

2025 Player/Parent Playbook

THEME: If you can see it in your mind and believe it in your heart, then we can have the commitment and enthusiasm to achieve what is in store for us.

VISION: To develop a winning community, by incorporating teamwork and a strong work ethic. This will allow us to have fun, develop our hockey skills, and enjoy the camaraderie that teamwork brings to hockey and our day to day lives.

MISSION: We will foster a team with good communication, trust, accountability, and commitment to each other and our team. We will have a positive influence on those around us, while being respectful to our families, our community, our opponents, our school, and ourselves.

EXPECTATION: We will be prepared. We will play hard. We will practice harder. We will serve our community and we will love our teammates. We will hold ourselves to the highest standards of integrity and represent our program with dignity and class at all times.

STANDARD: All things are possible when we have enthusiasm for the desire to help and to serve those around us. I will not make excuses and I will be ready to work, ready to lead, and ready to TEACH. My commitment to this standard will only run as deep as my belief as to where we believe where we are going.

“ An athlete that gives less than what he has to give is, one, telling you what he thinks of you, and two, telling you what he thinks of himself. “

We, _____

Parent/guardian(s) of _____

have read the contents of this handbook with our athlete. We clearly understand as a parent and participant the expectations and policies that will contribute to the success of our athlete and our team. We acknowledge that the expectations and policies that will govern the 2025-26 Alaska Grizzlies 12U Hockey program are fair and consistent. As a caring member of the hockey program, we agree to uphold these expectations to the best of our abilities. We also accept our role and responsibilities to ensure that our athlete becomes a positive and valued member of the team.

Parent/Guardian Signature:

_____ Date: _____

Player Signature:

_____ Date: _____

Head Coach Signature:

_____ Date: _____

A copy of this contract will be placed in the player's file maintained by the head coach, or team manager, for each athlete during the season.

Jason Witt

Head Coach

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Dear Grizzlies parents, players and coaches,

Welcome to the 2025 Grizzlies 12UAA hockey season. This season will be my 17th year as a youth sports coach and I am more excited than ever to get the season started. I have been involved with the great game of hockey since I was eight years old and love every aspect of the sport. It is truly the greatest game on earth!

My amateur hockey was played right here in Interior Alaska, where I was a multi sport athlete during high school in hockey, football, and baseball. I quickly grew to love the game of hockey however, and began to excel at it. I was fortunate to have played many years of competition level hockey up to and including a club status at the college level. To this day some of my fondest memories are from those times and many life lessons we learned during those years.

As a coach, I am entering my 17th year as a USA hockey certified youth coach. I have a USA Hockey Level 4 coaching certificate and have coached youth hockey at the high school age level for the past eight years. I have attended several USA Hockey seminars and symposiums and I plan to follow the USA Hockey American Development Model (ADM) for player development this season.

As the Head Coach of the Grizzlies 12UAA, I will have a positive influence on those around me, provide quality leadership, and provide the opportunity for all players to have the most productive and enjoyable season yet - While still keeping the focus on TEAM play.

My expectations for both parents and players is simple: Respect the game, respect our team, respect our opponents, respect yourself, and respect anyone else who loves the game as much as I hope you do. We will hold ourselves to the highest standards of integrity and represent our program professionally and with dignity and class at all times.

Let's play some hockey!!!

Coach Witt

1.0 MISSION

FOCUSING ON PHYSICAL FITNESS, ATHLETIC SKILLS DEVELOPMENT, AND CHARACTER BUILDING.

The Alaska Grizzlies organization provides a positive atmosphere for all student-athletes to be given the platform to demonstrate physical fitness, hockey skill growth, and the development of life skills. We build character in our athletes through competition in the game of hockey and instill in them core values which are integral to life's successes. We are dedicated to helping them realize their highest potential - Intellectually, Physically, and Socially – allowing them to be successful contributing members of the community in which they live.

1.1 CORE VALUES

CARING – We care about each other as teammates and as human beings. We will recognize the potential in everyone and we will work collaboratively to harbor a competitive spirit. We will support our teammates when they are in need, in all capacities whether in sport or otherwise.

CLASSY – We will treat everyone with respect on the ice, off the ice, in the classroom, and in our community. We will hold a high regard for truth, play according to the rules, and strive to act ethically in all areas of our lives. We will honor the game by being an upstanding individual.

DISCIPLINED – We will honor accountability and remain dedicated and in self-control even when challenged. We will complete all tasks from start to finish. We will strive to continually get better. We will give maximum effort in all areas of the game and in practices.

