



PLANO WEST HOCKEY CLUB

2011 -- 2012

MEMBER'S MANUAL



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1. Plano West Hockey Club Philosophies

A. Welcome/History

Congratulations on becoming a member of Plano West Hockey Club (PWHC) ... it is an accomplishment of which you should be proud !

Founded in 1999, PWHC has a strong tradition of commitment to excellence from both our players and parent members. Our winning record is evidence of our program's dedication to helping our athletes achieve their individual best as well as excellence at the team and organizational levels. As a non-profit organization, PWHC will be as good as its members strive for it to be, and time and effort is needed from all participants, both players and parents.

This manual is provided to you as a means of documenting and clarifying PWHC's program, its objectives and policies. Please use it as a reference for any questions you might have and for an outline of procedures to be followed.

If you have any comments, questions or suggestions, please feel free to notify a member of the Board of Directors.

Congratulations again ... GO WOLVES !!!

Plano West Hockey Club Board of Directors

B. Mission Statement

PWHC supports the ideals of good sportsmanship, equality, responsibility, ethical behavior and integrity in all aspects of life. To these ends, PWHC will:

- provide strong leadership for both players and members.
- require positive coaching for all teams.
- pursue continuous improvement in our players and coaches.
- provide members the opportunity to participate in ways to strengthen PWHC.
- insist on positive behavior from all members, players and fans of PWHC.
- adhere to all league guidelines.
- respect all PWHC members as well as competitors.
- promote teamwork and supportive relationships among players, parents and board members.
- present positive role models for our constituent members and players, other clubs and the community at large.
- pursue excellence at the highest individual, team and organizational level.
- operate a fiscally sound hockey organization.

C. Objectives

i. Varsity Team(s) Objectives

PWHC endorses the concept of a competitive Varsity team with the goal of winning the League, State and National championships. The Varsity team will conduct itself in a manner consistent with good sportsmanship. It is recognized that player ice time and positions are determined by the coaching staff and are based upon the coaches' evaluations of the players. However, it is also recognized that a key component of a player's improvement comes from game ice time. Coaches will ensure all players are prepared to play at their current team level. In addition, the Varsity team (coaches, staff, players and parents) will comply with PWHC Board rulings, bylaws and operating procedures of PWHC and the Rules and Procedures of the AT&T Metroplex High School Hockey League (or appropriate governing

body), TAHA and USA Hockey.

ii. Junior Varsity Team(s) Objectives

PWHC endorses the concept of a competitive Junior Varsity team with the goal of winning the League City championship. The Junior Varsity team will conduct itself in a manner consistent with good sportsmanship. It is understood that, while the Junior Varsity team is competitive, it is also developmental by nature and should prepare all players to contribute and eventually compete at the Varsity level. Player ice time and positions are determined by the coaching staff and are based upon the coaches' evaluations of the players, but the coaches will make an effort to balance ice time during games over the course of the season. Coaches will ensure all players are prepared to play at their current team level. In addition, the Junior Varsity team (coaches, staff, players and parents) will comply with PWHC Board rulings, bylaws and operating procedures of PWHC and the Rules and Procedures of the AT&T Metroplex High School Hockey League (or appropriate governing body), TAHA and USA Hockey.

D. Goals

PWHC will provide a structured environment to allow players to:

- i. Develop confidence from team and personal achievements.
- ii. Develop and refine hockey techniques.
- iii. Blend individual players and their skills into successful team play.

E. Affiliations and Representation

- i. AT&T Metroplex High School Hockey League
 - a. PWHC Varsity Gold team: Varsity Gold Division
 - b. PWHC Varsity Silver team: Varsity Silver Division
 - b. PWHC Junior Varsity Gold team: Junior Varsity Gold Division
 - c. PWHC Junior Varsity Silver Team: Junior Varsity Silver Division
- ii. TAHA – Texas Amateur Hockey Association, Rocky Mountain District
- iii. USA Hockey –The governing body for amateur hockey in the United States

2. Roles & Responsibilities

A. The Club

i. To Parents:

- a. PWHC recognizes that parents are an important part of our program. Open and honest communication will be encouraged between all members of PWHC.
- b. PWHC will meet after team selection to:
 - establish lines of communication; additional parent meetings will be held throughout the season.
 - discuss philosophy and goals.
 - review plans and schedules for the season.
 - explain guidelines and procedures to be used to address concerns.
 - explain compliance with all PWHC, AT&T League and USA Hockey policies and procedures.
- c. PWHC will strive for fair and equitable treatment for all members.
- d. PWHC will provide a Grievance Policy for PWHC members to resolve differences (Attachment A).
- e. PWHC will survey its membership at the end of the playing season; parents' input from this survey will be utilized during the next coach selection process.

ii. To Players:

- a. PWHC recognizes that our players are the prime focus.
- b. PWHC will:
 - work to achieve goals outlined in the PWHC philosophy and mission statement.
 - provide competent coaches.
 - provide adequate practice time for teaching proficient hockey skills.
 - share responsibility with coaches, players and parents to enhance the reputation of PWHC with positive behaviors.
 - maintain compliance with all PWHC, League and USA Hockey policies and procedures.
 - implement and adhere to an Academic Eligibility policy (Attachment H) that follows the UIL guidelines of the Plano Independent School District or its equivalent as required by the AT&T League.
 - Survey all players at the end of the playing season; players' input from this survey will be utilized during the next coach selection process.

B. Board of Directors

The Board of Directors is the governing body of Plano West Hockey Club as prescribed in the bylaws. The Board is responsible for:

- reading and signing PWHC Board of Directors' Code of Conduct (Attachment C).
- the continuing existence of PWHC.
- operating PWHC affairs.
- communicating with coaches and parent members.
- maintaining a general oversight of PWHC issues and policies with the long-term in mind.
- preparing an annual budget and addressing all other financial matters.
- dealing with legal matters as they impact PWHC.
- communicating with rinks, vendors, the media and hockey associations.
- complying with USA Hockey, TAHA and AT&T League requirements.
- enforcing the rules of PWHC according to the Disciplinary Policy (Attachment B).

C. Coaches

- i. **Coach's Conduct** -- Upon selection by the Board of Directors, a coach must set a good example for sportsmanship and good conduct both on and off the ice. To that end:
 - a. PWHC coach is required to read and sign a copy of the PWHC Coach's Code of Conduct (Attachment D) along with the coaching contract.
 - b. the use of alcohol before or during any league game, scrimmage, or practice is not permitted.
 - c. the use of any illegal substance or other mood-altering chemical will not be permitted at any time.
 - d. the use of tobacco in any form (including cigarettes, pipes, cigars and chewing tobacco) is not allowed while players are under the authority or supervision of the coach.
 - e. profanity or inappropriate behavior by coaches before, during or after any league game, scrimmage or practice will not be tolerated.

NOTE: Violation of any of the rules set forth above will be cause for review of the coach by the Board of Directors and may result in disciplinary action up to and including dismissal.

- ii. **Coach's Objectives** -- A coach's prime objective is to be responsible for developing the hockey skills of the individual players on the team. He should also:
 - a. teach all players the importance of teamwork.
 - b. offer praise but use constructive criticism when necessary. **BELITTLING A PLAYER WILL NOT BE TOLERATED.**
 - c. utilize off-ice "chalk talks" and dryland practices to supplement on-ice instruction.
 - d. teach and expect "clean hockey".
 - e. teach team members to praise each other for good plays and never allow the players to criticize each other. **PERMITTING THE BELITTLING OF OTHER TEAM MEMBERS WILL NOT BE TOLERATED.**
 - f. teach the correct rules of hockey.
 - g. improve his coaching effectiveness by continually learning more about both hockey and coaching strategies.
- iii. **USA Hockey Rules** -- In accordance with USA Hockey rules, only the head coach, assistants and/or managers whose names appear on a team's registration form shall be allowed on the player's bench during games.

iv. Varsity Head Coaches

The Varsity head coach:

- a. may, but is not required to, assist in the selection of additional coaches. Final decision will be the responsibility of the Board of Directors.
- b. is responsible for mentoring and developing the Junior Varsity coaches and assistant coaches.
- c. will participate in Junior Varsity practices and games when possible.
- d. will develop a set of team rules in conjunction with the other head coaches, which will apply to all PWHC teams. The Varsity head coach must submit a written copy of these team rules to the Board of Directors for approval prior to tryouts each season.

v. Junior Varsity Head Coaches

Each team's head coach will:

- a. formulate appropriate practice procedures and game plays so as not to create dissention between assistant coaches and players.
- b. assist in the selection of players for all teams.
- c. have primary responsibility for team discipline. This includes setting up Board-approved team rules, establishing penalties for infractions (skipping practices or games without excuse or

notice, tardiness, not following instructions, unsportsmanlike conduct, etc.) and for the consistent and fair enforcement of these rules. Penalties for failure to comply with team and/or coach rules may include the loss of playing time as determined by the team's coaches. In addition, the head coach has the responsibility to report especially serious or disruptive behavior to the Board of Directors for determination of appropriate disciplinary action.

- d. be available to discuss any problems with players and/or parents, keeping in mind that his primary responsibility is to the whole team and not any one individual. However, the coach should not lose sight of each player as an individual with individual needs.
- e. meet with the parents shortly after the team is selected, along with the Board of Directors and team managers, to make parents aware of the goals of the coaches and the program.

NOTE: The Board of Directors is empowered to recommend dismissal of a coach. A majority vote is necessary to effect dismissal.

D. Team Managers

The Board of Directors is responsible for selecting a team manager for each team. Besides being trustworthy and responsible, a team manager must feel a personal loyalty to the team, and be willing to commit time as necessary to perform the various duties described hereinafter. If appropriate, two (2) managers per team may be assigned so as not to overburden any one individual. Upon selection by the Board of Directors, a team manager will be required to read and sign a copy of PWHC's Team Manager's Code of Conduct (Attachment E) and agree to a background check. Team managers share responsibility with coaches, players and parents to represent the PWHC in an exemplary manner.

