

POLICY: RESTRICTED TO TSC STAFF INSTRUCTORS ONLY

Stick-Time Rules and Etiquette

REQUIREMENTS (These rules re lessons also apply to Public Skating Sessions)

1. All private lessons are restricted to TSC Staff Coaches only.

Under NO CIRCUMSTANCE may an individual teach a private lesson that is NOT a TSC Staff Coach.

2. On occasion a non-TSC Staff “guest coach” with prior approval from the General Manager may be an exception. Anyone teaching who is NOT authorized will be asked to stop and may be asked to leave the ice surface. A second violation of this policy will result in expulsion from stick times, and/or public session without refund.

3. Cones, or any other teaching devices, may only be used by authorized coaches within the restricted areas. Authorized Instructors may only use the West end of the rink (under the scoreboard) not to exceed the mid point between the Blue Line and Center Red Line.

4. Full Equipment is required by all skaters period. NO EXCEPTIONS.

5. All skaters must pay in advance, sign the roster/waiver sheet to receive his/her admission sticker which must be presented to an attendant or placed on a part of the equipment so it is visible.

Additional requirements

Assistant coaches must wear full hockey gear when on the ice at a Stick-Time

session. Please note that only head coaches who have been cleared with the hockey department are permitted to conduct private lessons and wear TSC warm-up suits on the ice during stick-time sessions. Also please be aware of your surroundings at stick-time- especially with regards to young skaters around the net. Net areas are reserved for shooting and goaltenders- be wary of players shooting pucks when you are around a net to avoid getting hit with a puck.

Stick time etiquette is an important skill that can help your young skater become a better hockey player. Awareness of one’s surroundings at stick-time translates to in-game awareness.

Please follow these guidelines when out at stick-time with your young skaters:

- NO CONES ARE PERMITTED ON THE ICE DURING STICK TIME
- “CLAIMING” A NET, OR LOITERING AROUND A NET IS NOT PERMITTED
- RUNNING DRILLS THAT TAKE UP LARGE AREA OF ICE FOR EXTENDED PERIODS OF TIME IS NOT PERMITTED
- IF YOU ARE WORKING ON REPETITIVE SKILLS, DO SO IN THE NEUTRAL ZONE AWAY FROM THE NETS AND OUT OF THE WAY OF OTHER SKATERS
- No scrimmages are permitted at Stick-Times

Thank you for following these guidelines, it makes TSC a fun and enjoyable place for everyone to play and develop as athletes.

-TSC Hockey Department