GRATEFUL – We will remain humble, gracious, high achievers who will be grateful for what has been given to us. We will be mindful that participation in sports is a privilege, not an entitlement.

NOBLE – We will be gracious competitors regardless of the score. We will conduct ourselves with dignity under pressure and in the face of adversity. We will honor our teammates by celebrating their strengths and supporting them in a positive and respectful nature.

RELENTLESS – We will never stop pushing ourselves to be great. We will work tirelessly to develop leaders. We will work hard in every aspect of the practice, game or otherwise. We will strive for excellence in all possible moments.

RESILIENT – We will learn from our mistakes. We will not get rattled or emotional for no reason. We will be diligent in our passion and use it in ways to better the team. We will face adversity with great courage, unstoppable hope and unmistakable resiliency.

“ A TEAM is a small group of athletes with complimentary skills committed to a common purpose and specific set of performance goals. Its members are committed to working with each other to achieve the team's purpose and hold each other fully and jointly accountable for the team's results. “

1.2 COACH EXPECTATIONS

In addition to following, disciplining, and supporting the MISSION and CORE VALUES stated in section 1.0 and 1.1, each coach is expected to exemplify the following additional characteristics:

SAFETY - We will maintain the highest safety standards at all times.

SKILL DEVELOPMENT - We will provide athletes with the opportunity to improve their skill level and experience social and emotional growth through the game of hockey.

COMPETENCE - We will be competent and knowledgeable about the skills we are teaching our athletes. We will put an emphasis on the educational value of hockey. We will develop and prepare quality practice/game plans that maximize skill development.

FUN - We will make the athletic experience enjoyable for the athlete. We will emphasize competition within the framework of established hockey rules.

COMMUNICATION – Every drill in practice, every team rule or procedure, and all game plans should have a purpose. It is the responsibility of the coaches to communicate this purpose clearly to athletes and parents.

“ Games will be won or lost by what the players know, not what the coaches know. Coaching is repetition, explanation, illustration, imitation, correction and that is the way you'll do it. “

1.3 COACHING PHILOSOPHY

Hockey is the fastest, most engaging, and challenging game on the planet. It requires a level of agility, balance and coordination not seen in other sports. Hockey takes focus, talent, dedication, and passion to be successful. My coaching philosophy is simple: **It is tailored to the TEAM and allows for every player to successfully participate while giving the freedom to our most talented and confident players to maximize those attributes.** I will put athletes in the best position to succeed, teach our athletes to play as a team, know where they should be, and to be accountable for their own actions. I want everyone on the ice as much as possible contributing to our team's success.

I believe that quality preparation is a key part of competitive play. Our team will be in excellent condition and we will work on developing good training habits including proper nutrition, taking care of our body to prevent injury, stretching, and proper rest. My expectation is that each player will take ownership in his or her conditioning and strive to ensure that they are in peak physical and mental condition during the season.

There are three areas of hockey, each having their own importance for the overall team success that my coaching philosophy addresses:

DEFENSIVE ZONE: Controlling the defensive end of the ice is critical to winning hockey games and enables a strong offense by controlling the defensive zone and allowing for quick transitions and more organized breakouts. We will begin the season with an extremely basic defensive system that can be best described as an even strength penalty kill. We will operate in a “Box +1” system. I will expect my center to hunt and retrieve pucks in the defensive zone. As the season progresses, we will add variations ranging from a “Triangle + 2” and a man pressure system.

NEUTRAL ZONE: Our neutral zone work will focus on zone control, puck security and moving into the offensive zone with speed. Turnovers in this area lead to odd-man rushes and can turn the momentum of a game. Opportunities for immediate offense are available through good speed, spacing, and team positioning in the neutral zone. In the neutral zone, we will work to force turnovers. Proper neutral zone entrance characteristics include outnumbering our opponents, with speed, and with a game plan to enter the offensive zone.

OFFENSIVE ZONE: This team will play a zone triangle offense. The zone triangle offense is an extremely simple and effective concept where the puck carrier must enter the zone with speed or make a pass to a teammate who can create the separation that speed creates. We will not take shots from the outside, bad angles, or flip pucks into the chest of the goaltender. We will shoot to score; We will aim to shoot from the scoring zone between the dots and the top of the circles, and try to get our shots off quickly and as accurately as possible. We will attempt to isolate individual players on the opposing team forcing them to continuously make the correct decision and execute their defensive maneuvers correctly. Our forecheck will be a critical part of our offensive zone attack. We will have multiple forechecks in place throughout the season, however the base 1-2-2 and 2-1-2 forechecks will be most prevalent. The key to either forechecks success will be that the first man in the zone has only one responsibility: pressure on the puck or puck carrier.

