



## Houston Wild Bantam AA Team Rules



To be able to perform at your best and be competitive at this level you need to function as a team and realize that team rules are not there for the coach to enforce or police, but for team members to continuously remind themselves and each other of their responsibilities on the team. Team rules are there to serve as a reminder that **you are the one responsible** for the team not performing to its best when your actions cause a drop in morale, or when the team has to play a man short because you are being benched for not following them!

What makes and contributes to a good team?

- Be a team player - get along with and respect your teammates.
- Recognize that everybody will contribute and everybody will make a mistake.
- Be positive in your attitude and comments.
- Be responsible for yourself and your actions.
- Always give 110% effort.
- Be on time.
- Have FUN.
- ONE shift, ONE period, ONE game at a time!!

### Team Rules

1. Treat all opponents, parents, referees, coaches, rink officials, teachers and teammates with respect at all times. Never ridicule, mock, belittle, or attempt to humiliate anybody.
2. Be supportive of your teammates, give positive encouragement and demonstrate good sportsmanship at all times.
3. Never criticize a mistake made by a teammate, especially after the game.
4. Play whatever position the coaches require you to and give your best.
5. It does not matter whether it is a game or a practice; always give 110% effort.
6. Practice is more important than games, pay attention to coach at all time, concentrate during drills, leave the puck when the coach talks, always do everything at full speed and intensity.
7. Never BANG your stick on the ice or anywhere else!
8. Wooden sticks are preferred; bring two taped sticks to every practice and game.
9. Dressing rooms must be left clean after every practice and game.
10. No horseplay or frivolous activity; at the rink, the dressing room, hotels, restaurants, vans, etc will be tolerated.
11. Be stretched and ready for the pre-practice or pre-game team meeting at the times indicated by the coach or schedule provided.
12. Games are considered to start with the team warm-up; you are expected to use this time to focus and prepare for the game and not be a distraction to others in the dressing room.
13. Wait in the dressing room as a team until you are called for the game.
14. Practices are compulsory, missing a practice without a very good reason, which must be communicated to the coach or manager 24hrs before the time, will result in disciplinary action.
15. Dry-land, video sessions and other events scheduled by the coach are considered to be practices.



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16. Only use your practice sweater in practice and bring both game sweaters and socks to every game. Sweaters must be kept clean and socks free of holes.
17. You will always look like a team and wear the required team wear to every game and team functions as deemed fit by the coach. Team wear shall be worn the way it is intended.
18. You must wear full equipment including mouth guards for every practice and game.
19. After practices and games, unless told otherwise, you must proceed directly to the dressing room for a team meeting. Parents are not allowed in the dressing room area under any circumstances unless invited by the coach.
20. There will be no boom boxes allowed in the dressing room.
21. Fighting (on or off the ice), dirty play, cheap shots, and unsportsmanlike displays will not be tolerated. Any attempt to injure another player will result in immediate expulsion from the game or practice as well as possible future disciplinary action.
22. Conduct yourself in a befitting manner at all facilities (ice rink, hotel, restaurant, etc.) or during any team function.
23. If you are taking any type of prescription medication you must inform the coach or manager. If you are injured or have an injury before, during or after a game or team activity notify a coach immediately.
24. You must maintain school grades agreed upon by your parents and coaching staff. You may be asked to show each report card and progress report to the head coach.
25. Parents have the coach's full support and are encouraged to use hockey as a motivation tool to help with day-to-day teaching and discipline of their child.
26. Parents, if you are in disagreement with the coach and want to confront him, please **wait at least 24 hours** after a game or practice.
27. Parents are required to set a good example and follow acceptable etiquette during games and other team activities.
28. Parents are reminded of their role in contributing to a positive team dynamic, by being supportive of their child, the team and the coaches and reinforce positive aspects, rather than focus on the negative.
29. Parents are encouraged to voice their concerns and issues in a monthly parent meeting, coordinated by the team manager, before they negatively impact the team.

I will abide by these rules and be a positive contributing member of this team.

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Player signature

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Parent signature

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Date