

## East Ridge High School Girls Hockey

### **Participation Expectations**

Dear Parents/Guardians and Student Athletes:

Please take a few moments to read this information and hopefully, this will help you understand how a competitive high school athletic program is conducted and what the expectations are for those involved. We have high expectations of our student athletes. Our goals are to strive to win a conference championship, section championship and state championship.

Being a member of a team, regardless of time spent in actual competition, a person can learn many valuable life lessons. Among them: citizenship, sportsmanship, respect for opponents and others, teamwork, responsibility, commitment to a team and school, loyalty, placing team above self, learning to accept instruction and criticism, winning and losing with dignity and self-control.

A common goal of a competitive athletic program is to put the most talented and coachable members of the team in competition in an attempt to win a contest. Starting positions and playing time are not guaranteed to anyone. Each member of the team is valuable to the team's overall progress and success. Some members may play extensively in a contest while others may not see “significant” playing time and still make their contributions in another way. Each student should have personal improvement and team success as two of her primary goals.

In each program, a coach and/or coaches are hired by the school district to be responsible for that particular sport. Team selection, practices, style of play, game strategy, playing time and decisions regarding game situations are the responsibility of the coaching staff. The head coach establishes the criteria for these decisions with input from the coaching staff. This may be a highly subjective process, but will be based on hours of evaluation and instruction by all members of the coaching staff.

### **Relationships Involved in the Girls Hockey Program at ERHS**

#### A. Player-Coach Relationship:

- This is the most important relationship.
- Parents can affect this relationship negatively by criticizing the coach to their daughter.
- Parental coaching at home may impede the athlete's progress.

#### B. Coach-Parent Relationship:

- Allow the coaches to instruct and guide the team
- Do not question or confront the coaches immediately after a game/practice. The 24-hour rule is a great tool to use to stay calm and think clearly about what you want to say or decide not to say.
- If you want to discuss a problem with the coach, make an appointment and discuss your concern in a calm, courteous, and logical manner with your daughter in attendance.

#### C. Parent-Player Relationship:

- Do not try to live through your child
- Be positive and supportive without adding undue pressure and unrealistic expectations on your daughter, causing undue stress and confusion.

## Policies for Raptor Hockey

### A. Attendance

- Players will attend *all* practices for the duration of the season. Every player must call the coach and notify him/her of their absence before it occurs.
- The absence policy is as follows: If a player is late to practice or absent from practice, for whatever reason, the player will have the option of making up the time missed with extra conditioning or sit for one period per infraction.
- This program recognizes the importance of academics and religious commitments and will take these situations into account when consequences are administered. Repeated absences may result in the dismissal of a player from the team.

### B. Academics

- All players will abide by the ERHS eligibility requirements for athletics/activities.
- The same pride that is displayed on the ice should also be apparent in the classroom. If academic assistance is required, it should be planned in the morning or after school on the days of late practices.

### C. MSHSL Rules

- Players will abide by all other rules and regulations put forth by the state (substance abuse, eligibility, academics, physicals, social media, hazing, bullying, etc.)
- If a player is a captain and has an in season violation they will forfeit their duties as a captain.

### D. Curfew

- It is a player's responsibility to her teammates to get a proper rest in order to compete at her maximum capacity at practices and games.

### E. Lettering at ERHS in Girls Hockey.

- A player must have dressed in at least 21 periods at the varsity level or as seniors must have successfully completed three years in the JV or Varsity program in order to earn a Girls Varsity Hockey Letter.
- Dress in a section game for the 3AA play-offs.
- Dress in a State Tournament Game.
- Letters will not be awarded to any player with an in-season MSHSL rules violation.
- Any player who receives an in-season MSHSL rules violation will not be considered for any national, state, or conference awards.

### F. Team Selection

- Teams will be selected within the first week of practice. However, movement between the varsity and junior varsity may occur at any time throughout the season.