



**SAN FRANCISCO SABERCATS**  
**TRAVEL TEAM HOCKEY**  
**2010 – 2011**

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## Travel Teams

San Francisco is a member club in the Northern California Junior Hockey Association (NORCAL). The following teams within the club are based on player age as set by NORCAL:

Category Name	Age Classification	Born
Midget	18 and Under	1/1/1992 - 12/31/1993
Midget16	16 and Under	1/1/1994 - 12/31/1995
Bantam	14 and Under	1/1/1996 - 12/31/1997
Pee Wee	12 and Under	1/1/1998 - 12/31/1999
Squirt	10 and Under	1/1/2000 - 12/31/2001
Mite	8 and Under	On or after 1/1/2002

Travel teams are formed after the tryouts and the players are notified immediately by the coaches about their status. Players are asked to sign a team commitment that allows the coaches to set their roster. In accordance with the NORCAL regulations, a player is restricted from signing with another team after formally committing to play for one team by signing an agreement.

Families are encouraged to contact the coaches, Youth Hockey Director and anyone involved with the parent organization with any questions and to discuss playing on a San Francisco Sabercats travel team. Please see the contact information listed in the back of this handbook.

## Travel Team Requirements

Registration Fees for the travel season include the following:

- NORCAL registration
- Ice time for NORCAL preseason and regular games
- Ice time for team practice
- Coaches Pay

There are additional costs associated with playing on a travel team which include:

### **Team Jersey & socks -**

Two jerseys & matching socks are required.- one for Home games and another for Away games. The team manager arranges for the ordering of the jerseys.

### **USA Hockey Registration-**

Players are required to register with USA Hockey which covers the liability risk for playing at the club rinks.

### **Tournaments (tournament fee & coaches travel costs) -**

Teams may participate in tournaments during the season that occur during the holidays, such as Thanksgiving and Presidents Day. These tournaments may be for three days and would require travel to the tournament, tournament fee and overnight lodging. The families split the cost of the coaches per diem (which includes Hotel & food). The number of Tournaments that the team would attend is usually decided at the beginning of the season by the coach and the team.

### **Away Games -**

Some away games are scheduled for both the Saturday and Sunday because of the distance from San Francisco. This may require staying overnight and the families split the cost of the coaches per diem (which includes Hotel & food). This may happen twice a season when the team plays Fresno or Lake Tahoe.

Estimated costs for a season	
Registration Fee	1,500
USA Hockey Registration	25
Jerseys & Socks	175
Tournaments (Tournament Fee and Coaches Per Diem)	200
Away Games	50

## Coached and Practices

### Coaches

San Francisco Sabercats are committed to providing top quality coaching and pay all of its coaches for their time. There are no parent coaches - the coaches are experienced players and have a strong commitment to youth hockey which is demonstrated by their involvement in the Rink's in-house program . Please take time and review the coaches Bio on the Sabercats website.

As well as their individual qualifications, all head coaches and assistant coaches must successfully complete a USA Hockey certification clinic. USA Hockey requires that coaches possess the following levels of certification:

Mite -	Level 1
Squire -	Level 2
PeeWee -	Level 3
Bantam -	Level 3
Midgets -	Level 3

### Practices

Team practices are set by the coaches and are twice a week. Each player is expected to attend every session and to communicate with the coaches if there are any scheduling conflicts.

Practices are valuable for team play and players can obtain individual skill development by attending the weekend in-house sessions which are available at no cost to every team player. It is strongly encouraged that every player takes advantage of the opportunity to participate in the in-house when possible.

### **NORCAL**

NORCAL is one of the leagues recognized by the California Amateur Hockey Association (CAHA) for conducting youth ice hockey competition at the Tier II, "A," and "B" levels. Top teams from NORCAL and from the Southern California Amateur Hockey Association (SCAHA) meet each spring for state playoffs conducted by CAHA.

NORCAL is a nonprofit corporation comprised of a Board of Directors and includes Member Club representatives that direct the league and its activities. NORCAL is the governing body for the hockey league and its responsibilities include determining league policy and rule making, club registration, game schedules, game officiating and overseeing player penalties, suspensions, appeals and protests.

