

NVMHA STORM

REP Hockey

Commitment and Information

Document

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A. Introduction

The NVMHA participates in the rep hockey program of the PCAHA, BC Hockey and Hockey Canada. NVMHA rep hockey is governed by the rules and regulations of these organizations.

Rep hockey brings together dedicated players and dedicated experienced coaches to form Rep teams to play in a league that permits players to compete against players of similar ability.

B. Mission Statement

To challenge, motivate, teach and inspire every Rep Hockey player to reach their unlimited potential by providing them with a defined and structured program. To give each and every player the opportunity to be the best they can be by having an organization that is committed to professionalism, integrity, respect and sportsmanship.

C. Vision and Value Proposition

The strategic vision and value proposition of the NVMHA Rep program was developed to support the organization's Rep hockey mission statement. The NVMHA will continuously evaluate all aspects of the Rep program in order to identify areas for improvement and to capitalize on available opportunities. The NVMHA Board and Director of Hockey Operations (DOH) will strive to ensure that the organization:

- i. Provides quality coaching
- ii. Provides opportunity for skill development.
- iii. Provides players with a platform to learn and grow in the game of hockey and as individuals.
- iv. Instills our core values.

D. Core Values

THE NVMHA will provide an opportunity for players to compete at the highest level. Maximizing a player's individual potential is dependent upon several factors outside the rink. Therefore, it is incumbent upon every Rep coach to assist each player with his or her individual efforts in taking control of their personal development, and to help build the blocks of a solid foundation for lifelong success. Creating awareness and internalizing the core values of the NVMHA will provide players with a toolbox full of practical values that enable them to collect experiences, build self-confidence, and expand their horizons and open doors to future opportunities outside of hockey.

Core values are:

- **Sportsmanship** – Showing respect for yourself, teammates, coaches, opponents, and the officials. Winning and losing as a team with dignity and class.

- **Commitment** –To yourself, your team and the organization to always put forward your best effort and to continue to improve at all times by attending games and practices.
- **Teamwork** – Recognizing that you are part of a team, that can only succeed as a team that supports every player.
- **Accountability**- Do not pass blame be accountable both on and off the ice for your play, actions and preparation. This is the foundation of strong leadership.
- **Enthusiasm** – Bringing enthusiasm and passion with you at all times in an effort to be the best you can be.

E. Commitment

1. Rep teams will only succeed where players, parents and coaches are committed to the Core Values of the rep program. Rep hockey is a competitive program that is designed with the goal of achieving the highest level of hockey possible. The rep program is built on commitment and dedication. Participation in rep hockey requires a significant commitment from coaches, parents and players. A1 Rep teams may require a significant level of time and financial commitment depending on the age group. Although there will be some discretion based on individual circumstances, the following sets out in general terms the expectations of those involved.

Coaching Staff

- Rep coaches will have necessary qualifications and experience in order to provide effective guidance and hockey knowledge to the team.
- Rep coaches will display the time commitment that is required of the program. With the exception of certain personal or work matters, the coach will maintain a very good attendance record for all practices, games, and tournaments.
- Rep coaches will be expected to arrive at the rink at the same time that is expected of the players (e.g.1 hour before games) otherwise deemed by work or family commitments.
- Rep coaches will come fully prepared to each practice and game.
- Rep coaches (and managers) will provide a schedule of events (games, practices, tournaments, and other hockey functions) planned so that players and parents can schedule this hockey commitment around work, family/social functions and school. To the extent possible, a general schedule of practice, home game and other regularly schedule events, as well as an indication of tournaments that the team will participate in, should be provided before players are asked to commit to the team, and as the year goes by schedules for upcoming events should be provided to players and parents as soon as they are known.
- Rep coaches will follow the structure laid out by the NVMHA Board and Director of Hockey Operations according to their contracts.