1.4 PLAYER EXPECTATIONS

Players are to strictly adhere to the team MISSION and CORE VALUES. Behavior for Grizzlies players is expected to be at an even higher level than that of their peers. Players should show respect at all times to their teammates, coaches, referees, opponents, opponent coaches, parents, as well as any other parents, teachers, students, adults or other individuals outside of the hockey environment. Any conduct that proves detrimental to the player’s or team’s image can result in the immediate dismissal from the team.

In terms of hockey, only two things are expected of all players:

- Players are to listen and attempt to do what their coach directs at all times.
- Players are to give their best effort in all team matters (games, practices, in meetings).

While athlete mistakes are expected, the effort to follow and attempt the coach's instruction is vital to our team success. Failure to do the above will be considered on a case-by-case basis and can be handled by reduced playing time or immediate dismissal from the team.

“A positive attitude is the most important quality needed to play hockey and to be successful in life. Attitudes are contagious, so make sure yours is positive.”

1.5 PARENT EXPECTATIONS

As a parent of a student-athlete, your role as a positive supporter of the coaches, players, referees, and other spectators at all team functions is the most crucial in your child having a positive experience throughout the season. All parents are to adhere to the MISSION and CORE VALUES of the program at the same or higher level as players.

In addition to upholding the team MISSION and CORE VALUES, parents are expected to:

- Communicate and cooperate with the coaches, managers, and all other team personnel;
- See that their player is on time for all practices and games;
- Ensure that the player has safe and proper equipment mandatory per USA Hockey, or similar governing body;
- Help whenever needed and participate in fundraising undertaken by the team or program;
- Meet all financial obligations;

1.6 COMMUNICATION

It is important to understand that there may be times when things do not go according to a parent or player's wishes. **At these times, discussions with coaches and team personnel may be the quickest and most effective way to clear up the issue and avoid any misunderstanding.**

Discussions with the Head Coach will be at his convenience and under calm and reasonable circumstances. To ensure that the lines of communication between parents and the Head Coach are developed for free and easy resolution of questions and concerns before they become an issue, the coaching staff presents the following outline:

Communication Parents/Players may Expect from Coaches:

1. Philosophy of the coach/coaches;
2. Expectations the coach/coaches have for your son/daughter;

3. Location and times of all activities, practices, contests, and out-of-town travel itineraries;
4. Team/activity requirements;
5. Participant's code of conduct and consequences for not following those guidelines;
6. Procedures to follow should your son/daughter become injured during participation;
7. Communication concerning your son or daughter's role on the team and how he/she fits into the future of the program.

Communication Coaches Expect from Parents/Players:

1. Concerns expressed directly to the Head Coach first;
2. Advance notification of any schedule conflicts as soon as possible;
3. Specific concerns in regards to Head Coach's philosophy and/or expectations.

Appropriate Concerns for Parents/Players to discuss with Head Coach:

1. Your son/daughter's health and welfare;
2. Ways to help your son/daughter improve;
3. Concerns about your son's/daughter's behavior.

At times it may be difficult to accept the fact your student is not playing as much as you or he/she would like. Coaches make judgment decisions based on what they believe are best for the team and all involved.

Decisions that are made by the Head Coach:

1. Team selection;
2. Playing time;
3. Team strategy;
4. Play calling;
5. Matters concerning other students/athletes.

There are situations that may require a conference between the coach, the athlete/participant, and the parent/guardian. **These are to be encouraged.** It is important that all parties have a clear understanding of the other person's role and position. When these conferences are necessary, the following procedures should be followed to help promote resolution to the issue or concern.

1. Your son or daughter should first talk with the Head Coach about his/her concerns;
2. Set up an appointment with the Head Coach;

Please do not approach the Head Coach/coaches before, during, or after a contest or practice. Coaches have pre- and post- event responsibilities including student supervision. Meetings at these times usually do not work well for the coach, the parent/guardian, or the athlete, and often further exacerbate the concern.

NEXT STEPS: What can Parent/Player do if the Meeting with the Head Coach Does NOT Provide Satisfactory Resolution:

1. Call and set up an appointment with a board representative of the Alaska Grizzlies Hockey Association to discuss the situation;
2. At this meeting, the appropriate next step can be determined as necessary.

Whether or not this step is ever reached, please keep in mind the following protocol when you elect to pursue a concern you may have regarding your son's or your daughter's experience within the Alaska Grizzlies Hockey Association:

Work to resolve your question/concern at the lowest level possible. Begin with your athlete's Head Coach, followed only if necessary by contacting the Alaska Grizzlies Hockey Association.