The team manager has responsibility for the administrative functions of the team. Responsibilities include:

- i. distribution of communications specific to the team.
- ii. keeping team records (such as league standings, overall team records, statistics, etc.) with respect to team performance as requested by the coach.
- iii. making phone calls as needed.
- iv. collecting money if necessary.
- v. distributing newsletters or written team communications.
- vi. collecting score sheets after each game and forwarding them on to the PWHC secretary.
- vii. maintaining team records and having them available at each league game and tournament. The team manager must retain appropriate forms throughout the season including insurance verification forms for all players and AT&T / USA Hockey team rosters.
- viii. supplying information to players, parents and PWHC Board of Directors as soon as possible. Schedules will include all games, practices, scrimmages and other team activities not previously scheduled.
- ix. scheduling non-league games / scrimmages in conjunction with the coach:
 - reconfirming non-league games / scrimmages the day before and obtaining referees for these games (if PWHC is the home-team) unless other arrangements have been made.
 - obtaining a scorekeeper and a timekeeper at scrimmages (if PWHC is the home team).
- x. making team travel arrangements where appropriate (scrimmages, etc.):
 - obtaining parent approval for all trips (if not a League game).
 - furnishing directions to arenas.
 - reporting trip and tournament results to PWHC secretary within 48 hours.
 - miscellaneous administrative duties.

E. Parents

Parents are a vital part of PWHC's program.

i. Dedication and Contribution of Time

- a. Make sure players arrive at practices and games at prescribed times.
- b. Be understanding and supportive of the time commitment for practices and games.
- c. Be willing to have your child participate in fund raising activities.

ii. Expenses and Fees

- a. League fees for the regular season and playoff games, practice ice, team equipment, awards, coaches salaries and operating expenses, etc., are included in the annual registration fee for each player (Attachment M) as determined by the Board of Directors. These fees will be paid for by the parents of PWHC players.
- b. All equipment is provided by the player. Players are required to buy the official PWHC home and away jerseys through PWHC, along with game day attire requirements (Attachment N). Team hockey socks, breezers, a black regulation helmet and PWHC windsuit are also required. **These costs are not included in the registration fee.**
- c. Registration fees are payable in two (2) installments. The first installment is due at the official registration meeting and the second installment is due by November 15th. Payment may be by cash, check, Mastercard, Visa, or American Express. Fees paid by check or credit card may be for the total amount or may be made in two (2) payments with a postdated check or an additional credit card slip that will be processed on November 15th.
- d. Players will not be rostered or be able to practice with PWHC until the registration fee has been paid. Failure to pay the registration fee by the applicable due dates shall cause the player to cease participation in PWHC activities until the proper amount is received.
- e. All players of PWHC are required to be members of USA Hockey.
- f. All fees and assessments are non-refundable.
- g. The returned check fee is \$40. The Board of Directors may assess late fees if payments are not received when due.
- h. Parents of a player who may have difficulty paying their fees on time are required to notify the President or Treasurer (in person, in writing or by phone) in advance of the due date. Arrangements for payment may be made to assist the family in meeting their financial obligations to PWHC.

Please note the following about your fees:

- (1) The registration fee is based on a budget that makes certain assumptions about the success of our fundraising efforts. We also expect to schedule additional practices for PWHC teams that make the playoffs (not calculated into the original PWHC budget). **PWHC reserves the right to make additional assessments based on extra costs or if our fundraising efforts fall short. If additional assessments are made and not paid, the player will not participate with PWHC until all payments are current.**
- (2) If a Varsity team qualifies for the State Tournament or any other regional or national tournament, there may be an extra assessment to the players participating in those tournaments for extra practice ice and travel costs. Every attempt will be made to minimize any additional assessments, and PWHC will solicit parent input regarding optional expenses.

iii. Cooperation and Support Relative to the Team

- a. Turn in insurance verification form, parent and player code of conduct forms and other necessary forms promptly.
- b. Sign legal waivers granting access to your player's academic records to determine league-mandated academic eligibility (Attachment I) and allow for illegal substance testing (Attachment L).
- c. Equip your player properly.

- d. Ensure that your player gets proper diet, sleep and rest.
- e. Support coaches' decisions.
- f. Encourage players to take pride in their team by parent example.
- g. Completing Academic Eligibility forms in order to comply with PWHC's Academic Eligibility policy for each six week grading period.

iv. Exemplary Conduct

- a. Read PWHC Parent Code of Conduct included in the player's registration packet (Attachment F).
- b. Attend as many games as possible.
- c. Be encouraging, not critical, of your player, the team and the coaches.
- d. Do not criticize or belittle referees or opposing teams or coaches.
- e. Do not discuss or criticize coaches or other players in the presence of your child.
- f. Discuss progress or concerns with the coach as they relate to your player.
- g. The Board reserves the right to discipline parents for acts of aggression, verbal abuse or any behavior that would reflect negatively on PWHC. Suspension of parents from practices and/or games or expulsion from PWHC could be a course of action taken by the Board. Disagreements between parents or perceived rule violations need to be resolved through the grievance or discipline process established by PWHC. Taking matters outside this process could also lead to suspension or expulsion.
- h. A written Conflict Resolution form (Attachment P), will be available to help parents address and resolve conflicts and concerns that affect their team. It is recommended that you utilize all possible avenues to resolve conflicts/concerns. If you cannot reach a resolution to a problem, the Conflict Resolution form is to be presented to a Board member at which time the Grievance Committee will address the issue.
- i. Any parent who volunteers for a position in which they will interact with players or will have any level of financial responsibility are subject to a background check.

F. Players

i. Understanding Plano West Hockey Club

- a. PWHC is an elite and competitive high school program.
- b. As a competitive program, each player is expected to contribute his/her best efforts at all times.
- c. Participation at practices and games is required at all times.

ii. Attitude Toward Coaches, Teammates, Parents, Referees and Opposing Players

- a. Read and sign PWHC's Player's Code of Conduct (Attachment G) included in the player's registration packet.
- b. Show respect toward coaches, teammates, parents, referees and opposing players at all times in order to enhance the good reputation of PWHC. Hazing is prohibited (Attachment O).
- c. Take pride in your team and teammates and show appreciation for the efforts of your coaches, manager, teammates, referees and parents. Remember: we're all in this together !
- d. Provide your coach and team manager with a phone call (preferably to their cell phone) in advance of having to miss a practice or a game. It is understood that failure to make the call may result in disciplinary actions taken by the coach.
- e. Adhere to any additional coach's rules (Attachment Q).

G. Committees / Volunteer Opportunities

PWHC is a non-profit organization. PWHC will only be as good as the time spent by its members to work for its improvement. All parents need to be prepared to volunteer time to assist with PWHC functions and activities. There are committees to chair or participate in as well as various volunteer needs for all of the activities run by PWHC throughout the season for the benefit of our players. All volunteers who are involved in positions that require interaction with PWHC players will be required to sign a Volunteer Waiver (Attachment P) prior to their participation. Background checks may also be conducted.

Committees vary from year to year, but chairpeople and volunteers are usually needed for the following:

- *Banquet*: held at the end of each season at a local facility.
- *Community service projects*: coordinator needed to research and identify worthy causes where players can offer their assistance as a team/club.
- *Fundraising*: specific programs are identified each year.
- *Hospitality*: coordinate refreshments at scheduled Member Meetings.
- *Newsletter*: oversee design, content and production of newsletter; other positions include photographers / team article writers for each team.
- *School coordinators*: responsible for locker signs, yearbook picture information, announcements, newsletter/school newspaper articles, etc. at each PWHC school (Renner, Frankford, Rice, Schimelpfenig, Shepton, Jasper, and Plano West).
- *Social events*: coordinate additional team and member social events; i.e., Stars or Tornado games, etc.
- *Spiritwear*: handle the designing, ordering, delivery, distribution, etc. of all team spiritwear.
- *Yard signs/decals*: handle the designing, ordering, delivery, distribution, etc. of yard signs and decals with the printer; also includes ordering team or club banners.
- *Website*: update, maintain and develop PWHC website on a regular basis; includes updating calendars with upcoming events, meetings and issues, posting team rosters, game schedules and results, expanding and developing site content to include fundraising (spiritwear sales, Practice Partners, etc.), provide greater visibility for PWHC and its teams (game photos, player of the week, alumni information, coaches' comments, nutrition/fitness guidelines, charitable projects, mission statement, etc.).
- *Media Communications*: write articles about each game or other PWHC activities for inclusion in PWHC newsletter; coordinates contact with local newspapers for publishing articles and/or team photos.
- *Equipment managers*: water bottles, team banners, etc.

3. Member Information

A. Coaches Directory

Head Coaches		Assistant Coaches	
Varsity:			
Steve LaMere	slamere19@yahoo.com	Jay McCall	mccooks16@hotmail.com
Mobile #:	469.688.0256	Mobile #:	651.276.3489
JV Gold:			
Jaz Hayden	jzhayden@ymail.com	Jay McCall	mccooks16@hotmail.com
Mobile #:	214.695.6534	Mobile #:	651.276.3489
JV Silver:			
Mike Salekin	msalekin@TGGTHoldings.com	Jarrold Yost	jarrod_yost@hotmail.com
Mobile #:	636.634.1696	Mobile #:	214.684.6238

B. Board of Directors

President

Leonard Ratley

E-mail: lratley1@verizon.net

Mobile: 214.679.7664

Director — Team Administration

Lisa Smiley

E-mail: lisasmiley@verizon.net

Mobile: 214.282.6384

Vice President

Dave Snell

Email: david_snell@richards.com

Mobile: 972.754.8304

Director — Public Relations

Jim Ivy

E-mail: Jim.Ivy@pepsico.com

Mobile: 972.467.1213

Treasurer

Alan Taylor

Email: ataylor10@yahoo.com

Mobile: 214.274.3982

Director — Fundraising / Special Events

Susie Learmont

E-mail: susielearmont@gmail.com

Mobile: 972.978.4032

Secretary

Darla Thompson

Email: dathompson@esius.com

Mobile: 972.365.3125

C. PWHC Website

PWHC's official website is www.planowesthockeyclub.com. It contains information about our teams, rosters, calendars, game results and events of interest to PWHC members. Please reference it for news, schedules, updates, and other important information.

