



# Shelburne County Minor Hockey

## Peewee C Flames

The coaching staff would like to welcome everyone to the 2019/2020 season. We're all very excited to start our season and looking forward to a great year. Our coaching staff is committed to providing the best year possible for all players by promoting a positive team atmosphere, encouraging team bonding and focusing strongly on player development. We will be working on:

### 1. Skating:

- Sound agility and balance on both feet
- Speed and acceleration in all directions
- Ability to have speed with and without the puck

### 2. Hockey sense:

- Ability to make teammates around them part of the play
- Ability to read the ice and react to the situation
- To be creative

### 3. Puck control:

- Skill to handle puck at high speed in traffic and open ice
- Ability to make hard and accurate passes
- Skill to place their shots on net

We expect all players to:

- Shows respect for the game, teammates, coaches, officials and opponents
- Support teammates both on and off ice
- Learn and show discipline at all times
- Be committed
- Display a strong work ethic
- Reframe from any form of bullying or negativity towards fellow teammates

\*\*Failure to comply with any of SCMHA or team standards will result in disciplinary action.

### **PRACTICES/TRAINING**

Our practice schedule has been uploaded to the [shelburneflames.com](http://shelburneflames.com) website. We have one extra practice each month. Players unable to make practices MUST notify the coaching staff at least 2 hours prior to scheduled start. Failure to do so or any practices missed for ill reason will result in a 3-shift suspension.

Each month players will have 1 hockey yoga and 1 dryland training session with Lola Jean Sears at her gym at 3496 Barrington. These sessions are at a cost of \$7-\$10/session and all players are expected to participate. Any players missing more than 5 sessions will be penalized unless valid absences are provided.

### **GAMES**

The scheduling meeting is this coming Sunday Oct 6th in New Minus. All regular season games will be scheduled and after cleared with the ice scheduler be posted on the [Shelburneflames.com](http://Shelburneflames.com) website. Player expectations for games are as follows:

1. Arrive no less than 45mins prior to game time. If held up by weather, traffic or other circumstances, parents are responsible to notify the coach, coaching staff or manager as soon as possible.
2. All players are expected to participate in 10-minute warmup exercises lead by the team captain and assistants every game. Warmups will happen 30 minutes prior to game time. If your player misses warmup for ill reason or chooses not to participate, they will sit 3 shifts.
3. Parents are not permitted in the dressing room. At this age and level there is no reason for parents to be in the dressing room unless asked to be by the coach to uphold HNS 2 deep ruling. If you need to speak to your player you must knock and wait for a coach to answer and your player will be asked to go out into the hall. If your player needs help dressing or tying their skates please let the coaching staff know and they will assist.

4. All players are to be dressed in their game jersey and matching game socks. It's important for us to look like a team and represent SCMHA and the Flames with pride. Game jerseys and game socks are not to be worn to practices. Players will be asked to remove them before getting on the ice. Practices jerseys will be provided but players will need to have their own practice socks. Jerseys and socks should never be thrown in a player's bag after a game. Everyone should have and use a jersey bag.

5. During games parents are encouraged to cheer on and support players but please reframe from shouting instructions. This can confuse players and is the coaches' job. Also, any excessive shouting or yelling in a negative, demeaning or derogatory manner at players, opposing players, coaches or parents will not be tolerated. Parents will be ejected from the game and a formal complaint will be forwarded to the SCMHA board. It's certain there will be times tempers will flare but parents need to remember they represent the team just as much as our players do.

6. The coaching staff is always open to hear any concerns or complaints however the 24hr rule is in place. Parents are not permitted to approach the bench or address a coaching staff in front of any players at anytime. Failure to abide by this rule will result in a formal complaint sent to SCMHA and a 3-game suspension requested.

### **COMPETITIVE PLAY**

We believe in equal opportunity and Fair Play as much as possible however we intend to coach a competitive team this year so there may come times and circumstances that the coaching staff will shorten the bench or sit players. This will not be a frequent occurrence but will most likely happen from time to time during our season.

### **TOURNAMENTS**

There are 5 tournaments this season we'd like to participate in. Understanding there are additional cost and commitments for families that come with playing tournaments please only sign up if 100% committed. You can sign up for tournaments by visiting: [Shelburne-Flames.com/peewee-c.html](http://Shelburne-Flames.com/peewee-c.html)

Fees for tournaments will need to be paid in advance.

- Fall Classic - November 8th-10th
- Fall Faceoff - Clare/Digby, November 15th-17th
- Bridgetown Peewee C Tournament, February 14th-16th
- Gary Wentzel Tournament, March 19th-22nd
- SEDMHA, April 2nd-5th

### **FUNDRAISING / VOLUNTEER**

It's expensive to run a team for a season and after league registrations and insurance there isn't much left from registrations to cover cost of ice, refs and time keeps for the remainder of the season. Like any organized sport, there are always the parents who are willing to pitch in and go above and beyond and the parents who expect their child to reek the benefits of others efforts but never volunteer. This season we are asking everyone to pitch in and help or be responsible to find a replacement. An example of this is 50/50 at home games. Every parent will be responsible to take a turn (alphabetical) If its your turn and you are missing the game or don't want to do it, you are responsible to find a replacement. During Fall Classic all parents will be assigned a responsibility. We are willing to work with you to find a task your comfortable with however if unwilling you will be responsible to again find a replacement.

This year can be one of the best yet for our players but it's going to take all of us to rally behind them and the coaches, roll up our sleeves and pitch in.

### **CONTACT INFO:**

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