



NORSKI HOCKEY CO-OP

PLAYER HANDBOOK

To You the Hockey Player:

Thank you for making the decision to play hockey. Hockey is the greatest game on the planet!

I sincerely hope the opportunity to be a member of the Norski High School Hockey Co-op team will serve as a rewarding experience that not only is challenging, enjoyable and memorable, but provides each player with a life-long experience filled with personal and professional growth and development.

To our athletes, we stress that character development is equally as important as the development of hockey skills. Athletes need a positive attitude, good work ethic, strong character and an underlying determination to succeed in hockey and life.

Preparation for the season will determine the level of success each player reaches. I hope you will make the decision to determine your success by putting forth more effort than this challenge requires.

To reach your goals, there are essential components to developing and improving your hockey skills. First, you must have a challenging training program that includes hockey fundamental skill development. Second, everyday you must come to practice prepared, willing and receptive to learning the skills presented to you. Lastly, you must have a determination that is immeasurable.

Paul "Bear" Bryant said: "It's not the will to win that matters-everyone has that. It's the will to prepare to win that matters".

Dwayne "The Rock" Johnson was quoted: "Be humble, be hungry and be the hardest worker in the room".

Come to this season prepared, ready to be engaged, and with a will for determination like no one else.

Good luck this season!

Brent Richter

Head Coach
Norski Hockey Co-op

General Team Rules

All parents, players, managers and coaches will always conduct themselves in a first class manner, be encouraging to others and maintain a positive attitude.

All players and managers will abide by their respective school rules and the governing WIAA code of conduct.

Upon joining the team, each player commits to attend all scheduled practices, games and other team activities.

All players and managers are expected to attend and be on time to all practices, bus departures and team activities.

All players will have a curfew of 10:00 p.m. on nights before a game. The coaching staff reserves the right to spot check at any given time.

All players and coaches will adhere to the team dress code. All players are expected to wear the official team warm-up. No alternatives will be accepted, including head wear, and if failure to adhere the player will not be allowed to travel to the game.

By state law, cell phones are to be turned off before entering any locker room and will be turned off before entering the team bus. The coaches carry cell phones and upon an emergency a cell phone will be available to the player.

Excessive penalties will not be tolerated! The coaches reserve the right to suspend playing time of any player engaging in dangerous play resulting in excessive penalties.

Any other problems that may arise will give reason for the coaching staff to discuss and set a precedent to be followed and added to the handbook going forward.

If you are unable to attend practice an email, voicemail or text message is expected before the start of practice.

Please no phone calls to discuss playing time or emails at work unless it is Blue Line Club related or a general question regarding the team.

Hard work pays off. The harder we work the more fun we have.

Team Philosophy

Varsity - The coaching staff will attempt to put the best team possible on the ice regardless of a player's age or grade. We will look for ability and attitude when putting together a competitive team. Also, we want players that will work hard to earn their position on a daily basis.

Junior Varsity - The focus of the JV team will be to develop the players by improving hockey skills and expanding their understanding of the game. JV players will have every opportunity to play at the Varsity level throughout the year if they are capable of maintaining varsity level of play.

Player Expectations

Put the teams' goals, welfare and success before your own.

Maintain a GPA of at least 2.5. Players will turn in grade status upon the coaches request. The coaches will regularly reach out to school administration to receive academic and co-curricular status updates on players.

Act in a way that shows you have respect for others and yourself. How you act in public reflects upon the Norski Co-op Hockey team and our communities.

Be disciplined in all aspects of your life (i.e. academics, athletics and social).

All players are expected to work to their potential in practices and games.

Be responsible for all uniforms and equipment.

Be receptive to all coaches and constructive criticism.

Unexcused Absences and Tardiness

Definition - An unexcused absence is an absence or being late for practice by more than 20 minutes that is not approved by the head coach.

The coaches realize players get sick from time to time but we will reserve the right to confront or penalize a player who is absent too frequently.

The coaches also realize that driving conditions may not favor the player getting to practice on time or extra time was spent regarding school work.

1st offense - Warning to player and the coaches will document appropriately.

2nd offense - The player will sit out 1 period of the next game regardless of opponent or any other circumstances.

3rd offense - The player will sit out the next full game regardless of opponent or any other circumstances.

4th offense - The player will sit out 2 games regardless of opponent or any other circumstances.

If tardiness becomes repetitive, the player, parent and respective Athletic Director will schedule a meeting to discuss the situation.