2.1 TEAM SELECTION

A major goal of any successful program is to develop a highly competitive, effective team. Team selection is determined solely by the discretion of the Head Coach. The criterion is issued each season in writing, if requested, for each student-athlete trying out for the team. The following is not an all-inclusive list, but generally provides a basic list of attributes each athlete is evaluated on for team selection:

- Skating
- Passing
- Puck Control
- Positional Play
- Character
- Team Philosophy

In order to ensure that all players get the opportunity to develop throughout the season, each varsity team shall consist of no more than 16 players and consist of 14 skaters and 2 goalies.

From time to time, the Head Coach may make exceptions to the above skills list and max player allocation at the benefit of the team after the season has begun. Additional criteria may be added at the discretion of the Head Coach at any time.

“ No player can win single handedly. Cooperation with the team personnel and coaching staff must be developed and practiced like every other talent. Each person has a responsibility and a job to do. “

2.2 ROSTERS

There will be times when the Head Coach will designate healthy scratches for games based on effort, eligibility and attendance – or lack thereof. In order to give coaches and players adequate time to prepare for their roles in upcoming games, it is the best effort of the head coach to post publicly the active roster for upcoming games at minimum 72 hrs prior to start time. From time to time, the Head Coach may make changes to posted rosters based on disciplinary actions, as well as injuries, within 72 hrs of game time at the Head Coach's discretion. For more information regarding rosters and player playing time, refer to section

2.3 TEAM LEADERSHIP

The Alaska Grizzlies hockey program will focus a considerable amount of energy on developing leadership of everyone in the hockey program. It will start with accountability. Everyone on the roster will be accountable for their actions, effort, and development. Accountability comes from several factors: respect, contribution, teamwork, effort, and pride. We will create an atmosphere of ownership of this team by its players by instilling in them the above traits. We will use mistakes as teaching moments, hold everyone on the team to the same standard of contributing positively, require each individual to respect one another and always give 100% effort. If at the end of the season players are self-correcting, positively correcting each other, managing difficult situations with composure, and insisting that the team comes before the player, then we have been successful.

TEAM CAPTAINS: Team captains will be a valuable source of leadership on this team. The captain(s) of this team will always remain loyal to their teammates and will represent them as they would hope to be represented by their teammates. No captain will wear a letter unless they fully understand that they are not entitled to any special treatment, but are expected to undertake more responsibility than those who do not wear a letter.

TEAM CAPTAIN SELECTION PROCESS: Captains will be chosen by the team using the following selection process:

- During the first four (4) weeks of team practices/games, players will be asked to nominate one (1) captain and two (2) alternate captains from the roster of the team as compromised at that time.
- The coaching staff asks that players put aside skill, and instead focus on personality and ability to trust, respect, and follow their nominees.
- The coaching staff will tally the votes and make final decisions independent of the vote. However, the voting will direct the coaches and provide a basis for captain and assistant selection.
- Captains will be selected and announced at the Leadership Dinner in front of the entire team and coaching staff. Specific tallies of votes will not be announced, however a brief

justification will be made by the coaches for selection - So that the team understands why each decision was made.

TEAM CAPTAIN RESPONSIBILITIES: In addition to having the opportunity to be involved in practice planning, game management, and pre/post game wrap ups, captains and their opinions will be used as a representation of themselves and their teammates. Captains will be held to a higher standard of behavior, levels of respect, effort, and conformity to team goals than those of their teammates. They will be relied upon to be a beacon of strength to help their teammates adhere to the mission and values of our program. They also bear the responsibility of being those individuals that will be the object of coach's criticisms and corrections aimed at improving a team goal. They are expected to serve as an example of how to react to that criticism and work to lead both by example and vocally at all times: locker room, bench, and off ice. Captains realize they have a direct effect on their teammates and coaches well beyond the rink and will have an indirect impact on how teammates view leaders in the future. Earning major penalties, mouthing off or insulting anyone, or otherwise disrespecting the team are all grounds for forfeiture of responsibilities and privileges of being a team captain.