4. Alcohol and Drug Substance Abuse Statement

A. Club Policy

PWHC recognizes the use of mood-altering chemicals is a significant health problem for many adults and adolescents, resulting in negative effects on behavior, learning and development. Players may be directly affected by the misuse or abuse of mood-altering chemicals or indirectly affected by the misuse or abuse of mood-altering chemicals by family, team members or another significant person in their lives. For this reason, PWHC takes a strong stand against the use of mood-altering chemicals by anyone associated with PWHC in its Substance Abuse Policy statement (Attachment J).

B. Rules

- i. During the entire hockey season, commencing with tryouts, a player shall not use or possess.
 - a. any beverage containing alcohol.
 - b. tobacco in any form (including but not limited to cigarettes, pipes, cigars and chewing tobacco).
 - c. illegal drugs, including but not limited to marijuana, cocaine, heroin, etc.
 - d. anabolic steroids and other illegal performance enhancing substances.
 - e. masking agents and other substances and devices used to evade testing.

NOTE: It is not a violation for a player to be in possession of a legally defined drug specifically prescribed for the player's own use by his/her doctor.

- ii. Parents will be required to sign the Alcohol and Drug Test Release Form (Attachment L) in order to permit testing players for prohibited substances as described in the Mandatory Substance Testing Policy (Attachment K).

5. Fundraising Programs

A. Grocery Store Programs -- Tom Thumb will rebate to PWHC a percentage of your purchases at their stores. We would like for everyone to participate in this program in order to meet our budgeted income from fundraising.

Here are the steps you need to take.

- i. You will need a Tom Thumb Reward Card to participate
- ii. After you receive your Reward Card, or if you already have a Reward Card, fill out the Good Neighbor Program form for PWHC credit. Our number is already listed on each form and you can get the forms from your team manager.
- iii. The Tom Thumb Good Neighbor Program application can be turned in at any Tom Thumb store.

If you have any questions, you can contact Director — Fundraising / Special Events. Thanks for participating in this valuable program for the benefit of PWHC.

B. Plano West Hockey Club Sponsor Program

PWHC is a Texas non-profit corporation. PWHC is recognized as a tax-exempt organization by the Texas Comptroller and by the Federal government under Section 501(c)(3) of the Internal Revenue code.

PWHC fields three teams, each with a 20 player roster in the AT&T Metroplex High School Hockey League. All of our players attend either Plano West Senior High School, one of its feeder schools, or a private school and reside within the Plano West Senior High attendance area.

Although our players proudly wear jerseys with the Plano West Wolf and strive to their best to represent Plano West with enthusiasm and class, PWHC is not a school-sponsored UIL team. We rely on the parents of our players and on our fundraising efforts to cover the considerable expense of putting our teams on the ice and supporting them.

PWHC offers three levels of sponsorship: (1) Stanley Cup Level -- \$3,000 -- corporate logo on website main page, link to business on website main page, corporate logo on all PWHC marketing, corporate logo on all team banners, special recognition at PWHC events, special recognition in game programs, six (6) season passes to all varsity home games, and \$3,000 donation receipt; (2) Hat Trick Level -- \$2,000 -- corporate logo on website sponsor page, link to business on website sponsor page, corporate logo on all PWHC marketing, corporate logo in game programs, four (4) season passes to all varsity home games, and \$2,000 donation receipt; and (3) Gold Level -- \$1,000 -- corporate logo on website sponsor page, link to business on website sponsor page, name or logo in game programs, and \$1,000 donation receipt.

Additional information sponsors should know

- The AT&T Metroplex High School Hockey League runs from October through March with playoffs and city/state championships in March and April. All games are played at Dr. Pepper StarCenter facilities.
- PWHC maintains a strict No Drug/Alcohol policy with random testing throughout the year.
- We follow the UIL “No pass, No Play” rule.
- The majority of PWHC players are also members of club travel teams.
- Several of our players and former players have received national recognition.
- **The Varsity Gold team won the 2008 and 2011 City Championship**
- **The Varsity Gold team won the 2005 and 2011 State Championship and was runner up in 2007.**
- **The Varsity Silver team won the 2006 City Championship and was runner up in 2007.**
- **The JV Gold team won the City Championship in 2004, 2005, 2006 and 2011.**

If you would like to be a PWHC Sponsor, please contact Director —Fundraising / Special Events for more information.

Thank you in advance for your consideration. We are very proud of these young players for their passion and commitment to hockey. We know you will be equally impressed and proud to become a PWHC Sponsor and to be part of one of Texas' premier high school hockey teams.

6. Schedules

A. Practices

- i. Varsity practices
Monday 8:00pm – 9:15pm
DPSC – McKinney
- ii. Junior Varsity Gold practices
Wednesday 6:15am – 7:30am
DPSC - Plano
- iii. Junior Varsity Silver practices
Tuesday 6:15am – 7:30am
DPSC – Plano

B. Games -- All league games will be held at Dr. Pepper Star Center facilities. Schedules to be provided by the AT&T High School League.

C. Member Meetings -- In order to afford all members the opportunity to express their opinions and suggestions and to provide a forum for information from the Board of Directors, members meeting are tentatively scheduled to be held during the months as indicated below; specific date, time and location to be determined. Additional member meetings may be scheduled.

- Kick – Off Team Meetings (parents and players) August 21, 2011 (Mandatory)
- Annual Meeting (parents only) January 2011 (tba)

D. Academic Eligibility Review Dates

In order to comply with the AT&T League requirements of academic eligibility, player notification of eligibility is due every six weeks according to the PISD schedule. Players will be advised of specific dates to notify the PWHC secretary of eligibility.

End of six week grading periods for the 2011 - 2012 season are:

November __, 2011
December __, 2011
February __, 2012
April __, 2012

E. Tournaments – In September, all PWHC teams are required to participate in a preseason “leveling” tournament through the AT&T League and this tournament is included in the registration fees. In addition, PWHC teams may participate in additional tournaments throughout the season as determined by the coaches and the Board of Directors which will require additional financial assessments for tournament registration fees. Commitments to any tournaments will be dependent upon coach and player availability.

7. Team Notes

- Jerseys will be purchased by the player and are not part of the registration fee.
- Black helmets are the responsibility of the player.
- Players are required to wear complete team uniforms and colors without exception during all games as well as any other equipment required by the AT&T League, TAHA or USA Hockey.
- All equipment will be furnished by the player.
- Players are to respect the uniform they wear by caring for it in an appropriate manner.
- The uniform MAY be worn to PWHC-sponsored activities (team photos, special events, etc.).
- Equipment is to be kept in sound working condition. Every effort should be made to keep uniforms and equipment clean.
- Game day attire is mandatory (Attachment N).

Attachment A

GRIEVANCE POLICY AND PROCEDURES

PURPOSE AND SCOPE OF POLICY

The purpose of the Grievance Policy is to provide members of Plano West Hockey Club (“PWHC”) with a clear, rational method for resolving disputes that may arise in connection with PWHC’s activities. PWHC does not wish to encourage disputes among its members, players and coaches, but history teaches that they sometimes do arise and that having no guidelines for dealing with them magnifies the issues.

The grievance procedures are not intended to be used to conduct the business of the organization. The Board of Directors is committed to listening to the views of the membership, and members who have questions or issues with regard to the general business of PWHC (e.g. scheduling, fundraising, tournaments, financial matters, matters of club policy, coach selection, etc.) are encouraged to raise those issues with one or more members of the Board, either individually or in the Members’ Meetings that will occur during the season.

The grievance procedures are not intended to be used to resolve private disputes between players or families, but issues relating to PWHC. The grievance procedures are not intended to be used to debate or criticize coaching decisions (e.g. ice time). The grievance policy relies for its success on judicious use of its procedures, respect for the process and all those involved in it, a calm approach to problems and a commitment from everyone to good faith attempts to resolve disputes early and at the lowest level in the process that is possible.

PWHC is firmly committed to a non-retaliation policy. No retaliation shall be taken by any Coach or Team Official, any member of the Board of Directors or any other member of PWHC against a person bringing a grievance or any player whose parent brings a grievance. Retaliation itself may be the basis for a grievance.

GRIEVANCE COMMITTEE

Composition: PWHC will have a Grievance Committee (“GC”) composed of the Vice President of PWHC, who will chair the Committee, a representative of each of PWHC’s teams elected by the Members with players on that team, and one or more members of the Board of Directors appointed by the President of PWHC so that the number of persons on the Committee is five.

Conflicts of Interest: A member of the GC (or of the Board of Directors, in cases where a grievance is reviewed by the Board) who has a conflict of interest, or whose impartiality can reasonably be questioned with respect to the particular matter under consideration, must recuse himself or herself from any involvement in reviewing or deciding the dispute. Recusal is required where the person is a party to the dispute, is a spouse or parent of a party to the dispute, is a material witness to the matters in dispute or has some other obvious personal interest in the outcome. A GC member who fails to recuse himself or herself when recusal is required may be ordered recused by a majority vote of the Board of Directors if two or more other members of the GC or a party to the dispute request a vote of the Board on the matter. A Board member who refuses to recuse himself or herself may be ordered recused by a majority vote of the remaining Board members taken upon request of two or more Board members or a party to the dispute.