Information about NORCAL is available at its website:

<http://www.norcalyouthhockey.com>

Member Clubs for the 2010-2011 season are:

California Cougars , Santa Clara Blackhawks, California North Stars, Santa Rosa Flyers, Capital Thunder, South Tahoe Grizzlies, Fresno Junior Falcons, Stockton Colts, Oakland Bears, Tri- Valley Blue Devils, San Jose Junior Sharks, San Francisco Sabercats, and the Vacaville Jets

### **GAME SCHEDULE**

NORCAL travel team season is from September through March. Member clubs register their teams with the league after receiving player commitments. The league then sets the game schedule, based on the number of teams in each age division. Teams can play exhibition, preseason and regular games; the total number of games played is based on the number of teams registered. Exhibition games are arranged by the clubs to provide more opportunities for playing games and are not scheduled by NORCAL. These games are arranged by individual clubs when their teams have breaks in schedules.

Mites can typically play 1 or 2 preseason games, 4 exhibition games throughout the season and approximately 12 regularly scheduled season games. Additional games may be played if the team registers for any of the several Tournaments.

## **San Francisco Youth Hockey Association**

Squirts and older play more preseason, exhibition and regular scheduled games than mites as well as participate in Tournaments. Typically each team will play one game per weekend although there will be the occasional weekend where a team will play two games and an occasional weekend when a team will not have a game scheduled. NORCAL does not schedule games over Labor Day Weekend, Thanksgiving Weekend, President's Day Weekend or from Christmas through New Years. In addition, NORCAL does not schedule Midget games on weekends when SAT tests are scheduled. This amounts to approximately 8 preseason and exhibition games and 20 regular season games.

Games are scheduled for Saturdays and Sundays with each team playing approximately 1/2 of its games away.

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### **San Francisco Youth Hockey Association**

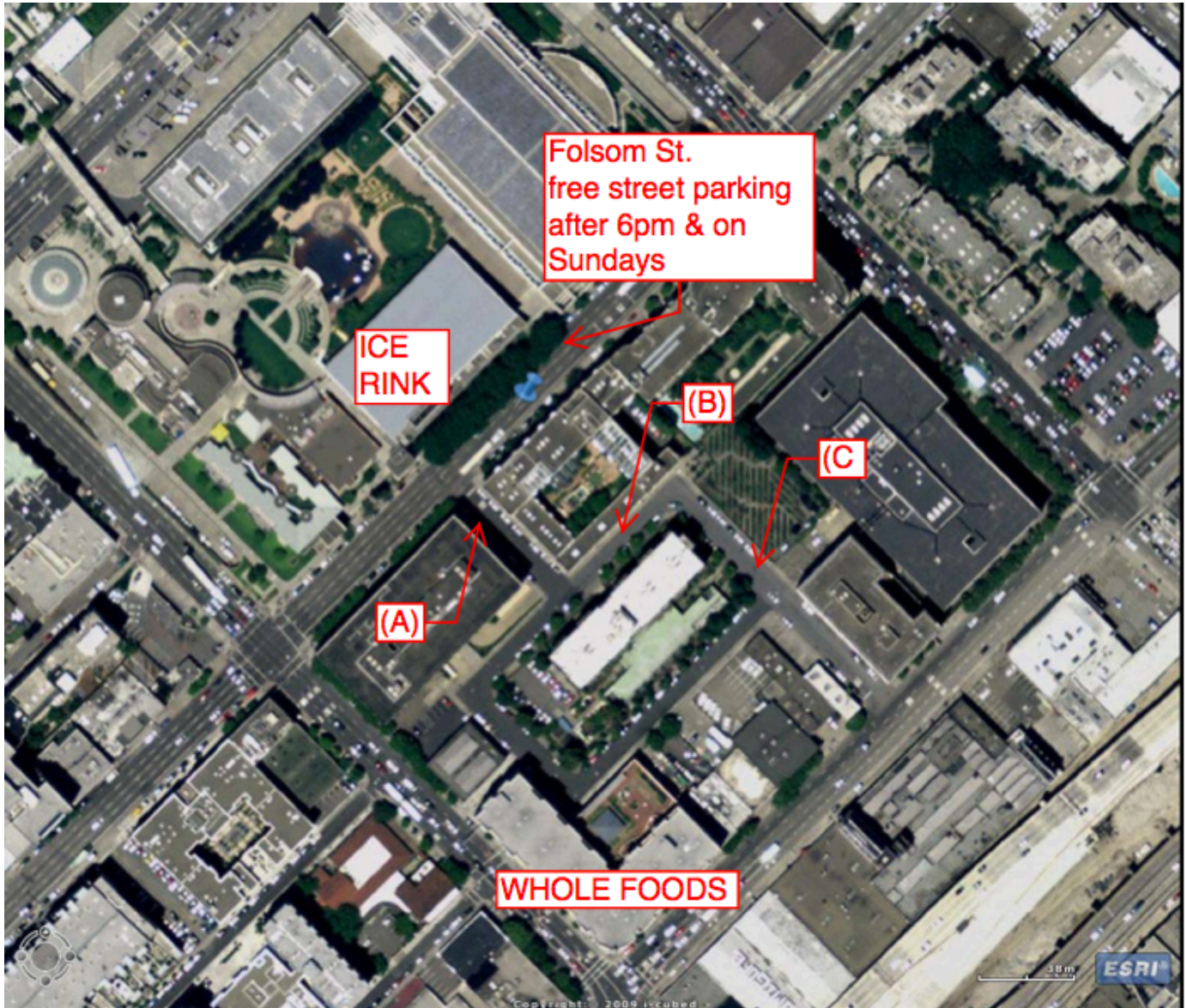
The San Francisco Youth Hockey Association (SFYA) is a non-profit corporation created to help promote youth hockey and support the San Francisco Sabercats. It is run by parent volunteers and functions as a parent advisory group to help in administrating the San Francisco Sabercats Hockey Club.