2.4 PLAYING TIME

A player's time on the ice during games will be based on the three A's: Attendance, Attitude, and Aptitude. Playing time will be earned through practice and the demonstration of the three A's:

ATTENDANCE: Players are to be in attendance the entire school day to participate in a team activity unless an excused absence has been approved by the Head Coach. Players are to attend every scheduled practice and be prepared to practice at each player's and the team's highest level. Playing time in games will be adjusted due to missed practice time for unexcused absences. For more information regarding practice expectations, see section 4.1
ATTENDANCE;

ATTITUDE: All players, regardless of surroundings or situations, are to show respect in tone of voice, body language, reaction to instruction and facial expressions toward coaches, officials, opponents and teammates. Players are to maintain a high level of effort in the classroom to match that of the effort on the ice. For more information regarding player expectations and code of conduct guidelines, see section 1.1 MISSION and 1.2 CORE VALUES;

APTITUDE: This is the skill and knowledge of the game and what the team is trying to accomplish and how each player's abilities in those areas relate to the success of the team. Examples include: knowledge of team offensive and defensive strategies and what to do in particular game situations; Ability to learn, listen, and follow instructions; Level of physical conditioning; Key hockey skills;

Although it is the desire of the Head Coach to have any player on the ice in any situation, it must be recognized that situations may prevent every team member from playing in every contest.

The Head Coach reserves the right to decide which athletes play in every situation. A spot on the team should be celebrated, but all players should take every opportunity both on ice and off, to embrace the team CORE VALUES and MISSION, and strive to earn more playing time.

It is the combination of the three A's that the coaching staff will use (to the best of its ability) in determining who is to be on the ice at any given moment during games. The coaching staff will do their best to help players understand their roles as they relate to playing time. **It is imperative though, that players approach the Head Coach when that understanding is not occurring to the player's expectations.** The player should first self-evaluate the situation, before it is brought to the Head Coach's attention.

“ Nothing great was ever accomplished without enthusiasm. There is no replacement for it. Understand what is fun, be proud of your school, the program, your accomplishments, and especially yourself. “

2.5 AWARDS

All players on the active roster at any point in the season are eligible for a varsity letter. Varsity letters will be awarded to all players who participate in 50% or more of all varsity periods in the season, including any post season. If a player is injured during the season and cannot physically participate in a period, those periods should not count against the 50% rule and may still be eligible for a varsity letter assuming the criteria has been met for all eligible periods.

There are 3 end of season awards that are voted on by the team:

- Season MVP Award
- Playoff MVP Award
- Difference Maker Award

Additionally, there are 5 recognitions that are awarded by the coaching staff for the following achievements:

- Leading Scorer
- Top Forward
- Top Defenseman
- Most Improved
- Captains Award

3.1 INJURIES

Due to the nature of the sport of hockey, players may be injured during sanctioned practices or games. If a player unfortunately sustains an injury or illness which will affect participation in any way, the following measures will ensure that he or she receives the best possible care:

- The athlete must report all injury/illnesses to the athletic trainer, or Head Coach, when an athletic trainer is not available. It is at the sole responsibility of the player to notify the athletic trainer, or Head Coach when an athletic trainer is not available, that an injury has occurred. It is not the responsibility of the coaching staff to observe, diagnose, or treat injuries a player sustains. Once an injury has been identified by the athletic trainer, or Head Coach when an athletic trainer is not available, contact will be made to the parents as soon as possible relative to the injury/illness sustained.
- All injuries that are reported to the athletic trainer, or Head Coach when an athletic trainer is not available, will require an Incident Form to be completed and turned in by the Head Coach to the Alaska Grizzlies Hockey Association.
- If at any time an athlete suffers an injury serious enough to require medical care from a physician, they must present to the athletic trainer, or Head Coach where an athletic trainer is not available, a written release from a medical authority (physician) prior to returning to participation. There is no exception to this rule. Parent notes are unacceptable
- In the event that an athlete exhibits any signs and symptoms of a concussion as determined by the athletic trainer, or head coach where an athletic trainer is not available, he or she will be immediately removed from participation and will not be allowed to return to participation until he/she has been evaluated by a physician trained in the evaluation and management of concussions. See Appendix Concussion Return to Participation Protocol (RTP) attached.

4.1 ATTENDENCE

It is of utmost importance for players on the roster to be at all practices, meetings, games, etc. No progress or improvement will be made without good attendance.

An excused absence consists of the following:

- A family matter (funeral, planned vacation, etc.);
- Injury (though player must be in attendance if physically possible);
- A meeting with a teacher or other school function (test, extra help, performance etc.);

Excused absences must be pre-approved by the Head Coach at minimum 48 hrs prior to missing practice time. Athletes should attend all school classes each day in order to be eligible to participate in all team functions on a particular day the event takes place. If the team event occurs before school on the day a player receives an unexcused absence from school, the player will not be eligible to participate in the next scheduled team function.