If one or more GC members is recused, the President may appoint a substitute member or members to serve on the GC for that dispute only, so that there are an odd number of members on the GC considering the matter.

STEPS IN THE GRIEVANCE PROCESS

The steps in the grievance process are described below. Eligibility to take steps in the process requires completion of the prior steps.

Step One: Individual Discussion -- The Twenty-four Hour Rule

An individual who has a grievance must informally (and calmly and respectfully) discuss the matter with the Coach involved or, if no Coaching is involved, with the Chair of the GC, in an effort to resolve the dispute. No such discussion may occur until 24 hours after the events forming the basis of the problem. Coaches are encouraged to listen and discuss the matter, but are not required to listen to mere criticism of their coaching philosophies or decisions.

Step Two: Filing With the Grievance Committee; Initial Review

If the grievance is not resolved in Step One, the person with the grievance has the right to bring it before the GC. The grievance shall be stated in writing on a form provided by the Chair of the GC. The GC shall review the grievance and make an initial determination on the grievance. The GC may determine that no action should be taken by the GC or that the matter should be heard by the GC. The GC shall explain in writing any decision not to take any action on the grievance and such a decision may be appealed to the Board of Directors under Step Four of this policy.

Step Three: Review by the Grievance Committee

If the GC determines that the matter requires review by the GC, the GC shall proceed to hear the matter. Prior to taking any action, the GC shall submit the written statement of the grievance to any person identified as a party to the grievance in the written statement, and such person shall be permitted to submit a written statement on the grievance to the GC.

Prior to a hearing of the grievance, the GC may conduct such investigation into the facts as it deems necessary, either as a committee or through one or more individuals. The results of any such investigation shall be submitted in writing to the parties to the grievance.

Regardless of whether any investigation is conducted, the GC shall conduct a hearing of the grievance, using such procedures as it deems appropriate to the circumstances. The GC shall provide notice of the time and place of the hearing to all persons involved in the matter, and shall provide a reasonable opportunity for the parties to the grievance to be heard. The Chair of the GC shall have the power to set reasonable limits on the length of presentations. By majority vote, the GC may limit the presentations to written submissions, provided that all persons involved in the matter shall be given notice and a reasonable amount of time to prepare such written presentations. Any hearing of the GC, whether by written submission or oral presentations, shall be closed to all persons other than those directly involved in the grievance, provided, however, that if a player is a party to a grievance, that player's parent(s) or guardian(s) may be present.

Following the hearing, the GC will meet to decide the grievance. The GC shall prepare as soon as practicable a written statement of its decision, including disciplinary action, if any, resulting from the decision. All decisions shall be made by majority vote of the GC.

Step Four: Review by the Board of Directors

Any person aggrieved by a decision of the GC may have the matter reviewed by the Board of Directors. The aggrieved person shall submit a written statement to the Board setting forth the reasons why the Board should review the matter within two weeks of receiving the GC's decision. In its review, the Board shall consider the written decision of the GC, any report of an investigation conducted by the GC, any written statements submitted to the GC at the hearing, and any additional written statements that the Board may desire to have from any person involved in the matter. By majority vote, the Board may decide to hear an oral presentation from the aggrieved party, which shall be limited in time as reasonably determined by the President.

The Board shall issue a final decision on the grievance in writing as soon as practicable, which shall be promptly provided to the parties to the grievance.

CONCLUSION

Depending on the circumstances, there can be several steps in the grievance process, and different grievances may involve different procedures for their handling. The critical elements of every step in the process, however, are the same: notice, an opportunity to be heard, impartial decision-makers, non-retaliation and good faith. The GC and the Board will use their best efforts to apply these critical elements in ways appropriate to the nature of the dispute in all proceedings under this policy.

This policy is intended as an alternative to other methods of dispute resolution. Any attempt by a member of PWHC, a player or a coach to utilize procedures other than those of this policy to resolve disputes concerning PWHC may be subject to discipline.

Attachment B

DISCIPLINARY POLICY

Purpose

The responsibility of the Disciplinary Committee shall be to enforce Plano West Hockey Club ("PWHC") Codes of Conduct in spirit as well as to the letter. The committee will also be responsible for enforcing the rules and regulations associated with the AT&T Metroplex High School Hockey League, Texas Amateur Hockey Association and USA Hockey. The committee shall consist of the entire Board of Directors and be chaired by the President.

Discipline

At the beginning of the season, each coach shall make players aware of all policies and guidelines set forth by PWHC and any additional player guidelines and expectations as established by the coach. All Team Rules as established by the coach must be reviewed and approved by the PWHC Board of Directors before implementation. Disciplinary action for player's failure to adhere to team rules or PWHC Codes of Conduct may include less ice or game time as appropriate, suspension or expulsion from PWHC. In the event that a coach cannot act upon violations or needs assistance, the Disciplinary Committee will need to get involved. The committee needs to be careful not to undermine the coach's authority.

All matters that relate to infractions of PWHC Codes of Conducts shall be brought before this committee. In all matters brought before the committee, a majority vote shall decide the issue. Any Board member whose player is the subject of disciplinary action shall recuse himself/herself from any disciplinary determination. At least five (5) members of the Board shall be present to rule on any disciplinary proceedings. The President has the authority, at his/her discretion, to request all Board members to be present to hear and rule on certain issues. Any player, parent, coach or manager may submit an infraction or complaint by contacting a member of the Board. The Board shall determine if the infraction or complaint requires committee evaluation. All decisions on discipline and eligibility shall be documented by the Disciplinary Committee and remain a part of PWHC's records. After the Board decides the course of action, the President will notify the Coach and Team Representative if further action is warranted. The Board shall have the authority to remove any member from PWHC for violating the Codes of Conduct and/or the Disciplinary Policies of PWHC.

The Disciplinary Committee enforces the Codes of Conduct of PWHC and shall enforce USA Hockey rules and standards. The committee will have the authority to penalize a player(s), coach(es), or parent(s) for infractions of Codes of Conduct and/or infractions of USA Hockey rules and standards. **All decisions by the Disciplinary Committee are final.**

All PWHC players, coaches and parents shall abide by all disciplinary policies described in the current USA Hockey Official Playing Rules Handbook as well as the Parents Codes of Conduct as described in the PWHC Handbook. Parents are expected to demonstrate the same standards of conduct as required of their children. Parents, just as coaches, should be aware that they are role models both to their own children and all other players present. Inappropriate behavior by parents can also negatively influence the outcome of a game. The following list of infractions should be considered solely as a set of guidelines and is not all-inclusive:

- Physical and/or verbal abuse of officials, coaches, players or spectators
- Loud, persistent profanity
- Consumption of illegal drugs at games or practices
- Attendance at any PWHC function where players are present while under the influence of any mind altering substance (drugs, alcohol, etc.)
- Damaging rink property
- Interfering with players, coaches, or officials (e.g., entering or hanging over the team bench, entering the ice rink without authorization, taking flash pictures behind the goal net)

- Throwing objects on the ice
- Use of unauthorized noisemakers (e.g., electric megaphones, air horns, whistles, sirens, loud pots and pans)
- Any action that could be determined to be disruptive or divisive to PWHC (i.e., offensive emails, personal character attacks, etc.)

The coach is ultimately responsible for the conduct of the parents on his/her team. Complaints regarding parental behavior shall be directed to the team manager who will then discuss them with the coach. If the team manager is not available or if the complaint involves the team manager, the coach shall be contacted directly. If the matter cannot be satisfactorily resolved at the team level, it may then be referred to the Disciplinary Committee. Prior to rendering a decision, the Disciplinary Committee shall consider the seriousness of the offense, where it occurred, and the number of prior offenses. Discipline Committee decisions may include but are not limited to the following actions:

- Dismiss the complaint as unfounded.
- A letter of warning may be issued to the offending party.
- The offending party may be suspended from PWHC activities.
- The offending party may be expelled from PWHC.

Attachment C

BOARD OF DIRECTORS' CODE OF CONDUCT

As a member of the Plano West Hockey Club (PWHC) Board of Directors and, thus, an elected representative of the PWHC membership, I agree to support the following Code of Conduct.

I will:

- Adhere to the rules of PWHC as specifically written in the by-laws and operating procedures.
- Attend all scheduled board meetings. In the event it is necessary to miss a meeting, the President will be advised.
- Follow accepted rules of order when conducting Board of Director business.
- Respect the confidentiality of all board meetings unless there is an agreement to release the results of such discussion.
- Show fiscal responsibility in conducting the affairs of PWHC.
- Commit to the hours necessary to be an effective member of the Board of Directors and handle responsibilities as assigned.
- Conduct Board of Directors matters in an environment that encourages open discussion and consideration of all opinions on matters decided by the Board of Directors.
- Respect game officials, coaches, players, parents, volunteers and elected officials of PWHC.
- Not offer or grant preferential treatment to any member, member's child or my own child during my term on the Board of Directors including, but not limited to, team assignment, playing time, roster movement, and practice attendance.
- Not use my standing or influence to benefit the position or play of my own child during my term on the Board of Directors including, but not limited to, team assignment, playing time, roster movement, and practice attendance.
- Notify the President and one other board member where there is a possible conflict of interest, unethical conduct or the appearance of such.
- Keep the best interests of PWHC as a priority with the long-term in mind.
- Maintain the highest standard of conduct and good sportsmanship while representing PWHC at any sanctioned hockey club function.