The goal of SFYA is provide financial support though fundraising efforts and be a forum for families to become involved with the hockey club. Parents are encouraged attend meetings and voice any questions or concerns regarding the hockey program. This is a effective way to promote the interests of the families in the youth hockey program as opposed to individuals going to the coaches and rink management separately. The association can be a single voice, representing the families participating in the hockey program that can work towards ensuring that the needs of the families and the teams are met.





# YERBA BUENA STREET PARKING



- (A) Mabini Alley ..... 2 hour parking on west side of street  
1 hour parking on east side of street
- (B) Bonifacio Alley ..... 1 hour parking only on south side of street
- (C) Lapu Lapu Alley ..... 1 hour parking on both sides of street  
2 hour parking available near Harrison street

## Street Parking - Curb Colors

### **RED ZONE**

Red zones are “No Parking” zones. Red zones may be installed near intersection corners, at certain bus stops, fire hydrants, curb ramps, and most commonly, at the edges of driveways. Driveway red zones are intended to provide additional turning and clearance for vehicles entering and exiting driveways.

### **WHITE ZONE**

White zones are for passenger loading and unloading with a time limit of 5 minutes. The effective time of white zones vary and are indicated by signs or by stencils on the curb. The driver **MUST** remain with the vehicle at all times (limited exceptions apply at preschools and hospitals.)

### **GREEN ZONE**

Green zones are for short-term parking (generally less than 10 minutes). In non-metered areas, green zones are indicated by a green curb marking with a ten-minute time limit. Standard effective hours are 9:00 a.m. – 6:00 p.m., Monday through Saturday.

In metered areas, short-term parking can be designated by a green meter with either a fifteen or thirty minute time limit, in lieu of a painted curb. The effective hours for green meters are the same hours of operation as adjacent meters.

### **YELLOW ZONE**

Yellow zones are for active freight loading and unloading only by commercial vehicles. Yellow zones are **NOT** intended for long-term parking of vehicles with commercial license plates. The effective times of yellow zones vary and are indicated by signs on the meter and/or by stencils on the curb. Non-commercial vehicles (those without a commercial license plate) parked in a yellow zone will be cited and can be towed if the sign specifies it is a tow zone. Six-WheelTruck Loading Zones are indicated by signs only. When signed for six wheels or more, such trucks can use the zone. Six wheel loading zones can typically be distinguished by their red-capped meters in metered areas. There is no fee for establishing yellow zones.