An unexcused absence occurs when a player misses practice without prior approval of an excused absence or when a player fails to notify the head coach at minimum of 48 hrs

prior to missing practice time. Calls to the Head Coach's home are encouraged. Off-ice monitored conditioning of at minimum 4 players, partial/full game suspensions, and dismissal from the team are practice make-up and disciplinary options for player absences from practice. If a player arrives at practice after the scheduled start time, the practice shall be deemed an unexcused absence for disciplinary purposes.

In the event of a lengthy injury, the expectation is that team functions will no longer be mandatory for the student athlete, but are encouraged.

4.2 PRACTICE

All athletes are expected to arrive at the rink 30 minutes prior to designated practice times. Locker rooms shall be available at minimum 30 minutes prior to designated practice time, unless otherwise posted. It is preferred that all players wear team issued warm ups to and from practice, however not mandatory. All players are expected to have vacated the locker room no later than 30 minutes after the conclusion of practice. It is the player's responsibility (with enforcement from team leadership) to clean up after themselves and leave the locker room in BETTER condition than when they arrived

4.3 GAME DAY

As a player at the competitive level, it is the player's responsibility to be mentally prepared to play the game at hand. In order to assist player's preparedness for game contests, the following routine will be implemented:

All players are to adhere to the player dress code in section 4.4 DRESS CODE for game day attire while out in public on game days, whether they are in school or in the general public.

45 Minutes prior to puck drop:

Players are to arrive at the rink and be in the locker room ready for instruction no later than 45 minutes prior to puck drop. They should be dressed in accordance with the Game Day dress code as outlined in section 4.4 DRESS CODE.

Failure to comply with the team dress code in section 4.4 will result in reduced game shifts, suspended periods, and up to a game suspension to be determined by the head coach. Locker rooms will be available at minimum 45 minutes before puck drop, and 30 minutes after game completion.

30 minutes prior to puck drop:

All players rostered and eligible to participate are to be properly dressed for pre-game warm up as described in section 4.4 DRESS CODE. Players are to be seated in the locker room for a

team meeting to receive the game plan for the upcoming game as well as line combinations and position specific instructions.

From this point forward, only rostered players and mandatory coaching staff and personnel are to be allowed into the team locker room. The use of electronics, of any kind, unless approved by the Head Coach is strictly prohibited in the locker room. Failure to be properly dressed for team meetings or adhering to the no electronics policy will result in reduced game shifts, suspended periods, and up to a game suspension to be determined by the head coach.

15 minutes prior to puck drop:

Players are expected to have returned to the assigned locker room and be finished with pre-game warm up and stretching 15 minutes prior to puck drop. At this time, players are to begin getting dressed wearing proper association issued game uniforms and required game equipment.

Music is allowed to be played during this time in the locker room. All music to be played is to be reasonable, and non-offensive to all players on the team. Players responsible for playing offensive or non-appropriate music as determined by the coaching staff will result in reduced game shifts, suspended periods, and up to a game suspension as determined by the head coach.

5 minutes prior to puck drop:

All players are to be fully dressed and ready for on ice warm-up 5 minutes prior to puck drop. At this time the coaching staff will deliver the final team game plan and any last minute instructions. Team to exit locker room, goalies first – then team leadership, for on ice warm up.

During intermissions observed in the locker room, and at any point after games, only participating and eligible players (as well as authorized coaching staff and personnel) are to be in team locker rooms for any reason.

30 Minutes after game conclusion: All players are expected to have vacated the locker room no later than 30 minutes after game conclusion. It is the player's responsibility (with enforcement from team leadership) to clean up after themselves and leave the locker room in BETTER condition than when they arrived.

4.4 DRESS CODE

The Alaska Grizzlies Hockey Association has a dress code policy designed to maintain a consistent appearance. The coaching staff stresses the "team" aspect of the game, and this is one way each player can show their commitment to their team and the program. By adhering to the team dress code, we will look like one unit, underlining our commitment to a "team" atmosphere. **The Grizzlies" game-day dress code requires that all players wear**

club-issued warm-up jacket, tie, dress shirt, black dress slacks, and black socks/dress shoes to and from all games.

Players should be properly groomed for game days. Wearing a hat of any kind at any time is strictly prohibited on game days. Failure to be properly dressed for game days in accordance with the written dress code policy will and can result in reduced game shifts, suspended periods, and up to a game suspension to be determined by the head coach.