I UNDERSTAND THAT A VIOLATION OF ANY PART OF THIS CODE OF CONDUCT OR ANY ACTION WHICH IS DETRIMENTAL TO PWHC MAY BE BROUGHT TO PWHC'S DISCIPLINARY COMMITTEE FOR ACTION AND MAY RESULT IN MY SUSPENSION OR TERMINATION FROM THE BOARD AND ANY OR ALL PWHC ACTIVITIES.

I agree to treat my fellow board members, PWHC coaches, PWHC players and other PWHC members with respect in my participation on the PWHC Board of Directors by following this Code of Conduct.

Attachment D

PWHC COACH'S CODE OF CONDUCT

As a coach and, thus, a representative of Plano West Hockey Club ("PWHC"), I agree to abide by the following Code of Conduct.

I will:

- Adhere to the rules of PWHC as specifically written in PWHC by-laws and operating procedures, or face disciplinary action, up to and including release from my contract with PWHC without any additional compensation.
- Adhere to USA Hockey governing rules, regulations, policies and procedures.
- Enforce PWHC academic eligibility policy.
- Help each and every player reach his/her maximum potential.
- Place the overall good of the team before my personal objectives or individual needs.
- Strive to be an effective communicator and coach, and maintain an open line of communication with players, parents, and the Board of Directors.
- Never verbally or physically abuse a player, official, fan or parent. This includes the use of foul language.
- Accept an official's call with respect and maturity.
- Act as a role model to the players of the team as well as other players in the organization and on opposing teams. Win and lose with sportsmanship and dignity and refrain from emotional outbursts.
- Provide constructive criticism to players when necessary, but never criticize a player in public.
- Organize practices that provide instruction in a way that motivates and challenges players to develop self-respect, self-confidence and self-discipline.
- Be on time and be mentally and physically prepared for practices and games.
- Practice teamwork, sportsmanship, discipline and respect.
- Show respect for all hockey facilities and lead/appoint team members to clean all locker rooms that PWHC teams have used.
- Support a drug- and alcohol-free sports environment, abide by the PWHC Alcohol & Drug Policy and keep all test results confidential.

I UNDERSTAND THAT A VIOLATION OF ANY PART OF THIS CODE OF CONDUCT OR ANY ACTION WHICH IS DETRIMENTAL TO PWHC MAY RESULT IN AN APPEARANCE BEFORE PWHC'S DISCIPLINARY COMMITTEE FOR ACTION AND MAY RESULT IN MY SUSPENSION OR TERMINATION FROM ANY OR ALL PWHC ACTIVITIES.

Adapted from USA Hockey Code of Conduct and adapted to meet the specific needs and goals of the Plano West Hockey Club for the 2011 – 2012 season.

Attachment E

PWHC TEAM MANAGER'S CODE OF CONDUCT

As a team manager of a Plano West Hockey Club ("PWHC") team and, thus, a representative of PWHC, I agree to support the following Code of Conduct.

I will:

- Adhere to the rules of PWHC as specifically written in the by-laws and operating procedures, or face disciplinary action, up to and including expulsion from PWHC.
- Adhere to USA Hockey governing rules, regulations, policies, and procedures.
- Maintain the highest standard of conduct and good sportsmanship while representing PWHC at any sanctioned hockey club function.
- Maintain confidentiality at all times, especially when dealing with discipline, conflict resolution and grievances.
- Support a drug- and alcohol-free sports environment for my team and abide by the PWHC Alcohol & Drug Policy and keep all test results confidential.
- Not offer or grant preferential treatment to any member, member's child or my own child during my term as Team Manager including, but not limited to, team assignment, playing time, roster movement, and practice attendance.
- Not use my standing or influence to benefit the position or play of my own child during my term as Team Manager including, but not limited to, team assignment, playing time, roster movement, and practice attendance.
- Notify the President and one other board member where there is a possible conflict of interest, unethical conduct or the appearance of such.

NOTE: Gross disrespect to other players, coaches or parents, fighting, swearing to coaches, players, parents or officials, or intent to injure will be cause for automatic suspension and/or disciplinary action by the Board. Suspension periods may range from one game or dismissal from the position, depending on the seriousness of the infraction. Suspensions may be imposed by the Board for disruptive or repetitive infractions. Any expelled person will not be allowed to participate on any other PWHC team for that season or as determined by the Board of Directors.

All USA Hockey disciplinary guidelines will also apply and supersede the minimum disciplinary actions of PWHC.

I UNDERSTAND THAT A VIOLATION OF ANY PART OF THIS CODE OF CONDUCT OR ANY ACTION WHICH IS DETRIMENTAL TO PWHC MAY BE BROUGHT TO PWHC'S DISCIPLINARY COMMITTEE FOR ACTION AND MAY RESULT IN MY SUSPENSION OR TERMINATION FROM ANY OR ALL PWHC ACTIVITIES.

Adapted from USA Hockey Code of Conduct and adapted to meet the specific needs and goals of PWHC for the 2011 – 2012 season.

Attachment F

PWHC PARENT'S CODE OF CONDUCT

As the parent of a Plano West Hockey Club ("PWHC") player and, thus, a representative of PWHC, I agree to support the following Code of Conduct.

I will:

- Adhere to the rules of PWHC as specifically written in the by-laws and operating procedures, or face disciplinary action, up to and including expulsion from PWHC.
- Adhere to USA Hockey governing rules, regulations, policies, and procedures.
- Be responsible for and keep current the payments of all player fees and understand that they are not refundable, either in full or in part.
- Adhere to the PWHC Academic Eligibility Policy.
- Support officials on and off the ice.
- Applaud a good effort in both victory and defeat and reinforce positive behavior on and off the ice.
- Encourage my child to play by the rules.
- Respect the coaches and coaching staff and allow them to do the coaching.
- Support my child and his/her teammates by providing encouragement and being a positive role model.
- Donate my time to PWHC to assist in fundraising, committees and volunteer work.
- Recognize the value and importance of teamwork and of being a "team player" even as a parent.
- Support a drug- and alcohol-free sports environment for your team and abide by the PWHC Alcohol & Drug Policy.

I UNDERSTAND THAT:

- A VIOLATION OF ANY PART OF THIS CODE OF CONDUCT OR ANY ACTION WHICH IS DETRIMENTAL TO PWHC MAY BE BROUGHT TO PWHC'S DISCIPLINARY COMMITTEE FOR ACTION AND MAY RESULT IN MY SUSPENSION OR TERMINATION FROM ANY OR ALL PWHC ACTIVITIES.
- PWHC IS A NON-PROFIT AND VOLUNTARY ORGANIZATION AND HAS ESTABLISHED THIS PROGRAM FOR THE BENEFIT OF THE STUDENT/ATHLETES. I THEREFORE AGREE TO HOLD NO PARTY CONNECTED WITH PWHC RESPONSIBLE FOR ANY PERSONAL LIABILITY OR FOR ANY INJURY DURING THE NORMAL PURSUIT OF TEAM ACTIVITIES.

Adapted from USA Hockey Code of Conduct and adapted to meet the specific needs and goals of PWHC for the 2011 – 2012 season.

Attachment G

PWHC PLAYER'S CODE OF CONDUCT

As a player and, thus, a representative of Plano West Hockey Club ("PWHC"), I understand and agree to support the following Code of Conduct. I further understand that participation in PWHC is a privilege, not a right; any violation of the following Code of Conduct shall be subject to disciplinary action. Any student/athlete clearly involved in a major disciplinary infraction (including, but not limited to, drugs, alcohol, violent behavior, etc.) will be suspended or removed permanently from the team. Therefore, I will:

- Adhere to the rules of PWHC as specifically written in the by-laws and operating procedures, or face disciplinary action, up to and including expulsion from PWHC.
- Hold myself to a higher standard of conduct as a representative of a Plano West area school.
- Adhere to USA Hockey governing rules, regulations, policies, and procedures.
- Adhere to PWHC Academic Eligibility Policy.
- Continually learn the rules of ice hockey and play by them at all times.
- Practice good sportsmanship before, during and after all games.
- Skate hard and play clean hockey at all times.
- Be on time and be mentally and physically prepared for practices, games, team meetings and other team/club activities.
- Follow the instructions of the coaches and have a positive attitude at all times.
- Recognize the value and importance of teamwork and of being a team player.
- Respect coaches, teammates, parents, opponents, and officials, as well as rink facilities and demonstrate mature behavior on and off the ice. Any behavior that reflects poorly on the team during any official team function will result in disciplinary action as decided by the coaches, Disciplinary Committee and/or the Board of Directors.
- Refrain from emotional outbursts such as stick slamming, throwing of equipment, retaliation against an opponent, fighting, use of swearing or abusive language or other aggressive acts.
- Never argue with an official's decision. In the event of a penalty, I will skate directly to the penalty box. The coaching staff will handle all matters pertaining to officiating.
- Be prepared to give back to the community by donating my time to charitable efforts.
- Support and participate in PWHC fundraisers.
- Contact the team manager or coach in the event of tardiness or a schedule conflict with any team event. Unexcused tardiness or absence may result in automatic benching.
- Not tolerate hazing in any form.
- Support a drug and alcohol-free sports environment for my team and abide by the PWHC Alcohol & Drug Policy. I pledge to be drug and alcohol free.

I UNDERSTAND THAT A VIOLATION OF ANY PART OF THIS CODE OF CONDUCT OR ANY ACTION WHICH IS DETRIMENTAL TO PWHC MAY RESULT IN AUTOMATIC BENCHING BY THE COACHES AND, IF DEEMED NECESSARY, MAY BE BROUGHT TO PWHC'S DISCIPLINARY COMMITTEE FOR ACTION AND MAY RESULT IN MY SUSPENSION OR TERMINATION FROM ANY OR ALL PWHC CLUB ACTIVITIES.

