3 – The coaching staff reserves the right to letter any athletes that do not meet the above two standards.

#### **X. Attendance**

A daily attendance report will be provided to each head coach on a daily basis. Please note that students must be in school all six hours of the day in order to participate in games/practices for that day.

#### **XI. ACADEMIC STANDARDS**

Students are eligible to participate in activities as long as they are meeting MSHSL, School District policies, and team expectations in regard to academics. The following information is Irondale's procedures relating to student-athletes academic and activities participation in relationship to coaches' responsibilities:

-On Wednesdays, the activities office will send out weekly grade reports to coaches

-Coaches should discuss grade reports each week with their student-athletes

-If a student is found to be failing one or more classes, they will be given one week to get these grades above a failing level

-If a student isn't passing after one week, they cannot participate in any competitions until they are passing all classes- coaches will communicate this to their players

#### **XII. MINNESOTA STATE HIGH SCHOOL RULES**

Failure to comply show lack of commitment to the team. Please see Student Activities Handbook. Violations of these rules will be followed up with the penalties as they are written.

Note: Any infractions of any of these rules or regulations or those of the MSHSL by the captains of the varsity team will result in the loss of title and responsibilities.

#### **XIII. CAPTAINS SELECTION AND TEAM AWARDS**

- Team Captains will be selected by a vote from the varsity letter winners from the previous year.
- All awards (MVP, MIP and Knight Award) will be voted on by the players.
- Except the coaches will select one award – the Coaches Award.

#### XIV. **COMMUNITY SERVICE**

It is our goal each year to give back to the community in the way of community service. It will be an expectation to work with our youth teams. Team members will be notified as these opportunities present themselves

#### XV. **Athletic Training Policies and Procedures**

Athletic Trainer: **Amy Reimer**  
 Contact Information: Phone: 651-621-6950  
 E-Mail: [amy.reimer@moundsviewschools.org](mailto:amy.reimer@moundsviewschools.org)

##### **Athletic Training Room hours:**

3:00-5:30 Monday through Friday during fall and winter seasons

\* Note: Hours will vary if school is not in session

- Athletic Training services are provided for all student-athletes grades 7-12 for athletic injuries. Game coverage is determined by the contract with the clinic provider.
- An athlete reporting to the athletic training room (ATR) for an injury will be given written instructions to be given to their coach.

**All coaches are responsible for communicating with the Certified Athletic Trainer (ATC) regarding injuries that occur at practice and away competitions. Injuries that the ATR should be notified about include:**

1. If an athlete visited a Doctor/Urgent Care/ER after a game from an injury.
2. If 911 was called for an Irondale student-athlete.
3. If a player was not able to complete a game due to an injury.
4. Any injury to the head that could potentially be a concussion.

#### XVI. **Booster Clubs**

Booster Clubs are a welcomed partner in our programming. It is imperative that coaches work with these groups in order to promote positive community relations as boosters are stake holders within our programs. Please note the following:

- A Booster Club is defined as "an organization that is formed to **help support the efforts of a sports team or organization.** Support is shown in many ways, including volunteering time, raising money, and contributing funds to better enhance the team or organization's performance."
- Booster Clubs should not be using Irondale High School as a billing address for items they purchase for their Booster Club.
- Head varsity coaches need to work with booster clubs in order to understand the above process.
- Should not solicit funds from outside resources and enter into agreements with these entities, promising such things as advertising on school grounds without prior approval of the coach and activities director.

Booster Clubs **should:**

- Volunteer time.
- Raise money.
- Contribute funds to better enhance the team or organization's performance.
- Print promotional items like team schedules, programs, and yearbooks (subject to approval by the head coach and the Activities Office).
- Financially support the program by providing additional funding for coaches, staff, and event workers.
- Organize team events, such as pre- or post-game dinners or social events during the season.
- Listen and work closely with the head coach, as the head coach is the director of the sports program.
- Email the Activities Office with their president or contact person before each season.
- Discuss as official business any item that meets the definition or function of a Booster Club as outlined above.

Booster Clubs **should not:**

- Openly discuss or perform a performance review of the head coach or coaching staff.
- Review the performance of a coach funded by the Booster Club; staff evaluations are solely the responsibility of the school district.
- Openly discuss playing time issues.
- Ransom funding of the program in order to control the hiring or firing of the head coach or staff member.
- Offer up a petition by Booster Club members to hire/fire a coach.
- Plan, organize, or attempt to implement an off-season training program without direction or consent from the head coach.
- Discuss as official business any item that does not meet the definition and function of a Booster Club as outlined above.