



**RIDGE MEADOWS MINOR HOCKEY
ASSOCIATION**

**HOCKEY 1-4 PARENT
INFORMATION MANUAL**

RESPECT DESIRE PRIDE

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Welcome to RMMHA

For those families that are new to the Association, we would like to extend a warm welcome as we look forward to a fun filled season. For those parents returning, welcome back!

The purpose of this booklet is to provide you with some basic information about what your family can expect over the season and what the Association and your Division will expect of you.

As you review this package, remember that you are a member of the Ridge Meadows Minor Hockey Association, and every member is a volunteer. Hockey is a team sport and the Association, your Division and the individual groups/teams function best with everyone working together. RMMHA is a proud voluntary Association, and we encourage and require the contribution and participation of all of our members. If you are not sure of how you can help, please do not hesitate to ask!

Fair Play Codes

It is our intention to promote the values of fair play, integrity, friendship and respect for all participants within the Ridge Meadows Minor Hockey Association.

Coaches, parents and players are expected to abide by Fair Play Codes, which are adopted by Hockey Canada and supported by the Ridge Meadows Minor Hockey Association. All coaches, parents and players are asked to remember these pledges and observe the principles of fair play. This commitment to fair play will lead to the development of attitudes which make the game safer and more enjoyable for all.

The Hockey 1-4 Program

All Hockey 1-4 players are placed in groups according to year of birth. The players will be evaluated before the end of the first month of the season and placed into teams of equal skill level. Teams will play a series of balancing games, which may result in further movement of players between teams to achieve the required balancing.

Each of the levels of Hockey 1 through 4 has skill development areas that the coaches will work on with the players throughout the entire season. During the H1-4 years, the primary focus for the coaches is to work closely with the players on skating, developing hockey skills and, most importantly, having fun.

Hockey 1 players will continue to work on skating and skill development with their two ice times per week. Hockey 2 to 4 players will play a series of League scheduled games, with each team playing either one "home" or one "away" game each week. Teams may be travelling to play an away game in Coquitlam, Port Coquitlam or Port Moody. Hockey 2 teams will begin their League games in January; Hockey 3 and Hockey 4 teams begin League games after Remembrance Day. Each team will continue to have their regular weekday practice ice time.

Player Equipment Required

- C.S.A. approved helmet
- C.S.A. approved facial protector (full cage or full visor)
- Approved throat protector (collar or bib type)
- Athletic support cup (male)
- Athletic jill strap (female)
- Hockey pants
- Shoulder pads
- Elbow pads
- Garter belt
- Shin/knee pads
- Hockey gloves
- Hockey socks
- Skates
- Practice jersey
- Hockey stick of the proper length
- Hockey tape for stick
- Shin pad tape

It is important for all players to obtain appropriate and well-fitting equipment in reasonable shape. Coaches and experienced parent volunteers can assist you if you are unsure about your child's equipment requirements.

Hockey 1

The objective of the Hockey 1 program (Introduction to Hockey) will be to provide entry-level players instruction in the basic skills of the game of hockey in a positive atmosphere, utilizing the Canadian Hockey Association Initiation Program.

The emphasis in the program will be skill development utilizing the lesson plans of the Initiation Program. There will be no formal structured hockey games. By utilizing the progressive lesson format players will be introduced to hockey in a fun, positive and safe environment.

Players involved with the Hockey 1 program are permitted to participate in one Jamboree during the season.

Although the Hockey 1 group is not organized into structured teams, the concept of active participation of the group is necessary. The Hockey 1 group will need volunteers such as a manager, coaches, assistant coaches, and treasurer to assist in the on and off ice operations of the group.

Hockey 2 to 4

The objective of the Hockey 2 to 4 program is to provide an introduction to team play for hockey players under the age of 9 in a recreational structure. The emphasis in the program is to promote skill development and sportsmanship and the continued utilization of the Canadian Hockey Association Initiation Program.

Following the initial practice groups, players will be evaluated by the end of the first month. Teams will be formed in appropriate skill levels, which will require movement of players to different ice times and/or days. Numbers of teams and numbers of players per team will be decided once all evaluations are completed. According to PCAHA rules, all teams must be equally balanced in terms of skill level.

Ice times will continue with your weekday afternoon ice being your practice time, and your weekend time your "home" game time. Your team will receive a League game schedule whereby teams will travel outside the community during an "away" game. Hockey 2 teams may play exhibition games until after the Christmas Break and then will play approximately 6 games with other Associations.

A team meeting will be held by the coach at the beginning of the season to define roles and responsibilities, team goals, and team budget.

Registration and Additional Costs

Your registration fee covers the cost to the Association for your player's ice time and insurance. Once Hockey 1 to 4 team formation is complete, you can expect an **additional cost of approximately \$100.00 - \$200.00 for Hockey 1 and \$200.00 - \$350.00 for Hockey 2 to 4, depending on the expenses your team chooses to incur.** These additional expenses may include referee fees for exhibition games, team official clinics, tournament registration fees and/or a year-end party with trophies and gifts. Some teams generate additional funds through fundraising events. **Be sure to attend the parent meeting when your team's budget is discussed and developed and funding decisions are reached.**

Team Budget

Each team will develop a budget for the expected costs that a team will incur over the season. For example, costs could include: goalie equipment rental, first aid kit, tournament registration fees, player/coaches gifts and the reimbursement of team official certification clinics.

