



Policy Manual

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Your Child's Coach _____, phone # _____, e-mail _____

Your Child's Parent Rep _____, phone # _____, e-mail _____

1. Introduction

This manual has been provided to serve as guide to the board members, parents, team parent representatives, players, and coaches of the Lakes Area Hockey Association. It is intended to provide consistency and continuity throughout the hockey program. Changes in policy and guidelines may take place from time to time. The Lakes Area Hockey Association will make every effort to keep this manual up to date. If you have questions, please ask your child's coach, parent representative, or a board member. Contact information can be found at the front of this manual.

2. Mission Statement

The Mission of the Lakes Area Hockey Association is to create, nurture, and sustain ice-related sports and recreation programs that teach and improve skills; foster sportsmanship, teamwork, and enjoyment; and improve fitness. These programs are financially accessible and meet the needs and interests of participants of all ages and skill levels throughout the community.

3. Registration

Multiple registration dates will be offered in the Fall prior to the start of the season. Registration information will be distributed to area schools and will be advertised in local newspapers. Required forms will be available at registration or on our website: www.lakeshockey.com.

Registration with USA Hockey

USA Hockey is the governing body to which our association belongs. All games played with other teams will be sanctioned by and subject to USA Hockey regulations. Part of your registration fee goes toward membership in USA Hockey. Please visit www.usahockeyregistration.com BEFORE coming to the Lakes Area Hockey Association registration. There you will complete the forms necessary to become a member of USA Hockey, pay the required fee, and be instructed to print the paperwork you will need for our association's registration. If you do not have internet access, please contact the association and we will arrange to register your child.

LAHA Registration Form & Fees

This form includes contact information for the player and parents or guardians. Fees are specified in the registration form and vary with age level.

Birth Certificate

Please provide a copy of your player's birth certificate at registration. Each team's parent representative will take it along to every game to verify the age of any player if requested to do so by the opposing team.

Code of Conduct

An agreement signed by the player in which he/she agrees to abide by established guidelines for sportsman-like behavior.

Equipment Rental Agreement

Applies only to players using the LAHA equipment rental program described on page 4.

4. Levels of Play

All players will be registered on the appropriate team, according to their birth date. Minnesota and Iowa use different age guidelines for determining level of play. Since we play games in both states, it will sometimes be possible for a player to “play up” or “play down.” Any decisions to move a player to a different level for a particular game will be made by the team coach.

MITES Mighty Mites.....ages 7 and 8

 Mini Mites.....ages 6 and under

This level is designed to improve skating skills and introduce players to the basic skills of the game. After several weeks of practice sessions, the Mites will be taught how to play the game in the form of scrimmages. Each player will learn to play defensive as well as offensive positions and will be offered the opportunity to play goalie to determine his/her interest and ability. The games will be low-key with the emphasis on having fun and not just winning. Two-minute stop shifts will be followed. It is recommended that this age group play no more than 15 games per season.

SQUIRTS ages 11 and under

Players in this age group should have some skating skills and knowledge of basic hockey. It is at this level that players will be introduced to competitive hockey. The primary focus will be on the enjoyment of the game as well as the development of enhanced skating and hockey skills. Coaches will attempt to provide equitable playing time for all players. It is recommended that this age group play no more than 25 games in a season.

PEEWEEES ages 13 and under

At this level, advanced skills are introduced and the game becomes competitive. Coaches will attempt to provide equitable playing time based on age, skill, and/or experience as is appropriate for each game throughout the season. At this level, it may be necessary for the coach to consider each player’s safety in certain situations and adjust playing time accordingly. It is recommended that this age group play no more than 35 games in a season.

BANTAMS ages 15 and under

At this level more advanced game systems are introduced building on the power play and penalty kill, offensive and defensive coverages, cycling and puck support. It is recommended that this age group play no more than 40 games.

MIDGETS ages 18 and under

Competitive level of play that builds on systems learned at lower levels. Will compete against other midget and junior varsity programs. It is recommended that this age group play no more than 40 games.

5. Equipment Rental Program

Lakes Area Hockey Association has a limited supply of equipment available for rent at a cost of \$5 per piece. This is a great way for new players to try out the sport for a low cost. All equipment must be returned at the end of the season in acceptable condition. Families with outstanding equipment after the return date will be billed for the equipment. The following equipment is required for all players for practices and games:

- Proper fitting skates
- Protective cup
(recommended for Mighty Mite & above)
- Helmet with face shield
- Elbow Pads
- Breezers
- Gloves
- Hockey Stick
- Shin Guards
- Mouth guard
- Shoulder Pads (required for Squirts & above)

6. Volunteer Policy

The goals of the volunteer policy are a) to distribute the workload among all participating families, and b) to keep registration costs and operating expenses down. Each family is required to provide a minimum of 10 hours of volunteer labor each year. For those families with multiple children playing hockey, the requirement is 5 volunteer hours per player. First year families will be exempted from this requirement. Report your volunteer hours to your parent representative. The following is a list of volunteer opportunities:

Building and Grounds Maintenance

- Off season mowing, trimming
- Cleanup after games
- Construction/maintenance—plumbing, carpentry, painting
- Yearly cleanup
- Rink flooding
- Snow removal

Staffing

- Board member
- Team parent representative
- Certified coach, assistant coach
- Team photographs
- Website maintenance
- Adult league coordinator

Fundraising Assistance

- Coordinate participation in local events—parades, Winter Games, etc.
- Coordinate annual skate-a-thon
- Chair golf outing event
- Participate in above or other fundraising activities

Other

- End-of-year banquet organization
- Sioux Falls Stampede outing

Volunteer Hours Buyout Option

If it is impossible for you to meet the volunteer hours requirement, it is an option for you to buy out of those hours for \$100 or \$10/hour.

