



Saskatoon Maniacs Bantam AA Hockey Club

Head Coach:
Colin Parenteau

Assistant Coaches:
Danton Danielson
Trevor Cornish
Sheldon Goertzen

Team Manager:
Mark Dahlgren



Saskatoon Maniacs

Program Purpose & Core Values

Purpose

- To provide young men with an exciting, challenging, and rewarding experience
- To equip our players with the skills necessary to succeed in hockey and in life
- To create the opportunity for our players to reach their full potential through hard work, dedication, and sacrifice

Core Values

The following core values are the characteristics our program requires of all Maniacs personnel, including players, coaches, families, and other volunteers:

Character. Readiness to pursue a path of greatest resistance to achieve desired results

Accountability. Willingness to take responsibility for our actions and the actions of our team

Discipline. Doing the right thing at the right time whether you feel like it or not

Respect. Recognition of the worth of all individuals

Coaching Philosophy

The aim of our coaching staff is to prepare our players for the Midget AA and AAA level, and help them contribute to the overall performance of our team. We will focus on individual skill development and show how these skills contribute to successful execution of the team systems we teach throughout the year. We stress the importance of hard work, a positive attitude, and willingness to play within our team systems. Players who display these behaviors will benefit most from our program.

Expectations for Players and Families

Playing Bantam AA hockey can be a fulfilling experience. It is the highest level of hockey available to bantam-aged players and making a AA team is a significant achievement – a point of pride for players and families. There is a difference, however, between *participating in* and *succeeding at* the AA level. Success in AA requires substantial commitment from everyone involved in the program. Our coaches have pledged to adhere to our *values* in everything we do and will expect that players and families participating in our program do the same.



Saskatoon Maniacs Bantam AA

Meeting Agenda

September 24th, 2011

1. Introductions: Coaches, Manager, Parents, Players
2. Coaching Philosophy and Code of Ethics (Coaches, Players and Parents)
3. Team rules
4. The Realities of Bantam AA Hockey
5. Equipment requirements: Mouth guards and ear flaps on helmets.
6. Rink Manners:
 - Clearly marked individual water bottles will be provided
 - Avoid providing advice from the stands
 - CHA Policy on Abuse and Harassment
 - 24 hour rule
7. Stats
8. Budget: - Handout provided.
9. Schedule
10. Tournaments : (3)
 - Regina
 - Prince Albert
 - Saskatoon
11. Encourage dialogue - communication - constructive suggestions are appreciated.
12. Voluntary Requirements:
13. Roster and Scouting Information Release Form
14. Contact Information
15. Medical Form



Saskatoon Maniacs

Coaches Code Of Ethics

- ✓ I will be reasonable in my demands on the young player's time, energy and enthusiasm.
- ✓ I will place the emotional and physical well being of my players ahead of any personal desire to win.
- ✓ I will remember that players need a coach that they can respect. I will be generous with my praise when it is deserved and set a good example.
- ✓ I will remember to treat each player as an individual, focusing on the player's age as well as emotional and physical development of each of my players.
- ✓ I will do my very best to provide a safe playing situation for all my players.
- ✓ I will promise to review and practice the necessary first-aid principles needed to treat the injuries to my players.
- ✓ I will do my best to organize practices that are EFFECTIVE, FUN and CHALLENGING for all my players.
- ✓ I will lead by example in demonstrating fair play and sportsmanship to all my players.
- ✓ I will develop team respect for the ability of opponents, as well as for the judgment of officials and opposing coaches.