Adapted from USA Hockey Code of Conduct and adapted to meet the specific needs and goals of PWHC for the 2011 – 2012 season.

Attachment H

ACADEMIC ELIGIBILITY POLICY

REASONS FOR THE ACADEMIC ELIGIBILITY POLICY

Plano West Hockey Club (“PWHC”) participates in the AT&T Metroplex High School Hockey League (“AT&T League”), which in turn is affiliated with the High School Section of the Texas Amateur Hockey Association (“TAHA”). PWHC anticipates that TAHA and the AT&T League will require that all teams participating in TAHA high school programs (e.g. the State High School Tournament) and the AT&T League to comply with certain standards of academic performance.

STATEMENT OF ACADEMIC ELIGIBILITY POLICY

Players who are rostered on a PWHC team must meet the academic eligibility requirements of the Plano Independent School District (“PISD”). In general, those requirements provide that, beginning with the first six-week grading period of the school year, a student who receives a grade below 70 in any academic class (other than an identified AP, pre-AP, Honors or International Baccalaureate class), or a student with disabilities who fails to meet the standards of the student’s Individual Education Plan, loses his or her eligibility to participate in games, effective seven calendar days after the close of the grading period. Players may regain their eligibility after three weeks if they receive a progress report showing that they have achieved a grade of 70 or above in the class or classes that caused the suspension. Eligibility is restored seven calendar days after the date of the progress report if it is provided to the PWHC Secretary. If the progress report does not reflect a passing grade in the class or classes in question, eligibility may be restored at the end of the next grading period if the grades show eligibility. Eligibility dates are established by the PISD calendar.

PWHC REPORTING REQUIREMENTS—ALL PLAYERS

A. Players Attending PISD Schools

To assure that PWHC does not permit an academically ineligible player to participate in a AT&T League or TAHA game, PWHC will require that, as a condition of being rostered on a PWHC team and being listed on the score sheet for a game, current eligibility status be verified by the parent(s) or guardian(s) of the player, or by the school. This will require (1) either submission of a current grade report or a letter from the player’s PISD counselor stating that the player is academically eligible or (2) a statement of eligibility provided directly to PWHC from the school Registrar, pursuant to an authorization from the player’s parent or guardian to release that information to a designated PWHC official. Grade reports or counselor’s letters must be submitted on dates to be established by PWHC based on the PISD calendar. Reports will be submitted to the PWHC Secretary for eligibility verification and maintenance. If the parent signs an authorization to the school to release the information directly to PWHC, and if the Registrar of the school is willing to provide the information, PWHC’s Secretary will work with the Registrar to obtain the eligibility information.

B. Non-PISD Students

Any player who attends a non-PISD school, or is home schooled, must establish and report eligibility on terms to be established between the player’s family and the Board of Directors.

C. False Reporting

Knowing submission of a false report of player eligibility will be considered a violation of PWHC’s Codes of Conduct, and will be referred to the Disciplinary Committee for review and action.

EVIDENCE OF ACCEPTANCE

Every player and his or her parent(s) or guardian(s) must sign an acknowledgement that they have read, understood and agree to be bound by this policy, and execute a Waiver authorizing PWHC to receive information on the player's academic status, before that player may be rostered on a PWHC team. Parents of players wishing to have PWHC obtain eligibility information directly from the School will be required to sign a separate authorization permitting the PWHC Secretary to obtain information from the School's Registrar.

The Club may be required by TAHA or the AT&T League at any time to have different rules and/or reporting requirements relating to academic eligibility, which may require changes in this policy. Continued membership in PWHC and rostering on a PWHC team will be contingent on acceptance of any mandated policy changes and the execution of a revised waiver.

Attachment I

**PLANO WEST HOCKEY CLUB
ACADEMIC ELIGIBILITY POLICY
ACCEPTANCE AND AGREEMENT TO PROVIDE ACADEMIC INFORMATION AND
RELEASE OF LIABILITY**

PARENTS

I am the parent or legal guardian of _____, who has been offered a place on a hockey team organized by Plano West Hockey Club ("PWHC") for the 2011-2012 hockey season. I have read, understood and agree to be bound by PWHC's Academic Eligibility Policy. I acknowledge receipt of a copy of the Academic Eligibility Policy. I understand that PWHC requires as a condition of my child's participation on a team organized by PWHC that information on my child's academic performance be made available to PWHC in accordance with the Academic Eligibility Policy. I hereby agree to provide the required information to PWHC. I understand that PWHC is a private organization that is not affiliated with the Plano Independent School District or any other school or school district. I understand that it is my responsibility to obtain the required information from my child's school on a timely basis and/or to authorize the school to provide grade information directly to PWHC. I understand that if my child does not meet the academic eligibility standards of the Policy, or if I fail to provide the information required by the Academic Eligibility Policy, my child will not be permitted to participate in games, and no refund of fees will be given for the time my child is not eligible.

On behalf of myself, my child and any other parent or guardian of my child, I hereby release PWHC, and any and all of its directors, officers, agents and any other person acting on behalf of PWHC, from any and all liability, claims or causes of action arising in any way out of PWHC's application or enforcement of the Academic Eligibility Policy.

I hereby authorize PWHC's secretary confidential access to my child's Plano Independent School District Parent Viewer web page for purposes of obtaining his / her grades for determining academic eligibility. I understand that if I do not provide this access that I will be required to meet PWHC's secretary, at his / her convenience, and will be required to log into the school's grade reporting system to obtain the grades or be required to provide an original grade report (the originality of the grade report will be determined at the discretion of the PWHC secretary).

LOGIN

PASSWORD

PARENT'S SIGNATURE

PARENT'S PRINTED NAME

DATE: _____

PLAYER

I have read, understood and agree to be bound by the Club's Academic Eligibility Policy. I have read the statements above, and agree to each and all of them.

PLAYER'S SIGNATURE

PLAYER'S PRINTED NAME

DATE: _____

Attachment J

SUBSTANCE ABUSE POLICY

As a matter of policy, Plano West Hockey Club (“PWHC”) does not permit or tolerate the use of drugs, alcohol, tobacco or steroids by its players. PWHC enforces this policy through mandatory testing for banned substances and by empowering the coaching staff to take disciplinary action when there is a reasonable suspicion based on personal observation that a player has violated PWHC’s policy.

PWHC also prohibits coaches, parents and team officials from using or being under the influence of alcohol or other mood altering substances during any PWHC activity where players are present, including travel to and from such functions. PWHC enforces this policy pursuant to the procedures of the Disciplinary Committee.

DEFINITIONS

This policy bans the use of the following substances:

- a. Any beverage containing alcohol;
- b. Tobacco in any form, including but not limited to cigarettes, pipes, cigars, smokeless tobacco and chewing tobacco;
- c. Illegal recreational drugs, including, but not limited to, marijuana, cocaine, heroin and the like;
- d. Anabolic steroids and other illegal performance enhancing substances; and
- e. Masking agents and other substances and devices used to evade testing.

As applied to players, this policy defines “use” to include possession, with or without the intent to sell or give away.

This policy does not prohibit the use of any substance that has been specifically prescribed for a player by his or her medical provider.

This policy defines a “violation” as (1) a non-negative result on a test administered under PWHC’s Mandatory Substance Testing Policy that is not cleared either by investigation by the Drug Test Administrator or by a negative second test, (2) failure to take a test required under the Mandatory Substance Testing Policy or (3) a determination by the coaching staff based on personal observation that a player is under the influence of a substance prohibited by this policy. If the coaching staff believes that a player is under the influence of a substance prohibited by this policy, it may recommend the player for additional testing.

A violation based upon the personal observation of the coaching staff may be challenged. If the player produces a negative result on a test administered by the Drug Test Administrator that screens for the suspected substance, there is no violation of this policy, provided that the test is done within the time period specified by the Drug Test Administrator. Cost of the testing will be paid by PWHC if the test is negative. A non-negative test must be paid for by the player or his family.

CONSEQUENCES OF VIOLATIONS

1. First Offense:
 - a. Alcohol or Tobacco: One-game suspension and, at the discretion of the coach, appropriate community service or off-ice activities as specified by the coach.
 - b. Other Substances: Suspension from participation in games (and, at the discretion of the coach, practices and other PWHC activities) for a period of thirty days. Lifting of the suspension is contingent on a negative result on a test administered by the Drug Test Administrator.
2. Second Offense:

- a. Alcohol or Tobacco: Suspension from PWHC for a minimum of thirty days, to be determined by consultation between the Coach and PWHC's Vice President, together with appropriate community service activities as specified by the coach and the Vice President.
 - b. Other Substances: Suspension from participation in games (and, at the discretion of the coach, practices and other PWHC activities) for a period of sixty days. Lifting of the suspension is contingent on a negative result on a test administered by the Drug Test Administrator. After a Second Offense, PWHC will require (at the Player's expense) up to six tests in addition to the regular testing required of all players.
3. Third Offense:
- a. Alcohol or Tobacco: Permanent expulsion from the Club.
 - b. Other Substances: Permanent expulsion from the Club.

Violations of PWHC's Substance Abuse Policy are cumulative over the course of the Player's membership in PWHC and carry over from year to year. In other words, second and third offenses do not need to occur in the same year or season as a first offense in order to trigger the sanctions provided above. Penalties carry over from year to year. No refunds of any fees will be made in the event of a suspension under this policy. Upon return from suspension, a player may, at the discretion of the coaching staff, be assigned to a team other than the player's original team.

EVIDENCE OF ACCEPTANCE

Every player and his or her parent(s) or guardian(s) must sign (1) an acknowledgement that they have read, understood and agree to be bound by this policy before that player may be rostered on a PWHC team and (2) appropriate waiver(s) agreeing that PWHC and the Drug Test Administrator may conduct drug testing as a condition of rostering players and holding PWHC and the Drug Test Administrator harmless from any liability relating to PWHC's Substance Abuse Policy and/or the Mandatory Substance Testing Policy.