### **BLUE ZONE**

A Blue zone designates parking spaces for persons with a valid disabled parking permit. Blue zones are normally located in areas with high public use, such as in dense commercial areas, and near public parks and playgrounds, where the blue zones can serve a large number of individuals.

## Restaurants

One of the many advantages of San Francisco's rink location is that here are many restaurants located nearby.

- **Mo's Restaurant** – located at the rink on the third level serving traditional fare such as hamburgers and salads  
772 Folsom St, San Francisco, CA (415) 957-3779
- **Osha Thai** –located at Third St. and Folsom serving Vietnamese food  
311 3rd St San Francisco, CA 94107 (415) 896-6742
- **Cha AM Restaurant** – Thai - A casual, contemporary restaurant near Moscone Center where you'll find seafood, fresh, Thai herbs, and traditional entrees. L (M-S), D (nightly).  
701 Folsom St San Francisco, CA 94107 (415) 546-9711
- **Chevys Fresh Mex** 201 3rd St, San Francisco, CA 94103 (415) 543-8060
- **Mel's Drive-In – American** - First opened in 1947 and immortalized in the classic film American Graffiti, Mel's Drive-In serves hearty diner fare at several locations around the city. Dishes such as chicken pot pie, meatloaf, and the Mel burger satisfy your hunger, while the vinyl and chrome décor, jukebox, and cheerful servers provide a fun, nostalgia-filled dining experience.  
801 Mission St, San Francisco, CA 415-227-4477

## Groceries/Coffee

Also nearby are several other options:

- **Whole Foods Grocery -**  
Organic grocery with full deli, sushi, bakery and hot meals  
399 4th Street San Francisco, CA 94107 Phone: (415) 618.0066 Fax: (415) 618.0050
- **Peets Coffee -** Coffee and Pastries  
4TH & Harrison 370 Fourth St San Francisco, CA 94107 (415) 230-3091

## Code of Conduct

The following is NORCAL's player Code of Conduct which every player is required to adhere to.

**IMPORTANT NOTIFICATION: A player registered with any Northern California Junior Hockey Association (NORCAL) member club cannot practice, compete or participate in any member club sanctioned event or activity until the player, the player's parents or guardians and the player's coach read this entire document, sign and return the attached Code of Conduct Agreement to the member club and said agreement is appropriately filed. Signed Code of Conduct Agreements must be made part of the Team Book as provided for in Rule 5.13 of the Northern California Junior Hockey Association Rules and Regulations.**

### Introduction

In personal development throughout youth sports, the player, his/her parents, coaches and administrators play a critical role. To insure that all participants work together to get the optimum benefits from a great sport like youth hockey, they need to be on the same page regarding their roles and responsibilities. Each must understand and respect his/her relationship with the other, the commitments they share and their requirements as a member of their team, their club, Northern California Junior Hockey Association (NORCAL), California Amateur Hockey Association, Nevada Amateur Hockey Association, and USA Hockey.

Participants must also recognize that to achieve complete success, they should understand both the values and goals of NORCAL and its Rules and Regulations. The Code of Conduct and Standards of Behavior contained herein has been developed to aid the participants in achieving a level of behavior that will allow all concerned to maximize the benefits of youth hockey development and guide the athlete in becoming a well-rounded, self confident and productive human being.

Three critical points are required to achieve a positive and healthy relationship between players, parents and coaches. They are to clearly define the roles of each participant, establish rules of behavior, and insure communications of expected conduct to all parties. The contention is that a clear understanding will help to prevent or curtail negative behavior.

### Sportsmanship

A growing problem in youth sports today is the all-too common attitude that winning is everything. Nothing could be further from the truth, and Northern California Junior Hockey Association believes this attitude can contribute to players, coaches, and parents displaying a lack of good sportsmanship.