During off ice pre-game warmups, (or any team activity similar) game-day dress code requires all players purchase and wear club issued t-shirt and shorts, along with proper warmup shoes. All Grizzlies players will be required to wear team issued jerseys and socks which are made available by the program for all games. Each player must have a home and away jersey with matching socks available for all games. It is recommended that each player wear a black helmet and black pants. Players new to the organization may have another color helmet and/or pants, and we do not require them to purchase new equipment. However, we do request that players and parents comply when purchasing new pants and helmets.

Traveling by team bus or other group transportation requires special exceptions to be made in regards to the Grizzlies' game day dress code. All players traveling by ground transportation during the winter months are required to have the following in their possession: winter hat, winter coat, gloves, boots, snow pants and winter sleeping bag.

6.1 TRAVEL

Hockey student-athletes are expected to conduct themselves with honor and integrity at all times while traveling within or outside of the Fairbanks North Star Borough. Student-athletes should consider themselves ambassadors for their families, team, and community. Travel rules are established for the benefit of participating students, coaches, and chaperones. Only rostered medically and academically cleared student-athletes who are not under disciplinary action for any of the scheduled road games are allowed to travel to games outside of the Fairbanks North Star Borough.

From time to time, at the sole discretion of the head coach, student-athletes may be allowed to travel with the team during road games if they are not medically cleared to play in any of the scheduled road games at the betterment of the team.

In order to ensure the best possible outcome for road games outside of the Fairbanks North Star Borough, the following travel rules will be implemented in addition to the Student Travel "Rules of the Road" as identified in the FNSB school district student activities handbook for high school students:

- The number of rostered players is not to exceed 16 including at minimum 1 goalie. From time to time, at the betterment of the team, the Head Coach at his sole discretion may

expand the roster to include additional eligible student-athletes not to exceed 20 rostered players and at maximum 2 goalies.

- All players are to adhere to the dress code as outlined in section 4.4 DRESS CODE at all times. Failure to adhere to the dress code will result in reduced game shifts, suspended periods, and up to a game suspension to be determined by the Head Coach.
- All student-athletes are expected to follow all directions given by coaches, administrators, and chaperones.
- All players are to be in their assigned rooms prior to curfew of 10pm. The curfew time is not negotiable.
- Student-athletes on trips may not leave the team unless accompanied by a parent or guardian and written permission has been given to, and explicit agreement has been given by, the Head Coach or administration. Release of students-athletes to non-parents on trips is allowed provided they are released to an immediate family member who is at least 25 years of age or older and prior written parent or guardian approval two weeks prior to the scheduled trips has been cleared.

Should any student-athlete not adhere to the rules above or the FNSBSD "Rules of the Road" the following consequences may be taken: Player may be withdrawn from competition; Player may be sent home at the player or parent's expense; Player may be suspended from program for a length of time determined by the Head Coach; Player may be permanently dismissed from the program.

7.1 BUDGET

It is not the responsibility of the team to subsidize individual players. Failure to pay money due to the team will result in suspension of the player for a time period to be determined by the Head Coach. All team members must pay their share of team expenses (i.e. ice fees, apparel fees, transportation costs arranged on behalf of the team to travel as a unit, and other expenses determined necessary by the team and/or coaches).

The player fee is \$4200. If players are selected to play on the team, the first half (\$1000) of the player fee is due Sept 1st. The remaining amount due is to be paid on a monthly cadence thereafter referred to as a "Cash Call" due on the 1st of each month on a schedule that will be presented through the team budget process. An acceptable payment plan can be approved by the Head Coach and Organization if properly communicated and approved before Sept 1st.

For players who join the team late, the first half of the fee is due 15 days after the athlete's first completed practice and the remaining is due within the "Cash Call" process prorated through the end of the season. No player shall be eligible to practice or play in games (including the state

championship tournament) if that player is not current with their financial obligations to their team.

All athlete financial obligations must be met prior to the end of the season as defined by the last scheduled team activity, practice, or game. All fees collected during and including up to the end of the season will not be refunded to the player under any circumstance. Any fee money left over at the end of the season will be transferred to the next season as a team carry over and will not be released to the individual athlete under any circumstance.

All athletes, including athletes joining the team during the course of the season, are required to pay the full player fee. If an athlete separates from the team, voluntarily or involuntarily, all player fees are due up to the end of the calendar month as determined by separation date. No refund of player fees will be made under any circumstance.

7.2 FUNDRAISING EFFORTS

Athlete participation in fundraising shall be strictly voluntary. It is not a requirement for any athlete to participate in fundraising activities as a condition for belonging on the Alaska Grizzlies hockey team. However, it is acceptable for an athlete to obtain sponsorships or to be included in sanctioned fundraising efforts to help subsidize the player fee as listed under section 7.1 BUDGET.