Coaches Parenteau, Danielson, Cornish and Goertzen



Saskatoon Maniacs

Team Rules

1. All players must be in the dressing room one hour (1 hr.) before all games and thirty minutes (30 min.) before all practices.
2. All players must be fully dressed and ready to go on the ice fifteen (15) minutes before the start of all practices and games.
3. Make sure your skates are always sharp and have two (2) sticks properly cut and ready to use for all practices and games.
4. All players will respect the game officials and any player receiving a penalty will go directly to the penalty box.
5. All players will be properly and cleanly dressed at all games, tournaments and any designated team functions. (Dress shirt, dress pants and ties.)
6. All players must attend all practices, games, and team functions, unless the Head Coach or Team Manger has been notified and has approved the player's absence.
7. All players will respect the coaches, tournament officials, parents and other persons who are directly or indirectly involved with the tournaments.
8. No swearing or abusive language will be tolerated at any time.
9. No inappropriate behavior by players, coaches or parents will be tolerated in the team dressing room, on the player's bench or in the arena.
10. No Energy Drinks (Red Bull, Rock Star, etc.)

Special Note:

No player is allowed to leave the ice during a practice without permission and all players will obey a curfew if and when a curfew is imposed. Players who break the curfew rule will miss one period of the next hockey game.



Saskatoon Maniacs Parents Code

As a parent, you play a special role in contributing to the needs and development of young players. Through your encouragement and good example, you can help assure that all young players learn good sportsmanship and self-discipline. With your help, young players can learn to work together, to sacrifice for the good of the team, to enjoy winning and deal appropriately with defeat - all the while becoming physically fit and healthy.

Best of all, they will have fun!

Support Your Child

Supporting your child by giving encouragement and showing interest in their team is very important. Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are often more important than victory - that way your child will always be a winner despite the outcome of the game! Remember the "truths" and talk to your children with them in mind. (After a game, ask about "fun," "skill improvement," "learning experiences.")

Always Be Positive

Parents serve as role models for their children. Become aware of this and work to be a positive role model. Applaud good plays by your child's team as well as good plays by the opposing team. Support all efforts to remove verbal and physical abuse from youth sports activities. See yourself as part of the team and supportive of the coach; avoid setting up a conflict in your child's mind between his or her parents and coaches.

Remember That Your Child Wants to Have Fun

Remember that your child is the one playing hockey, not you. It's very important to let children establish their own goals - to play the game for themselves. Take care not to impose your own standards and goals on them. Don't put too heavy a burden on your child to win games. Surveys reveal that 72% of children would rather play for a losing team than ride the bench for a winning team. Children play for the fun of playing!

Reinforce Positive Behavior

Positive reinforcement is the best way to help your child achieve their goals and their natural fear of failure. Nobody likes to make mistakes. If your child does make one, remember it's all part of learning, so encourage your child's efforts and point out the good things your child accomplished. Develop perspective: remember what you could do at your children's ages; don't judge them by what you can do now.

Don't Be a Sideline Coach or Referee

Coaches and referees are usually parents just like you. They volunteer their time to help make your child's youth hockey experience a positive one. They need your support too. That means refraining from coaching or refereeing from the sidelines.



Tournaments

We will participate in three (3) tournaments this year. We are planning to attend the Bantam AA Challenge Tournament in Regina November 10 - 13, 2011, the Bantam AA Showcase Tournament in Prince Albert December 9 - 11, 2011, and the GSHL Bantam AA Tournament in Saskatoon December 30, 2011 - January 1, 2012.

Extra Ice

We are currently reviewing the league schedule and will be planning some extra practice time according to "gaps" in the schedule. We will try and give as much notice as possible for practices. You will also receive email reminders for all practices, games and events.

Apparel

Players will be required to wear dress clothes for all games. For player apparel this season we will be purchasing each player a dress jacket, white dress shirt, tie, shorts and a t-shirt for pre-game warm-up/stretching. Players will need to have black dress pants and dress shoes to complete "the look".

Parent Volunteer Positions

- ✓ Fundraising Coordinator (if required)
- ✓ Sweater Caretaker (2) Home and Away
- ✓ Social Coordinator

Safety person (1) - Catalogue medical information, manage medical plan for team.

Stats Coordinator (2-3) - Support for coaching staff during games/shots on goal etc....

Fundraisers - Plan fundraising activities on behalf of the team

Safety person: _____

Stats Coordinators: _____ / _____ / _____

Fundraisers: _____

Wrap Up:

Let's have a great year !!

Any questions?