In any athletic contest, the competitors should do their best to try and win. After all, striving to win is a part of healthy competition. However, winning or losing is only a result—it should not be the reason we play the game. In addition, we sometimes need to be reminded to respect the opponents and that without them there is no game. We need to applaud good plays by both our team and by members of the opposing team.

Everyone in the game, including the parents and spectators, should have a sense of fair play. Satisfaction for players, coaches, parents and spectators should come from watching athletes playing their hardest and doing their best. There is a big difference between losing and being a loser. If one has done his/her best and played within the rules, a player is never a loser. By the same token, a team may score the most goals in the game, but if the participants aren't humble in victory or played without respect for their opponent, they aren't winners.

### Responsibilities

The Code of Conduct and Standards of Behavior for Northern California Junior Hockey Association is centered on and incorporates the USA Hockey Codes of Conduct. The various code provisions give a solid foundation for expectations and goals. The codes set the ground rules, standards of behavior and establish a perspective regarding the objectives of a youth hockey program. USA Hockey has emphasized a Zero Tolerance Policy for inappropriate behavior and has implemented a Parent Awareness Program. USA Hockey publishes a Code of Conduct for players, parents and coaches in its Annual Guide.

**All member clubs are responsible for the dissemination, communication and enforcement of the Rules and Regulations and the Code of Conduct and Standards of Behavior of the Northern California Junior Hockey Association. All players, parents, guardians, administrators and coaches are responsible for the being familiar with and supporting**

## Conduct

### **these Rule and Regulations and the Code of Conduct and Standards of Behavior.**

NORCAL has approved and adopted provision that all players, coaches, and parents are required to sign a Code of Conduct Agreement that will be kept in their team's binder. The document contains an acknowledgement that the participants have read, understand and pledge to behave in accordance with the Rules and Regulations and the Code of Conduct and Standards of Behavior of Northern California Junior Hockey Association. The league's intent is that this process will help communicate the standards of behavior to all participants throughout NORCAL, and in doing so help elevate the level of the youth hockey experience for all concerned.

**It must be clearly understood that any player breaking any of the NORCAL Rules and Regulations or violating the Code of Conduct and Standards of Behavior may cause the player to be suspended for a specified period of time under Rule 410 of USA Hockey Official Rules, , or to forfeit his/her member status in NORCAL or with any associated member of NORCAL. There will be no refund for any unused ice times, tournament or game fees as result of such suspension and/or forfeiture.**

**Any coach, parent or spectator breaking any of the NORCAL Rules and Regulations or violating the Code of Conduct and Standards of Behavior may be suspended for a specified or indefinite period of time based on a review and ruling by the NORCAL Executive Committee.**

#### **Parents' and Spectators' Code of Conduct**

- Do not force players to participate in sports, but support their desires to play their chosen sport. Participants are involved in organized sports for their enjoyment. Make it fun.
- 
- Encourage players to play by the rules. Remember, young players learn best by example, so applaud the good plays of both teams.
- 
- Be respectful of and do not embarrass a participant by yelling at players, coaches, officials or other parents. By showing a positive attitude toward the game and all of its participants, the player will benefit.

## Conduct

- Emphasize skill development and practices and how they benefit your young athlete. Deemphasize games and competition in the lower age groups.
- Know and study the rules of the game, and support the officials on and off the ice. This approach will help in the development and support of the game. Any criticism of the officials only hurts the game.
- Display good sportsmanship. Applaud a good effort in both victory and defeat, and enforce the positive points of the game. Recognize good plays by both your team and the opposing team with applause. Act appropriately; do not taunt or disturb other fans; enjoy the game together.
- Never yell or physically abuse a player after a game or practice - it is destructive. Work toward removing the physical and verbal abuse in youth sports.
- Recognize the importance of volunteer coaches. They are important to the development of young athletes and the sport. Communicate with coaches, support their decisions and trust their judgment and integrity.
- Cheer good plays of all participants; avoid booing opponents. Cheer in a positive manner and encourage fair play; profanity and objectionable cheers or gestures are offensive.
- Help provide a safe and fun environment; throwing any items on the ice surface can cause injury to players and officials. Be responsible for your own safety - be alert to prevent accidents from flying pucks and other avoidable situations.
- Do not lean over or pound on the glass. The glass surrounding the ice surface is part of the playing area.
- Respect locker rooms as private areas for players, coaches and officials.
- Be supportive after the game – win or lose. Recognize good effort, teamwork and sportsmanship.
- Refrain from the use of abusive, obscene or profane language or gestures.