From time to time, at the discretion of the Head Coach or team manager, team fundraisers can or will be scheduled in accordance to the organization policies and guidelines and are not considered mandatory to attend. If the team decides to hold a fundraiser, each player will be encouraged to participate in each fundraiser or contribute a monetary sum to the team fund, but it is not required.

7.3 BUDGET/PARENT MEETINGS

Throughout the season, the coaching staff or team manager may call parent meetings to discuss team items such as fundraising, community support, player/parent expectation enforcement, or other issues and tasks that need to be addressed. Each player must have at least one parent or guardian in attendance. Important information for parents and athletes are conveyed at these meetings, and are a vital part of the success of our team.

ATHLETE CONTACT

Athlete Name: _____ Grade: _____ Date: _____

Athlete Address: _____

Athlete Cell Phone: _____

Athlete Email: _____

Parent #1 Name/Cell Phone: _____

Parent #1 Email: _____

Parent #2 Name/Cell Phone: _____

Parent #2 Email: _____

Parent #3 Name/Cell Phone: _____

Parent #3 Email: _____

Parent #4 Name/Cell Phone: _____

Parent #4 Email: _____

In case of emergency, contact first: _____

ATHLETE SIZING & INFO

Weight: _____ Height: _____ Birthplace: _____

Shirt Size: _____ Shorts Size: _____ Jacket Size: _____ Shoe Size: _____

Jersey # Choice 1: _____ Jersey # Choice 2: _____ Shoots: _____

List other sports athletes participates in currently or in the past:

Athlete Name: _____ Date: _____

PERSONAL EVALUATION OF YOUR CHARACTER & CURRENT ABILITIES

RATINGS: 1 = Needs Improvement 3 = Average 5 = Ideal

MENTAL

Coachable – The willingness to be corrected and to act on that correction. Capable of being easily taught and trained to do something better. 1 2 3 4 5

Attitude – Takes a positive approach mentally and physically to workouts, your position, role on the team, and efforts needed to be your best. 1 2 3 4 5

Punctuality – The act of being able to complete a required task or obligation on time. Attends practice, meetings and class on time. 1 2 3 4 5

Winner – You set specific goals that are attainable with hard work. Makes plays. Is a difference maker for the team; 1 2 3 4 5

Consistent – Brings the same or improved level of effort, performance, and mental approach every day; 1 2 3 4 5

Effort – Completes tasks or obligations, either mind or body, in a serious and straightforward way to the best of my ability at all times. 1 2 3 4 5

Dependable – Able to be trusted to do or provide what is reasonably needed. We can count on you to follow our mission and core value and TEACH. 1 2 3 4 5

Disciplined – Doing what needs to be done when it needs to be done. Controlling my behavior or emotions in the face of adversity. 1 2 3 4 5

Dedicated – Wholly committed and devoted to my team; Having single-minded loyalty or integrity to the program. 1 2 3 4 5

Body Language – My non-verbal communication in which physical behavior, as opposed to words, are used to express or convey my positive attitude. 1 2 3 4 5

PHYSICAL

Skating Speed – The ability to skate at top speed forward and backward, using inside and outside edges while staying low and powering my legs through. 1 2 3 4 5

Skating Quickness – The ability to quickly accelerate from a stopped position, quickly reverse directions and moving into the current play. 1 2 3 4 5

Passing – The ability to execute a “tape to tape” puck transfer between two players across the ice, off the boards or a host of other techniques. 1 2 3 4 5

Puck Control – The ability to maintain puck possession by handling the puck with my head up or shielding the puck with my body. 1 2 3 4 5

Shooting & Scoring – The ability to execute a hard, on target scoring opportunity through a variety or quick, short shot selections. 1 2 3 4 5

Checking Concepts – The ability to deliver a CLEAN, effective body check that is play appropriate and increases the chance of us regaining puck possession. 1 2 3 4 5

Athlete Name: _____ Date: _____

General Comments

Deficiencies (Needs Work):

Suggestions to Overcome Deficiencies:

Strengths:

Goals for Upcoming Year

As a Person:

As a Teammate:

As a Player:

Overall Goals for hockey:

Player Bio: Each athlete is to write a 5 sentence self bio that highlights mental, physical or educational qualities.

Off Season Commitment

List training, clinics, camps, seminars, summer leagues you participated in over the summer:

Player Position: For the upcoming season, I would like to play the following positions.

Athlete First Choice _____

Athlete Second Choice _____