Participation on the Norski Hockey Co-op Team

It's a privilege, not a right.

Players must respect their coaches, captains and team.

No player will be accorded equal or guaranteed ice time.

Game Day Procedures

Game Day - Home

JV players will need to arrive at the Ice Pond 45 minutes prior to the start of warm-ups or to be

determined by the JV coach. Varsity players will need to arrive at the Ice Pond for the start of the JV game, no exceptions. Remember we are all one team and support for all players is expected. If there is no JV game, Varsity players are expected to arrive 60 minutes prior to warm-ups.

Game Day - Away

The bus for all road games will depart from the rink in Waunakee. The time of departure will not

include time for the players to pack their equipment. Varsity players will be allowed to enter the rink upon returning from a road game to dry out their equipment.

Team stretching and warm-up will be done as a team and will begin 50 minutes before game time warm-up. The Varsity team's on-ice warm-up will begin 30 minutes prior to game time and the JV team's on-ice warm-up will begin 5 minutes prior to game time. Stretching and pre-game warm up is expected and will be coordinated by the captains.

Players will be asked to enter the locker room 30 minutes before game time to get dressed and prepare mentally. All players need to understand that this is essential and an important aspect to every game.

Dealing with Questions or Concerns

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

1st Step - The player must set up a meeting to talk to the coach.

2nd Step - Meeting between the coach, parent and player.

3rd Step - Meeting with coach, parent, player and appropriate Athletic Director.

Feel free to discuss any concerns with the coaching staff except ice time allocation and/or team

philosophies. All questions and concerns will be dealt with only if these steps are followed. The meetings with the player can be set up before or after practice but meetings with the player and parent must take place outside of the rink.

The coaching staff does not promote gossip or negativity from players or parents. We must all remain positive and work together by addressing issues in a constructive manner.

Please make every attempt to discuss any problem with the coaching staff first. The Co-op Athletic Directors are busy and the situation is not always communicated to the coaches.

Captain Selection & Expectations

Captains are selfless. They are "team players" in the truest sense of the term. They are about the success of the hockey team above all else, including their own individual production.

Captains always use their performance as an example to lead others.

It's important that your actions reflect what your team stands for.

Any captain that does not adhere to team rules will be removed from their role of captain immediately.

This will include unexcused absences from practice, lack of maintaining the required GPA and/or disciplinary actions from your respective schools.

Captain selection: Players who have an interest in being a captain will apply for the position. Candidates will interview in front of a selection panel. The panel will typically consist of members of the current coaching staff and 2 outside observers.

*Selection will be based on the outcome of the interview. The interview panel reserves the right to include a vote of confidence from the team. Other factors such as past performance, academic standing, work ethic and desire to be a leader may play a role in captain selection.

There will normally be a combination of 3 captains, with 2 players occupying the Captain role and 1 Assistant Captain role.

Under certain circumstances either the captain or assistant role may be rotated between players.

Lettering Criteria

Due to the expanded JV schedule, all players must play in 1/3 of the Varsity games.

*One shift = one game

This rule will be evaluated on a yearly basis by the coaches. The number of players and JV games will have a direct effect on the changing of this rule.

Varsity/JV Rosters

Tryouts

Varsity tryouts will occur during the first week of practice. Players should arrive to the start of the season in excellent hockey condition and be ready to prove they belong on the varsity roster. In placement on the varsity roster does not mean a player will remain on the varsity roster for the whole season.

The Varsity roster will typically consist of 2 goaltenders and any combination of 15-18 skaters. The coaching staff will evaluate the roster on a game by game basis. The remaining Norski squad will comprise the JV roster.

When JV and Varsity play on the same night, the JV roster will typically consist of 1 goalie and any combination of 15 skaters.

All players will be notified at least the night before the games on where they will be playing.

There will be only one roster for all state playoff games which will consist of 2 goaltenders, 6 defensemen and 12 forwards.

Players may be required to play both Varsity and JV games depending on total program numbers and need.

Locker Room – JV/Varsity

At the beginning of each season our overall numbers will be evaluated in regards to locker room space.

At any time, if the combined roster is greater than 25 players, our permanent locker room at the Ice Pond will be a Varsity locker room only.

A schedule will be set up for the cleaning of the Varsity locker room. Each 2 weeks, players will not only clean the main area but also the bathroom and shower areas. It is our responsibility to keep the locker room clean.

JV players will be expected to be respectful of the main locker rooms at the Ice Pond. The locker room will be inspected for cleanliness before the players leave the rink.