## Conduct

- Treat everyone fairly, regardless of gender, place of origin, color, sexual orientation, religion, political belief or economic status.
- Abstain from use of tobacco, drinking alcoholic beverages, using illegal substances or mind- altering drugs at any NORCAL sanctioned activity or event.

### **Players' Code of Conduct**

- Play for FUN.
- Abide by the rules of my team, my club, Northern California Junior Hockey Association, California Amateur Hockey Association, and USA Hockey.
- Work hard to improve your skills.
- Be a team player - get along with in a team environment. Never place blame for a loss or tie on teammates. Understand that you win or lose as a team.
- Learn teamwork, sportsmanship and discipline.
- Be on time for practices and games.
- Learn the rules and play by them. Always be a good sport.
- Respect and refrain from public criticism of your coach, your teammates, your parents, opponents and officials.
- Never argue with an official's decision. No lashing out at any official no matter what the call is. Let the coaching staff handle all matters pertaining to officiating.
- Anyone who receives a penalty will skate directly to the penalty box.
- Understand that fighting or fisticuffs will not be tolerated and can result disciplinary measures by the NORCAL Executive Committee.
- Conduct oneself in a befitting manner and refrain from the use of abusive, obscene or profane language or gestures. No swearing or abusive language on

## Conduct

the bench, in the rink, at the hotel or any team function.

- Treat everyone fairly, regardless of gender, place of origin, color, sexual orientation, religion, political belief or economic status.
- Abstain from use of tobacco, drinking alcoholic beverages, use of illegal substances, and use of performance enhancing or mind-altering drugs.
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### **Coaches Code of Conduct**

- Understand that winning is a consideration, but not the only one, nor the most important one. Care more about the development of the player than the winning of the game.
- Remember players are involved in hockey for fun and enjoyment. Be reasonable, remembering that players have other interests and obligations.
- Teach players to play fairly and to respect the rules, officials and opponents.
- Be a positive role model to players, display emotional maturity and be alert to the physical safety of players.
- Ensure that player behavior is acceptable and non-threatening for all participants.
- Be generous with your praise when it is deserved; be consistent, honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach, don't yell at players.
- Adjust to personal needs and problems of players, be a good listener, never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach them the basics. Give each team member a fair and honest chance to play.
- Organize practices that are fun and challenging for players. Familiarize yourself with the rules, techniques and strategies of hockey; encourage players to be team players.

## Conduct

- Maintain an open line of communication with players' parents. Explain the goals and objectives of your club/association.
- Be concerned with the overall development of players. Stress good health habits and clean living.
- Refrain from the use of abusive, obscene or profane language or gestures.
- Treat everyone fairly, regardless of gender, place of origin, color, sexual orientation, religion, political belief or economic status.
- Abstain from use of tobacco, drinking alcoholic beverages, illegal substances, performance enhancing or mind-altering drugs at any NORCAL sanctioned activity or event.
- Understand and teach players that to play the game is great; to love the game is greater.

## Rink Information

### RINK INFORMATION

Yerba Buena Ice Skating and Bowling Center is a city owned facility that is part of the Moscone Center and Yerba Buena Gardens Civic Area located downtown, south of Market Street. There is public skating , figure skating clubs , an adult hockey league as well as the youth hockey program. There is a pro shop located onsite that has equipment and skate sharpening.

The youth hockey administrator is Darisa and her phone number is (415) 820-3523. She can also be contacted @ ([youthhockey@skatebowl.com](mailto:youthhockey@skatebowl.com)).

The main rink contact information is:

### Yerba Buena Ice Skating and Bowling Center

750 Folsom Street  
San Francisco, CA 94107

Phone (415) 820-3532  
Fax (415) 820-3520  
Skating (415) 820-3521  
Bowling (415) 820-3533