Attachment K

MANDATORY SUBSTANCE TESTING POLICY

PURPOSES

The Mandatory Substance Testing Policy is one aspect of the implementation of the Plano West Hockey Club's Substance Abuse Policy. The Mandatory Substance Testing Policy is intended to act as a deterrent to the use of banned substances by players, to relieve them of the peer pressures to which they may be subjected in connection with the use of drugs, alcohol, tobacco and steroids and to demonstrate PWHC's commitment to the health and safety of the players who are members of its teams.

PRINCIPLES AND REQUIREMENTS OF THE TESTING PROGRAM

The Vice President shall be responsible for the operation of the testing program. Drug testing will be conducted by an outside company that is in the business of conducting such tests (the "Drug Testing Administrator" or "DTA"), selected by the Vice President. Depending on the nature of the particular test performed, the Vice President may designate a PWHC official to collect the samples required for testing. Such officials are called the DTA designee. Testing will be conducted on dates selected by the Vice President without the advance knowledge of any player, parent, or Board member. PWHC will supply the DTA with schedules showing practice times for PWHC's teams. The Vice President will determine when the tests will be conducted. All players are required to take the test. **Any player who is absent from practice when a test is administered will be required to go to the DTA's facility to take the test within twenty-four hours of receiving notice from the Vice President or the DTA designee. Refusal to take a test when the DTA is administering tests, or failure by an absent player to appear for testing within the prescribed period (absent a doctor's excuse due to illness), will be treated as a violation of the Substance Abuse Policy.**

Drug testing may be conducted through the collection of urine samples, tongue swab samples or other protocols determined in the sole discretion of the DTA. Drugs that may be tested for include, but are not limited to, opiates (e.g. morphine and codeine), cocaine, amphetamines and methamphetamines, phencyclidine (PCP), delta 9-tetrahydro-cannabinol (marijuana), "designer drugs" (e.g. Ecstasy), alcohol and anabolic steroids.

In the event of a non-negative test, the DTA or the Vice President shall first contact the parent(s) or guardian(s) of the player involved for the purpose of determining whether the result may have been influenced by the use of any prescribed or over-the-counter drug, diet or other medical condition. If the non-negative result cannot be explained to the satisfaction of the DTA or the Vice President, the DTA or the Vice President may, in their sole discretion, suggest another screening if in its opinion such a screening would be useful to eliminate a possible "false positive." If such screening is recommended, it shall be done at PWHC's expense.

If a non-negative test result is not explained to the satisfaction of the DTA and the Vice President in accordance with the procedures above, the DTA and Vice President are authorized to communicate the fact of the non-negative result to the team's Head Coach and the player's parents. No other persons associated with PWHC (other than the player's parent as described above) are authorized to receive notification of a non-negative test result, and the Head Coach and the Vice-President of PWHC are prohibited from disclosing the fact of a non-negative test result to anyone other than the player and his or her parent(s) or guardian(s). With respect to any suspension resulting from a non-negative test result, the Head Coach and the Vice-President shall not announce that a player has been suspended for violating PWHC's Substance Abuse Policy.

EVIDENCE OF ACCEPTANCE

Every player and his or her parent(s) or guardian(s) must sign (1) an acknowledgement that they have read, understood and agree to be bound by this policy before that player may be rostered on a PWHC team and (2) appropriate waiver(s) agreeing that PWHC and the Drug Test Administrator may conduct drug testing as a condition of rostering players and holding PWHC and the Drug Test Administrator harmless from any liability relating to PWHC's Substance Abuse Policy and/or the Mandatory Substance Testing Policy.

Attachment L

PLANO WEST HOCKEY CLUB

ACKNOWLEDGEMENT, WAIVER OF RIGHTS AND INDEMNITY AGREEMENT WITH REGARD TO SUBSTANCE ABUSE POLICY AND MANDATORY SUBSTANCE TESTING POLICY

I am the parent or guardian of _____, who has been offered a position on the roster of a team organized by Plano West Hockey Club (“PWHC”). On behalf of myself, my child and any other parent or guardian of my child, I acknowledge the following:

1. I have read, understood and agree to be bound by the terms of PWHC’s Substance Abuse Policy and PWHC’s Mandatory Substance Testing Policy (collectively, the “Policies”) which are incorporated in this Agreement by reference. I have been provided with copies of the Policies. I understand that compliance with the Policies is a condition of my child’s current and continuing participation on a PWHC team.
2. I hereby give my permission for PWHC’s Drug Testing Administrator, or its designee, to perform drug testing on my child in accordance with the Policies.
3. I agree to cooperate with PWHC’s Drug Testing Administrator, or its designee, in its conduct of drug testing in accordance with the Policies, and will execute any forms required by the Drug Testing Administrator in connection with its testing.
4. I understand that, in the event of a non-negative result on a test conducted on my child, I may be contacted by the Drug Testing Administrator to discuss the test result and to determine whether any medication, diet or other medical condition may have influenced the test result. I agree to provide any information required by the Drug Testing Administrator for its use in making such a determination.
5. I agree that, in the event of a non-negative result on a test conducted on my child, the Drug Testing Administrator is authorized to disclose the non-negative result to PWHC’s Head Coach and PWHC’s Vice-President, and that those PWHC officials are authorized to impose the disciplinary consequences provided for by the Policies in the case of non-negative test results.
6. I agree to execute such additional forms that PWHC may reasonably require in connection with the Policies.
7. In order to give effect to the foregoing, I hereby waive any and all rights under any Federal, State or local law or regulation that I otherwise might be able to assert relative to the subject matter hereof.

I hereby release PWHC, and any and all of its directors, officers, agents and any other person acting on behalf of PWHC, and the Drug Testing Administrator, and any and all of its directors, officers, agents and employees, from any and all liability, claims or causes of action arising in any way out of PWHC’s application or enforcement of the Policies.

PARENT’S/PLAYER’S ACKNOWLEDGEMENT

PARENT’S SIGNATURE

PARENT’S PRINTED NAME

DATE: _____

PLAYER

I have read and understand PWHC’s Substance Abuse Policy. Any violation may lead to disciplinary action, up to and including expulsion from PWHC.

PLAYER’S SIGNATURE

PLAYER’S PRINTED NAME

DATE: _____

Attachment M

2011 - 2012 Fees

TOTAL FEE FOR THE 2011 – 2012 SEASON

REGISTRATION FEE \$ 1,975

PAYMENT SCHEDULE:

FIRST PAYMENT

CHECK OR CREDIT CARD DUE AT REGISTRATION \$ 1,000

SECOND PAYMENT

CHECK DATED NOVEMBER 15, 2011 AT REGISTRATION \$ 975

CREDIT CARD CHARGE ON NOVEMBER 15, 2011 \$ 975

If you are not a member of USA Hockey (e.g. through a travel hockey team), please go to www.usahockey.com to enroll your player online. All players rostered with a PWHC team must be registered with USA Hockey. Your team manger will need your USA hockey number.

Payment Information: Make all checks payable to: Plano West Hockey Club or PWHC.

Attachment N
GAME DAY ATTIRE

TO THE GAME:

Players will present themselves in a professional manner and at each team's head coach's discretion, are required to wear either (1) a collared dress shirt, tie and either a suit or blazer and dress pants with dress shoes or (2) PWHC wind suit to the rink on game day. Failure to adhere to this attire will result in loss of ice time and/or extra skating drills during practice. Players are also required to bring PWHC windsuit and running shoes for dryland practice before each game.

TO SCHOOL ON GAME DAY:

Players may wear the Plano West Hockey Club team polo shirt to school on game days to represent themselves as a member of Plano West Hockey Club.

Attachment O

Hazing Policy (modified from the PISD policy guide)

PWHC prohibits hazing. Hazing means any intentional, knowing or reckless act directed against a student by one person alone, or acting with others, that endangers the mental or physical health or safety of a student for the purpose of being initiated into, affiliating with, or maintaining membership in PWHC. No player shall engage in any form of hazing, nor shall any player encourage or assist any other player in hazing. Acts of hazing and failure to report known hazing can result in removal from a PWHC team. Consequently, any “initiation rites” not receiving prior approval from the head coach will be considered hazing.

Attachment Q

COACHES' RULES FOR PLAYERS

COACHES' RULES FOR THE PLAYERS

The aim of this document is to ensure that PWHC is able to run smoothly and that all energies are concentrated on developing and supporting competitive hockey, and to prevent the actions of the few having a detrimental effect on the enjoyment and progress of the majority. PWHC reserves the right to amend this document at any time. Members will be notified of any changes at least 7 days before they are implemented.

Note: Any offences to these team rules will make the player liable to disciplinary action under disciplinary procedures laid down by PWHC. Sanctions can include suspension from games or practices, suspension of PWHC membership, or dismissal from PWHC. **A rough guide to the penalties for breaching these team rules are in bold print after each rule.**

1. All players registered with PWHC must attend the regular practice sessions and all games. If the player cannot attend practice, that player will notify their coach or team manager by phone or e-mail the day before the missed practice. Failure to notify your coach concerning absences or timely attendance will result in loss of ice time. Please notify the coaches by a telephone call (preferably cell number) or in person. Refrain from using e-mail as it is not always checked routinely. In exceptional circumstances a later notification will be acceptable if it was made at the earliest possible time.

Failure to notify absences. Normally, a warning will be given for a first offence or if a good reason is given for the lateness. Persistent offenders may be banned from the practice that they do arrive for (if the offence relates to practices) or banned from playing in the game.

