

BC EAGLES HOCKEY AGREEMENT



Coaches Expectations of Each Player

1. Bring a positive, “Team First” attitude to the rink each day
 - We can do anything we put our minds to, if we work together
 - We will be successful if we do things for the team, rather than ourselves
2. Hard work is what makes a champion
 - We want to be better at the end of the year than at the start
 - Hustle in practice leads to hustle in games
3. Believe in your teammates, coaching staff, and yourself
 - Confidence makes us unstoppable
 - Everyone wants to do their best, show them you believe they can
4. High expectations in the classroom, on the rink, and in the community
 - School comes first; we will take academic progress very seriously
 - Attendance/behavior in school is a direct reflection of our program
 - Be prompt to practices and games, commitment shows
 - We all represent BC Hockey everywhere we go
 - You never get a second chance to make a first impression
5. Have Fun!
 - Play hockey for the right reasons, because you enjoy it!
 - Soak up the moments in every practice, every game, and time spent with your teammates because it goes fast
 - Don't interfere with others' rights to get the most out of their experience

Team Member Expectations

- A . Team members must attend all scheduled practices. Only if arrangements are made with Coach Lappe in advance may an athlete have an excused absence from practice.
- B . Team members in other school related activities (Debate, Speech, Chess, Student Council, Math Team, Band, etc.) during the hockey season, must submit a schedule that indicates conflict dates and times.
- C . If you leave school during the day and will not be at practice, please leave Coach Lappe a voice or text message at **914-4940042 (my cell phone)** or by email (**CoachLappe@gmail.com**) during the day (telling another team member to give a message to the coach is not acceptable).
- D . If you are injured you must immediately report to Coach Lappe and then report to the school athletic trainer. The athletic trainer is not a doctor, but will refer you for diagnosis if necessary.
- E . If an individual cannot meet the expectations set out for the season, there are a number of steps that will be followed to help the student/athlete meet the expectations and help the program maintain a level of excellence and pride. (In other words, if you are having a problem, here are the steps to follow to resolve the conflict(s).)
 - 1. Conference with captain(s) to solve
 - 2. Conference with Coach Lappe and captain(s) to solve
 - 3. Conference with Coach Lappe, student/athlete and Parents.
 - 4. Conference with Coach Lappe, student/athlete, Parents, and Athletic Director to evaluate

athlete's situation to determine if athlete should remain on the team.

should not be complaining to teammates or having your parent(s) contact me. You need to communicate with the coaches in a mature manner.

- G. It is a privilege to be part of this hockey team, not a right. You **DO NOT** reserve the right to equal playing time. Your skill, effort, and attitude will determine this. This is NOT a club team; our goal is to be very competitive within the CDHSHL. The coaching staff will determine playing time based on what they feel is best for the TEAM. Each individual player will have different roles on the team and every role is important in helping our team to achieve our common goals.

“If you miss one practice, your teammates notice. If you miss two practices, your coach notices. If you miss three practices, your competition notices.”

Player, Parent, Coach, and Fan Conduct

- BC hockey coaches expect all players, coaches, parents, and fans to have class in their actions.
- ZERO NEGATIVITY. Negativity only has NEGATIVE effects on the organization.
- Support for our program, our coaches, our school, and our teams at all levels of play will make us a much stronger organization.

Locker Room

- Keep all locker rooms and storage areas clean at all times.
- Keep all equipment in the lockers and locked up when not in use.
- No horseplay, remember you are representing our program.
- Everyone is responsible for making sure the floor is spotless before we leave.

Equipment

- Everyone is responsible for any equipment checked out to you.
- Check the condition of your equipment.
- Each player is required to wear the school issued game equipment on game nights, and to provide their own necessary equipment, and is not to wear game jerseys, game socks to practice.
- Please be sure ALL EQUIPMENT is TURNED IN as soon as the season has ended!

Game Travel

- It is Bethlehem High School policy that all players must ride the school transportation to and from every contest when provided. Knowing that emergency situations do arise, a permission slip must be pre-signed by the parent who will provide substitute transportation. Under no circumstances will students be allowed to provide their own method of transportation when the district provides transportation.

Practice and Game Participation

- All registration forms and fees must be turned in before players will be allowed to participate in games. Each player will also need to turn in the proper forms handed out by the coaching staff with their signature as well as the signature of their parent(s) before they are allowed to participate.
- Players are expected to be at every practice, game, and team function. Playing time may be decreased if this is not the case.

Parental Concerns/Conflict

- It is our belief that all parties involved in any conflict, which may arise want one thing, what is best for the student-athlete. Because of this reason we have come up with a few guidelines to follow when addressing a concern.

We will only speak to a concerned parent after we have talked to a concerned athlete first.

