

Brentwood High School
Brentwood, TN

Ice Hockey Player Handbook
Season: 2009/2010

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Guiding Principles

Brentwood High School ice hockey is a club sport within the Greater Nashville Area Scholastic Hockey Association (GNASH). The primary purpose of GNASH is to support the growth and quality of high school hockey in Middle Tennessee. GNASH has adopted the traditional definition of high school sports team: a team associated with (a) specific school(s) consisting of players attending that school(s).

It is the intent for the ice hockey team to become a Tennessee Secondary School Athletic Association (TSSAA) sanctioned winter sport. With this in mind, continuing eligibility for participation in the GNASH is predicated on compliance with the individual high school handbook, the player's eligibility for athletic participation at his/her school, compliance with the Constitution and Bylaws of the USA Hockey Association, and adherence to prevailing TSSAA rules and guidelines.

In addition to league principles and objections, the coaching staff and team leaders strive to provide a safe and fun environment that allows each player to create lasting memories of their days on the BHS ice hockey team.

Social Expectations

With your commitment to the Brentwood High School Hockey Program you have become a proud member of one of the oldest and finest high school hockey programs in the State of Tennessee. Your behavior is a reflection on you, your family, and the Brentwood High School Hockey Program. Be proud that you are a member of this organization. There are many students that tried out and hoped to be a member of this team. Be grateful and humble to be a team member.

The coaching and management staff expects you to act like quality individuals both on and off the ice. To insure we all meet these ideals, here are several key expectations:

- You are expected to be both law abiding members of the community and a responsible member of the Brentwood High School student body. You must follow all local, state and school regulations.
- The drinking age in the State of Tennessee is 21. Any violations as a member of this team will result in suspension or expulsion from this program.
- Tobacco of any kind is prohibited in/around the hockey program. Tobacco is a detriment to both your athletic performance and your general health.
- Drug use of any kind – unless under current prescription by an appropriate health care professional – will lead to immediate expulsion from the program. This is a no tolerance policy.
- Do not take or use any item unless granted permission by the rightful owner. Stealing undermines the trust needed among the team members.

- Diversity is welcome. In our society, we need to be sensitive to and respectful of the rights and values of others.
- The coaching staff and team management are volunteers. Their purpose is to help you; they deserve your respect and appreciation.
- Hazing or other related initiation activities is not acceptable. Treat each other with respect. Go out of your way to get along with everyone. To win, everyone needs to support one another and have a positive role on the team.

Academic Guidelines

Hockey is game you have the privilege to play; it is granted to you by your parents or guardians. Academics are not a game – they will assist you the rest of your life. We expect each player to work hard on and off the ice. Your school work is just as important to us as it is to you and your family. The coaching staff will be in frequent contact with your parents/guardians and will support any decision they make regarding your grades. If they feel it is appropriate for you to miss games or practices due to poor grades in school, the coaching staff will abide by their requests.

Team Organization

As a player, you need to recognize there are many people working to ensure your high school hockey experience is possible. Supporting your parents/guardians are several key roles that contribute to the success of Brentwood High School Ice Hockey Team. Each of these roles is designed so that the player, their family, and everyone associated with Brentwood High School Ice Hockey Team has a pleasurable and equitable experience.

Role	Responsibilities
Coaching Staff	<ul style="list-style-type: none"> • All On-ice Activities Associated with Practices and Games
Team Coordinator	<ul style="list-style-type: none"> • Budget / Other Related Financial Items • Coordinates with Coaching Staff • Overall Team Direction
GNASH Representatives	<ul style="list-style-type: none"> • Liaison to GNASH • Attends all GNASH meetings • Reports Activity to Team Coordinator
Game Operations Director	<ul style="list-style-type: none"> • Time Clock / Penalty Box / Score Sheet • Fan Monitoring / Control • Liaison to Arena
Player Liaison	<ul style="list-style-type: none"> • Manages / Updates Team Website • Arranges Social Events • Uniform Assignment and Collection • Resolves Player / Parent Disputes
BHS Athletic Club (BAC) Liaison	<ul style="list-style-type: none"> • Liaison to ABC • Attends all ABC Meetings • Reports Activity to Team Coordinator

The Off Ice Committee is comprised of the Team Coordinator, GNASH Representatives, Game Operations Director, Player Liaison, and BAC Liaison. The purpose of this committee is to review and manage all activities associated with the Brentwood High School Ice Hockey Team. The Off Ice Committee is chaired by the Team Coordinator and meets on an ad hoc basis.

At various times during the year, the Off Ice Committee will seek the support and input of parents and others associated with the growth and success of the Brentwood High School Ice Hockey Team. At all times the Off Ice Committee encourages positive dialogue concerning the growth of the hockey program.

Locker Room Rules

The locker room is an important part of the hockey program – it is here that important coaching, socializing, and team building takes place. These are some of the guidelines you must follow in the locker room:

- Have pride in the locker room. Put trash in the garbage cans. Do not dispose of tape, papers, empty bottles, etc under your bench. Leave your area cleaner than you found it.
- Treat the rink staff with respect at all times. Show your appreciation for the work they do to ensure there is a quality hockey facility for your use.
- Take pride in your Brentwood High School jerseys. They should always be on hangers and should hang when not in use. Jerseys should NEVER be placed on the floor or in your hockey bag.
- Take care of your equipment. Equipment left in a bag with moisture and heat will produce mold and mildew – the basis for skin disorders.
- Wrestling, throwing objects and related behavior is unacceptable in the locker room.