7. Zero Tolerance Policy

Lakes Area Hockey Association believes it to be in the best interest of its program and its players to adopt rules governing the use of alcohol, tobacco, drugs, and other controlled substances. These rules will be in effect immediately upon registration and at all times hereafter and will not be limited to the playing season.

The use of mood-altering chemicals, i.e. alcohol, tobacco, drugs, marijuana, is expressly prohibited. Regardless of quantity, a player shall not: (1) use or possess a beverage containing alcohol; (2) use or possess tobacco (including chewing tobacco) or, (3) use or consume, have in possession, buy, sell, or give away any other controlled substance defined by law as a drug. It is not a violation for a player to be in possession of a controlled substance specifically prescribed for the player's own use by his/her physician.

8. Sportsmanship

The primary aim for the Lakes Area Hockey Association is to develop hockey players. First is the skill development where players learn the basic skills of skating, shooting, and puck handling. Equally important is the development of attitude. Hockey is a team sport and we want our players to learn how to play with others, and to develop respect. A respect for coaches, referees, teammates, and opponents, is basic to any competition. Hockey must be kept in perspective; our aim is not to win at all costs, but to compete as best we can. Sportsmanship needs to be the cornerstone of any constructive youth program. The following policy governs all players, coaches, and fans. Unsportsmanlike behavior will not be tolerated and all incidents will be dealt with on a case-by-case basis.

Coaches

- Positive reinforcement for each player
- Treat officials and players with respect
- No foul language
- No demeaning language or actions towards players
- Follow Lakes Area Hockey guidelines and policies

Players

- Do not discredit your teammates
- No foul language or obscene gestures
- Abide by team and Lakes Area Hockey rules
- Respect your coaches and teammates
- Show respect for your opponents
- Shake hands after each game
- Do not intentionally break a stick
- Take care of arena and locker rooms at home and away
- Attend practices or notify coach if absence is necessary

Parents

- Let the coach do the coaching
- No foul language
- Set an example for your child and Lakes Area Hockey
- Support your child as well as his/her teammates
- Remember that you represent Lakes Area Hockey in town and out of town

9. Practices/Games/Tournaments

Ice times for practices and games will be published during the season. If a player will miss a practice or game, he/she is expected to call the coach in advance. Any player who is absent from practice without notifying the coach shall be subject to loss of playing time, per the coach's discretion. It is important that the player arrives to practice at least 15 minutes before the scheduled practice to allow time for dress and warm-ups. Check with coaches before attending practices set aside for other age groups. Weather notices will be placed on the website www.lakeshockey.com.

The Lakes Area Hockey Association encourages our teams to participate in tournaments in other cities. LAHA will pay the registration fee for the first tournament. For all other tournaments, the registration fees shall be divided equally among the families on the team. LAHA will pay the tournament fee in advance and must be reimbursed no later than one week prior to the tournament

10. Board of Directors

Members of the Board of Directors shall be determined as set forth in the By-Laws of the Lakes Area Hockey Association. All board members are subject to screening by USA Hockey. In addition to the specified duties, Board Members shall attend all Lakes Area Hockey Association monthly meetings and prepare current reports for the board. If unable to attend, a written report must be submitted to a board member prior to the scheduled meeting. Board meetings are held the third Tuesday of each month at 6:30.

11. Coaches and Assistants

All coaches are subject to screening by USA Hockey and must have a current USA Hockey certification card. LAHA will pay the registration fees required for coaching clinics. Before attending a clinic, notify the Board of Directors.

The Head Coach and parent representative are responsible for scheduling games and entering tournaments. Cancellation of games should be done at least 24 hours prior to game time, except in cases of bad weather.

Coaches are to encourage players to support any club fundraiser. Impress upon them that, "This is your program."

Coaches should keep the physical well being of their players in mind at all times and should accordingly exercise good judgment in evaluating playing conditions, rink condition, and the potential effects of cold weather.

All coaches are instructors and leaders; other coaches, referees, parents, and most importantly, your players, notice your organization, attitude, and behavior.

Only coaches and players are allowed in the box during games, and in the locker room before and after games. Younger players may require assistance getting dressed for a game. Parents, please help them be ready at least 15 minutes prior to game time and then leave the locker room. We have found that this helps kids be more attentive to the last minute instructions given by their coaches before and after the game.