Typically, in order for the team to have a start-up account at a recognized financial institution, each family contributes approximately \$75.00 to \$100.00 immediately on team formation. These funds assist in the payment of the immediate costs such as goalie equipment rental, first aid kit rental and tournament registration fees. Additional team fundraising can be discussed and agreed upon among the families on the team.

Fundraising

Fundraising has monetary and non-monetary advantages. Ideas such as bottle drives, bowling nights, selling chocolates, etc. have not only been proven fundraisers but help to foster team bonding and teach players that hockey does cost money. Fundraisers such as bottle drives allow the player to contribute towards the team fund. Bring your fundraising ideas to your team meeting. All suggestions will be welcomed.

If you, as a parent, choose not to participate in the team fundraiser(s), please expect to contribute a proportionate amount of money that you would have raised had you had participated. In other words, if after a bottle drive, each participating family raised \$30.00 each, then the non-participating family would contribute \$30.00 to the team funds.

Team Roles and Responsibilities (Hockey 1 to 4)

The team first concept is based on teamwork, respect and active participation.

Each family is expected to volunteer for at least one volunteer position on the team. Each team will need volunteers such as a manager, HCSP person, treasurer, team parent, tournament volunteers, scorekeeper, timekeeper, etc. to assist in the operations of the team and the Association.

Roles of the volunteer positions may include (but are not limited to) the following responsibilities:

Manager

- Signing authority of bank account in conjunction with treasurer and team parent
- Ensure the practice and game schedule is distributed to all parents, utilizing the team website as much as possible
- Ensure efficient operation of games and coordinate volunteers for game duties, complete gamesheets and mail to League Manager
- Organize entry into Christmas and/or Spring tournaments
- Assist the coach with their responsibilities as needed
- Manage communications for the team and distribute team information as well as Association information
- Manage and track all paperwork requirements for the team
- Coordinate the parent's volunteer shifts to fulfill the *Association* volunteer requirements
- Please review the detailed Manager's Manual in the Resources section on the RMMHA website

Assistant Coach/On-ice Assistants

- Assist the coach in completing his/her duties

HCSP Person

- Examine the arena and player equipment for safety
- Develop and disseminate emergency plan for an injured player
- Assist injured players
- Be available to be on the bench during games when required
- Develop and implement an effective risk management and injury prevention program for the team

Treasurer

- Open team account in conjunction with manager and team parent, deposit and keep track of funds
- Ensure a budget is developed, discussed and approved by the team's parents

Team Parent

- Organize team events such as Christmas and Year End Party, in conjunction with manager and fundraiser
- Organize volunteers for team commitments

Fundraiser

- Organize fundraising activities and distributes information

Tournament Volunteer

- Sell raffle and 50/50 tickets during the Christmas tournament

Association Volunteer

- Volunteer for tournaments, assist in the office, at the raffle table, sell 50/50 tickets
- Assist in the registration and organization of teams during Photo Day, mid-November
- Sell 50/50 tickets during Giants night

Timekeeper/Scorekeeper

- Time clock and scorekeeper duties during all home team games. It is advised to use the team's practice time at the beginning of the season before the league games begin to familiarize yourself with the operation of the scoreclock.

Dressing Room Etiquette

- Please ensure to arrive at the rink for practice and games at least ½ hour prior to the scheduled time and to have your child dressed and ready to go on the ice 5-10 min. prior to ice start time.
- Please ensure that you dress your player in the dressing room and not in the general lobby.
- There are no cameras or other picture taking allowed in the dressing rooms. With the available technology of camera phones and other handheld image capturing devices, portable devices and cellular phones are forbidden inside the dressing rooms.
- Always notify the coach in a timely manner when you will not be able to attend a game or practice.

Association Events

One of the main fundraising events for the Association is our Giants Night. Individual teams can sell tickets to the game and profit \$4-5 per ticket for their team.

Other Association events are held throughout the season where volunteers are needed to help organize each event. Please visit the Volunteers link on the RMMHA website and view the different opportunities to help with our Association events.

Certification Courses for Volunteers and Team Officials

The Association offers many opportunities for individuals interested in taking on an active role on a team. Some courses and clinics are mandatory and will be offered at the beginning of the season. Each team must cover the cost for all courses taken by individuals that are registered as team officials for their team. **Anyone holding an official position will also be required to complete a criminal records check.** These are standard amongst amateur sports associations and are conducted for the well-being of the children.

Courses include:

Respect In Sport Course

Mandatory for anyone holding an official position on a team (manager, coach, assistant coach, and HCSP).

Hybrid Clinic

Mandatory for all coaches and assistants working on the ice with the players. All on-ice as well as “bench” assistants (during games) must have the required coaching clinic.

Hockey Canada Safety Person (HCSP) Course

Each team requires at least one person to hold their HCSP. No game may be played without a team having a certified HCSP person. Please note that the HCSP is only valid for 3 years and must be repeated for certification to remain current.

Important Dates to Remember

First week after Labour Day Weekend: Practice times begin

End of September or beginning of October: Player evaluations

October: Team balancing games, with final teams formed by the beginning of November

Mid November: Team Photos

March: Spring Break Tournaments

For more information regarding RMMHA, please visit our Website: www.ridgemeanowshockey.com