Practice Day Rules

The coaching staff wants all practice sessions to be a fun learning experience for the players, yet see them as vital to team growth. Players are expected to ask questions and will be measured to show improvement each week during the season. Coaches will help meet these expectations by doing what is necessary to ensure each player is giving his best for the team to reach its goal.

Team members are to arrive at the arena **no later than 30 minutes prior to the start of practice**. If a player cannot be at the rink at this time, only a call to the head coach will be considered an acceptable excuse. In most cases, at least 24 hours notice is needed to be excused from a practice.

Repeated late arrivals to practice and/or games will result in disciplinary action – including loss of ice time during game situations.

Players will be dressed and ready for the ice **no later than 10 minutes prior to the start of practice**. This 10 minutes of time will be used by the coach and the

team captain to discuss the upcoming practice and other issues. Players must be ready to pay attention during this discussion time.

No players are permitted on the ice without a coach present.

When the whistle blows during practice, all players are to stop any activity and immediately go to the spot on the ice directed by the coach. Hustle is expected.

While the coach is talking, LISTEN, pay attention, and learn.

Water breaks will be offered during the practice. Water breaks are never taken during drill time as it will cause a break in the flow of the particular drill.

All coaches will be available after practice to speak individually with parents and/or players as needed.

Respect for the facilities and related staff will be shown at all times.

Game Day Rules

Game days are the opportunity to showcase the individual and team skills developed during practice time. Players, parents, and coaches need to take game situations seriously with the understanding that the team comes first in all situations regarding game time. Game time preparation is critical to perform at peak levels.

Dress code for games and game days will be white shirt, team tie, and dress pants. No sneakers, jeans, hats, or baseball caps are permitted at school or at the arena on game days. Shirts are to be tucked in and worn in a professional manner at all times. It is the team captain's discretion for game day clothing to be worn at school.

Pre-game meals should be consumed at least two (2) hours prior to game time. Proper nutrition is a must. Avoid items with large contents of sugar, including high energy drinks such as Red Bull.

Team jerseys are to be brought to and from the arena on clothes hangers and will not be put placed in an equipment bag – EVER. Team jerseys will not be worn during practices. Having a team jersey is a privilege and will be treated as such.

Players are to **arrive at the arena at least one hour prior to game time**. Any dressing room music – including the use of headphones – is to be turned off 15 minutes prior to game time. The head coach is the only person able to consider an exception.

All players should be **completely dressed 15 minutes before going on the ice**. During this period prior to the game, coaches will review strategies and other pre-game preparations.

A pre-game stretch will be performed prior to getting fully dressed and will be lead by the team captain and alternate captains.

During the game, ice time for players will not be equal. Game situations will determine how much on-ice time each player receives. Decisions are made to benefit the team.

During the game, good sportsmanship will be the driving force for the team. Players will be disciplined by the coaching staff for demonstrating poor sportsmanship, taking selfish penalties, and showing disrespect to other opponents, coaches, officials, or teammates.

Positive reinforcement for one another is expected. A player criticizing a teammate is unacceptable and will not be tolerated.

Only the captain, alternate captains and coaches will speak with officials. Contact with referees and linesmen by players and/or a parent is forbidden by USA Hockey and GNASH.

At the conclusion of each game, all Brentwood High School hockey players are expected to line up and shake the hand of the opposing team.

For the 24 hours following the conclusion of a game, parents/guardians are not to approach any member of the coaching staff to discuss specific player issues. During this time, parents/guardians should discuss any concerns with the Player Liaison.

Captains and Alternates – Selection Criteria

Each year a new team captain as well as two (2) alternate captains will be chosen by the Coaching Staff.

Criteria for selecting the captain and alternate captains:

1. Should be a player that works hard during all ice time
2. Inspires the team
3. Knows the rules of hockey
4. Leads by example
5. Knows when it is time to be serious and focus
6. Is able to communicate with referees in a mature, polite manner
7. Pushes the team to be the very best
8. Continuously reinforces positive effort
9. Communicates with the coaching staff in a mature manner
10. Obeys all team, school, community, and parental rules and guidelines.

PLAYER COMMITMENT UNDERSTANDING

Upon joining the team, each player commits to attend all scheduled practices, games and other team related events. Players (not parents) are expected to communicate directly with a coach if they are not able to attend any particular practice, game or other team event. The player is expected to make the communication with a coach as soon as the inability to attend is known. Excessive absences will be dealt with as punishment in the sole discretion of the coaching staff.

COMMUNITY OUTREACH

Players should anticipate being asked to donate a certain amount of time and money to our outreach activities. While not yet defined, activities such as 1) the selection, purchase, wrapping and delivery of Christmas presents to needy families in Williamson county 2) serving Thanksgiving dinner at the Nashville Mission are a few examples of what we intend to take part in. We want this to be a highly visible and successful part of the BHS Hockey Club.