2. All players must report to team officials at the relevant rink one hour before the start of games, both home and away. Players will be present and on time for all practices and games. Players also must be dressed and on the ice when practice begins unless excused by the coaching staff. Being late on the ice before practice will result in loss of ice time for the next game or extra skating drills during the practice. The longer you take to get on the ice, the longer you will sit during a game. Players should also be dressed with all equipment, except helmet, 15 minutes before the start of a game. The 15 minutes before game time will be used by the coaches to go over game strategy. No exception to this rule. If you are not dressed on time, you will lose ice time from the game. You will also not start the next scheduled game.

Same as in Section 1.

3. Off ice. PWHC members (includes players, parents and officials) are representatives of PWHC whenever they are in a rink to watch, train for, or play ice hockey. They should always behave in a reasonable manner in these circumstances. Offences under this section include, but are not limited to, fighting, bullying, racial and sexual abuse, bad language, disrespectful behavior unsafe actions, and acts that could bring PWHC into disrepute.

Offences under this section obviously vary considerably in seriousness. Minor breaches may lead to a warning, but serious offenses of, for example, fighting, bullying or racial or sexual abuse will lead to lengthy suspensions or dismissal from PWHC. It is certain that anybody committing a serious offense for a second time (if they were lucky enough to be given the benefit of the doubt the first time) will be dismissed from PWHC.

4. On ice. Offenses in practices or at games (including on the team bench or in the locker rooms) will normally be dealt with by the team coach or manager at the time. These include disruptive behavior as well as those offenses detailed in section 3. Offenses on ice during a game will normally be dealt with by the on ice officials. In exceptional circumstances, PWHC may also take action (e.g. where the on ice officials did not see

an incident or where the repeated offences of a player are bringing PWHC into disrepute) in addition to any action taken by the league.

Disruptive behavior will normally lead to a warning, continuing will lead to you being sent to the locker room and taking no further part in the practice or game. Persistent offenders can expect to serve increasingly long bans from games and/or practices. Serious offenses will be dealt with as in Section 3. Going on the ice, or staying on the ice, without permission will initially lead to a warning but can also lead to suspension from training. This is for your own safety, the safety of those around you, and to comply with insurance requirements.

5. In the interests of PWHC and fellow team members, it is required that the amenities of the rink and the possessions of others (including PWHC equipment) are respected at all times. Damage to these or theft of any items will not be tolerated and will lead to severe sanctions.

Anyone guilty of deliberate theft is likely to be dismissed from PWHC. Vandalism or wanton damage to property will be dealt with according to the level of damage and intent and could be punished by anything from a warning (for a very minor offense) to dismissal from PWHC. A second serious offense under this part of the rule is certain to lead to dismissal from PWHC.

6. PWHC cannot be held responsible for loss or damage to individual player's equipment or possessions. PWHC is not insured for such eventualities so parents are advised to take out their own insurance if so required.
7. Players are required to be properly dressed, both on and off the ice, when representing PWHC.

Warnings will normally be given, but if you are a persistent offender of the dress code, you will be suspended from playing in the game.

Game Day Attire

Players will present themselves in a professional manner and at each team's head coach's discretion, are required to wear either (1) a collared dress shirt, tie and either a suit or blazer and dress pants with dress shoes or (2) PWHC wind suit to the rink on game day. Lack of proper game day attire will result in loss of ice time and/or extra skating drills during practice. Wind suits will be worn by all members once they get to the locker room and will remain on until the team warm up is finished. Be proud to play hockey for the team.

Reminder

You are expected to treat teammates, other PWHC members and all officials with respect. You must remember that misbehavior at training or games may lead to disciplinary action such as being sent off the ice, sent to the dressing room, or being benched for a game or games.

DISCIPLINARY PROCEDURES

The initial disciplinary action shall be decided by the relevant team coach and/or manager unless they decide the matter is sufficiently serious to be referred straight to PWHC Disciplinary Committee. To ensure equality of treatment of players, the team manager shall report any offense and the action taken to the Disciplinary Committee chairman if sanctions include a suspension from training or games. The Disciplinary Committee chairman shall have the right to refer the matter to the Disciplinary Committee if he thinks this appropriate. If a player (or parent) should have a grievance about any action taken against them or about their treatment by other players or by the manager or coach it should be discussed with their team manager and/or coach in the first instance.

Please note that the penalties stated above are just a rough guide for members and does not prevent PWHC from imposing any reasonable punishment/sanctions considered suitable on players who breach the team rules.

Player Behavior

Players will respect the coaches, officials, opposing team, and teammates. Inappropriate actions such as abusive language, taunting, graphic physical gestures, blatant disrespect for coaches, teammates, and officials, and arguing or yelling with coaches or teammates will result in a loss of ice time and/or suspension from the team.

A person may be disqualified and prohibited from serving as a board member, coach or volunteer of PWHC if any of the following are checked **Yes**.

14. Have you been convicted (including crimes the record of which has been expunged and pleas of “no contest”) of a crime of child abuse, sexual abuse of a minor, physical abuse, causing a child’s death, neglect of a child, murder, manslaughter, felony assault or any assault against a minor, kidnapping, arson, criminal sexual conduct, prostitution related crimes, or controlled substance crimes?
_____ Yes _____ No

If yes, please explain _____

15. Have you been adjudged liable for civil penalties or damage involving sexual or physical abuse of children? _____ Yes _____ No

If yes, please explain _____

16. Have you been subject to any court order involving any sexual or physical abuse of a minor, including, but not limited to domestic order or protection? _____ Yes _____ No

If yes, please explain _____

17. Have your parental rights ever been terminated? _____ Yes _____ No

If yes, please explain _____

18. Have any complaints ever been made against you either at work or in your capacity as a volunteer that you sexually or physically abused a minor? _____ Yes _____ No

If yes, please explain _____

19. Have you resigned, been terminated or been asked to resign from a position, whether paid or unpaid, due to a complaint(s) of sexual or physical abuse of minors. _____ Yes _____ No

If yes, please explain _____

20. Do you have a history of any behavior that might make you a danger to any children/youth/adolescents in this hockey program? _____ Yes _____ No

If yes, please explain _____

I certify that all information given by me in this application is true and correct to the best of my knowledge. I understand that false or misleading statements made by me or consequential omissions of any kind in the application process are sufficient causes for my not being accepted as a volunteer/coach/board member/team manger or for my dismissal no matter when discovered.

I authorize PWHC to investigate all information contained in this application. Any organizations, employers, and individual named in this application are authorized to give PWHC any and all information regarding employment, volunteering, character, and qualifications (including opinions) that they may have about me.

In consideration of the evaluation of this application by PWHC, I HEREBY WAIVE, RELEASE AND DISCHARGE USA Hockey, Plano West Hockey Club, all employers, organizations, individuals and any other persons or entities from liability for all damages and losses or whatever kind of nature, except liability for willful or intentional acts or punitive damages, that may results from compliance or attempts to comply with this authorization.

Printed Name _____

Signature _____

Date _____

Attachment S

“Parents, Players, Coaches Look at Hockey as a Sport”

(Article from a recent hockey magazine.)

Over the years, much has been discussed and written about the pressure on young people in sports. Too many games, too much emphasis on winning, too much coaching by coaches, too much interference by parents and just too much of everything. "The fun has been taken out of the game," has been one conclusion.

Maybe this summary out of the pamphlet, "Let's Play Better Hockey," by Ken Dryden and published by the McDonald's Company, summarizes the pluses and minuses best.

1. Make sure your son/daughter knows that, win or lose, you love them. Let them know you appreciate their effort and that you won't be disappointed if they fail. Be the person in their life where they can always look to for support.
2. Try to be completely honest with yourself about your son/daughter's athletic capability, their competitive attitude, their sportsmanship and their level of skill.
3. Be helpful, but don't coach your son/daughter on the way to the game or the breakfast table. Think how tough it must be on them to be continually inundated with advice, pep talks and criticism.
4. Teach your son/daughter to enjoy the thrill of competition, to be "out there trying," to be constantly working to improve their skills, to take the physical bumps and come back for more. Don't tell them that winning doesn't count because it does and they know it. Instead, help them develop a healthy, competitive attitude, a "feel" for competing, for trying hard, for having a good time.
5. Try not to live your life through your son/daughter. You've lost as well as won, you've been frightened, you've backed off at times, and you've been the villain. Don't expect any better of them. Sure, they are an extension of you, but don't assume they feel the same way you did, want the same things or has the same attitudes. Don't push them in the direction that will give you the most satisfaction.
6. Don't compete with your son/daughter's coach. A coach may become a hero to them for a while, someone who can do no wrong, and you may find this hard to take. Or your son/daughter may become disenchanted with the coach. Don't side with him/her against the coach. Talk to him about the importance of learning how to handle problems and how to react to criticism. Try to help him understand the necessity for discipline, rules and regulation.
7. Don't compare your son/daughter to other players on the team - at least, not within their hearing. If they have a tendency to resent the treatment they gets from the coach, if he/she is jealous of the approval other players get, try to be honest with them. Don't lie to them about their capabilities as a player. If you are overly protective, you will perpetuate the problem.
8. Get to know your son/daughter's coach. Make sure that you approve of his attitudes and ethics. A coach can be very influential, and you should know what his values are so that you can decide whether or not you want them passed on to your son/daughter.
9. **Remember that children tend to exaggerate when they are praised and when they are criticized. Temper your reactions to the stories your son/daughter brings home from the rink. Don't criticize them for exaggerating, but don't overreact to the stories they tell you.**
10. Teach your son/daughter the meaning of courage. Some of us can climb mountains but are frightened to get into a fight. Some of us can fight without fear but turn to jelly at the sight of a bee. Everyone is frightened of something. Courage isn't the absence of fear. Courage is learning to perform in spite of fear. Courage isn't getting rid of fear, it's overcoming it.