Players

- Unless there is an extenuating circumstance, players are expected to be available for all practices, games, training, tournaments (including out of town tournaments) and social functions.
- In order to be a team member of a Rep hockey team, the players must be prepared to make a commitment to attend 2 practices, 2 games and another 1-2 days of possible extra team development. Also most teams take part in 2-4 tournaments a year with at least 1 out of town but could be more depending on team.
- A1 Rep teams at some age groups may require a more significant time and financial commitment due to increased training and tournaments. Players who wish to be considered for an A1 rep team at Peewee to Midget must declare and pay an addition fee for an A1 team tryout.
- If a player is also planning to be involved in another sport or school activity that will inhibit their ability to fully commit to the NVMHA Rep team (i.e. attend 85% of practices and games per month), then the player must make this known during the try-out process. The Rep coach will most certainly factor this other commitment into his/her decision process when finalizing the selection for the team.
- Players will be expected to maintain a high level of fitness such that he/she will be able to compete at the level required of a high level hockey program and to help avoid injury.
- Players will be expected to give a 100% effort to all the Rep hockey endeavours (practices, games and other training).
- Players will adhere to the NVMHA dress code applicable to their team.
- The NVMHA has a great reputation within our community and among other associations for being very well behaved and respectful when participating in games and tournaments. Let's work together to continue this reputation for years to come.

Parents

- Given that the majority of minor hockey players require transportation from their parents to all the Rep hockey events, parents will be expected to agree to the player expectations above.
- Parents will support and encourage the commitment that the Players have made.
- If a player will miss a scheduled Rep hockey event, the parents will ensure that the coach (or manager) is notified in advance via proper communication channels (i.e phone, text, email).

2. The expectations set out in this document are in addition to the basic coach, player and parent codes of conduct that apply to all NVMHA coaches, players and parents.

3. Although the expectations of Rep hockey players and families are quite demanding, they are necessary in order to be fair to the coaching staff and other teammates who are willing to make a similar commitment. Therefore, it is important that these expectations are understood and agreed to early on so as to avoid issues later in the season.

4. Failure to honour the commitment level as laid out by the NVMHA Rep Hockey Program will result in disciplinary action at the discretion of the coach. If the coach feels a suspension longer than one game is required, he shall seek approval of such suspension in accordance with the NVMHA disciplinary committee, player rep and DHO.

5. Coaches shall notify the Player Rep, Division Director and DHO of any disciplinary action taken for breach of the rep program commitment, and the Player Rep shall maintain a record with respect to each player who is disciplined. Should a player who has been disciplined for more than one breach of commitment try out for a Rep hockey team in a subsequent year, the Player Rep shall be at liberty to advise the coaches for the level at which that player is trying out of the player's past record.

6. Playing Rep hockey is a privilege, not a right, for any hockey player. Playing Rep hockey can be an incredibly rewarding experience since it allows participation in an activity at the highest level available. This being said, it is not skill alone that dictates who will be selected and able to participate in the Rep hockey program. If players and/or parents are unable or unwilling to make the commitment necessary, then another player will likely be chosen to play on the Rep team who is willing to make the proper commitment.

7. It is important, in order to avoid misunderstandings with respect to required commitment, to properly articulate the expectations of the Rep hockey program at the outset. Before being rostered with a rep team, it is expected that each coach, player and the parents of each player will sign a document (Player, Parent and Coach Commitment Form) confirming their commitment to the principles outlined above.

F. Rep Fees

Rep hockey of necessity involves additional expenses for coaches, additional game and practice ice, tournaments, off ice training, travel and miscellaneous expenses such as team apparel. Players on rep teams will be expected to pay a rep fee to the NVMHA, which will cover only a portion of these additional expenses, as well as to make additional contributions to team funds to cover a proportionate share of these expenses. Rep cost can range anywhere from \$1000 to \$2000 per player in a season.

G. Dress Code

Each rep team shall adopt a dress code, which shall be based on the following guidelines subject to variations that may be approved at the request of individual teams by the NVMHA Board and DHO.

NVMHA Dress Code- Atom-Pewee-Bantam-Midget Divisions

Dress code for games:

- dress shirt, tie, dress pants, dress shoes, black dress socks, association rep jacket, suit jacket or dark formal winter jacket
- **NO** hats, **NO** track jackets
- Gym strips for warm up- t-shirt and shorts
- Blue helmets

H. Numbers of Rep Teams

The NVMHA typically enters tiered rep teams in the U11, U13, U15 and U18 divisions. The number of NVMHA rep teams will be decided before the start of each hockey season by the NVMHA Board, with input from the Director of Hockey Operations, based upon the availability of both players participation and ice times.

I.-Team Sizes

Team sizes should consist of 15 skaters and 2 goalies for a total of 17 players

The NVMHA Board and DHO may review the above numbers and provide further direction as to team sizes in advance or during the rep tryout process.

The NVMHA Board may, on application by rep head coach and recommendation of the DHO, vary the required roster size for any rep team.