The time to discuss a concern is not at the heat of the moment at the ice rink. Please follow the “24 hour rule.” Indeed we will deal with all concerns in a timely and professional manner.

***Emails concerning playing time or strategies will not be responded to.**

Any time a meeting is required to solve an issue with a parent, the athlete and the coaching staff must also be involved.

Our team will have success if everyone (parents, athletes, and coaches) works together, and most importantly supports each other.

We will always be open to questions and concerns, but please be considerate to our friends and family members and direct those concerns to us only. (Voicing them in the stands doesn't solve anything).

BC EAGLES Hockey Commitments

I will...

Hockey On-Ice

- Put the team and the program first above individual recognition and accomplishments.
- Attend all games, practices, and team functions.
- Be on time for ALL practices (be on the ice at the scheduled start time).
- Work hard every day in practice – always strive to get better through effort.
- Have a positive attitude during practices and games – support your teammates.
- Focus on the task at hand (next drill, next shift, next period, etc).
- Block shots whenever I have the opportunity.
- Do not take a retaliation penalty, unnecessary or lazy penalties.
- Go directly to the box if I receive a penalty and do not argue with an official.

Hockey Off-Ice

- Follow ALL CDHSHL and BC rules (drinking, tobacco, drugs, harassment, hazing, theft, etc.) even when no one is looking.
- Be on time for team meetings, weight training, buses, team meals, etc.
- Have playbook present at all practices
- Dress as a team in school, (as directed by team leaders), at home games at away games/on road trips.
- Commit to proper nutrition and proper rest.
- Pick up the locker room trash (tape, misc. garbage) everyday.
- Help out with picking up pucks, moving nets after practice and other daily chores.
- Commit to quiet, uninterrupted focus on bus trips, before games, and between periods in the locker room.
- Never talk negatively about any teammate to another player, friend in school, etc. If I have an issue with someone on the team I will address it with them in a safe, confidential manner or meet with the coaching staff to resolve the issue.

School/Classroom/Community

- Attend all classes except for an authorized appointment, extreme illness, etc. (no sleeping in after games or because you are too tired to go to school).
- Improve on my cumulative GPA throughout the school year by maintaining or improving on grades.
- Be on time to every class.
- Represent the team and program with a high standard of citizenship, and character in the classroom, hallways, and lunchroom through my behavior. Go above and beyond to excel in this area (behavior in class, punctuality, work ethic with homework, etc.).
- Go out of my way to always say please and thank you (especially to the parents who provide so much for all of us – team meals, fundraisers, love and support).

Parent Commitment & Responsibilities

- I commit to fulfilling my assigned Game Duty tasks & supplemental task (i.e. roster printout, getting anthem singers, etc) as needed by the Booster Club.
- I commit to doing my part on Fundraising events (including assigned concession shifts) as needed by the Booster Club.
- I commit to participate in at least 1 committee event and 1 pasta party (team bonding).
- And it is my responsibility to know what I have signed up/assigned and ensure task is complete.

BC EAGLES Character, Commitment, & Chemistry

First, our **attitude** will determine whom we are regardless of the circumstances that lay ahead. Attitude is a significant indicator of success. It defines who a person is and how they react to situations they may encounter in life. Within a structured group or team, it is essential that coaches and players possess the energy and enthusiasm to accomplish the goals set for the season. Combined with an enthusiastic approach, a positive attitude will produce overachievers in life.

Secondly, we show **respect**. On and off the ice, we treat people with dignity and respect. Within a team, there are many different personalities that need to be recognized by the team members. Every player has a role in the team's success and needs to be respected for their efforts and opinions. They need to be treated on an equal basis both as a person and as an athlete. We intend to show respect first, in order to gain respect from others. We believe that this is the best way to interact within a structured organization.

Third, our actions reflect **discipline**. A structured lifestyle emphasizing academics and athletics will determine the personality that a team emits. Our actions in competition are direct reflections of the discipline that we present off the ice.

Fourth, we are **committed** and **dedicated** to the team. This means that each individual takes accountability and responsibility for important actions such as showing up to practice on time, working your hardest at every practice (during every drill), and putting everything you have into each shift of every game. Understanding that everything we do and accomplish we do and accomplish together; push each other harder to make us better so we can achieve more.

Finally, we are a **family**. We will thrive off our chemistry and commitment to each other. We have a feeling of togetherness and determination to be adverse in difficult circumstances. This is often times the most important characteristic in becoming a champion.

Again, welcome to the BC EAGLES HOCKEY – I am proud to be a part of this program and welcome you to the family!

Sincerely,

Dylan Lappe
Head Hockey Coach

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I have read and understood and the above on behalf of:

Parent Signature _____ Date _____

Player Signature _____ Date _____

Parent Email _____

Parent Phone Number _____