Saskatoon Maniacs Hockey - PLAYER MEDICAL INFORMATION SHEET

PLAYER NAME: _____

DATE OF BIRTH: DAY _____ MONTH _____ YEAR _____

ADDRESS: _____

POSTAL CODE: _____ TELEPHONE: _____

PROVINCIAL HEALTH NUMBER: _____

MOTHER' NAME: _____ FATHER' NAME: _____

BUSINESS TELEPHONE NUMBERS: MOTHER: _____ FATHER: _____

PERSON TO CONTACT IN CASE OF ACCIDENT OR EMERGENCY, IF PARENTS ARE NOT AVAILABLE.

NAME: _____ TELEPHONE: _____

ADDRESS: _____

DOCTOR' NAME: _____ TELEPHONE: _____

DENTIST' NAME: _____ TELEPHONE: _____

PLEASE CIRCLE THE APPROPRIATE RESPONSE BELOW PERTAINING TO YOUR CHILD.

- | | | |
|-----|----|---|
| YES | NO | PREVIOUS HISTORY OF CONCUSSIONS |
| YES | NO | FAINING EPISODES DURING EXERCISE |
| YES | NO | EPILEPTIC |
| YES | NO | WEARS GLASSES |
| YES | NO | ARE LENSES SHATTERPROOF? |
| YES | NO | WEARS CONTACT LENSES |
| YES | NO | WEARS DENTAL APPLIANCE |
| YES | NO | HEARING PROBLEM |
| YES | NO | ASTHMA |
| YES | NO | TROUBLE BREATHING DURING EXERCISE |
| YES | NO | HEART CONDITION |
| YES | NO | DIABETIC |
| YES | NO | HAS HAD AN ILLNESS LASTING MORE THAN A WEEK IN THE PAST YEAR |
| YES | NO | MEDICATION |
| YES | NO | ALLERGIES |
| YES | NO | WEARS A MEDIC ALERT BRACELET OR NECKLACE |
| YES | NO | DOES YOUR CHILD HAVE ANY HEALTH PROBLEM THAT WOULD INTERFERE WITH PARTICIPATION ON A HOCKEY TEAM? |
| YES | NO | SURGERY IN THE LAST YEAR. |
| YES | NO | HAS BEEN IN HOSPITAL IN THE LAST YEAR. |
| YES | NO | HAS HAD INJURIES REQUIRING MEDICAL ATTENTION IN THE PAST YEAR |
| YES | NO | PRESENTLY INJURED |

PLEASE GIVE DETAILS BELOW IF YOU ANSWERED 'YES' TO ANY OF THE ABOVE ITEMS.

Use separate sheet if necessary.

MEDICATIONS: _____

ALLERGIES: _____

MEDICAL CONDITIONS: _____

RECENT INJURIES: _____

LAST TETANUS SHOT: _____

ANY INFORMATION NOT COVERED ABOVE: _____

DATE OF LAST COMPLETE PHYSICAL EXAMINATION: _____

* ANY MEDICAL CONDITION OR INJURY PROBLEM SHOULD BE CHECKED BY YOUR PHYSICIAN BEFORE PARTICIPATING IN A HOCKEY PROGRAM.
I UNDERSTAND THAT IT IS MY RESPONSIBILITY TO KEEP THE TEAM MANAGEMENT ADVISED OF ANY CHANGE IN THE ABOVE INFORMATION AS SOON AS POSSIBLE AND THAT IN THE EVENT NO ONE CAN BE CONTACTED, TEAM MANAGEMENT WILL TAKE MY CHILD TO HOSPITAL/M.D. IF DEEMED NECESSARY.
I HEREBY AUTHORIZE THE PHYSICIAN AND NURSING STAFF TO UNDERTAKE EXAMINATION, INVESTIGATION AND NECESSARY TREATMENT OF MY CHILD.
I ALSO AUTHORIZE RELEASE OF INFORMATION TO APPROPRIATE PEOPLE (COACH, PHYSICIAN) AS DEEMED NECESSARY.

DATE: _____ .

SIGNATURE OF PARENT OF GUARDIAN: _____ .