

## **Examples of How IP Players Exemplify the RAHA Hockey Award Values**

The RAHA Hockey Award is given to a player who consistently demonstrates key characteristics on and off the ice. Below are examples to show how you can be a great teammate and live RAHA's values in practices, scrimmages, jamborees and even off the ice.

### **PURSUIT OF EXCELLENCE – TRYING YOUR BEST, EVEN WHEN IT'S HARD**

- Practicing your stops or turns until you get better instead of giving up.
- Skating as fast as you can to the cone, even if you're the last one there.
- Listening to the coach's instructions before a drill and trying your best to follow them.

### **SPORTSMANSHIP – BEING KIND AND FAIR TO EVERYONE**

- Helping a friend up if they fall during a drill.
- Cheering for other RAHA teams during a jamboree.
- Tapping gloves or giving a high-five after a scrimmage.
- Saying "nice try" to a teammate after they miss the puck.

### **RESPECT FOR THE INDIVIDUAL – TREATING EVERYONE THE WAY YOU WANT TO BE TREATED**

- Waiting your turn in line during a drill.
- Listening when your coach or a teammate is talking.
- Letting everyone join in a locker room game or conversation.
- Showing a teammate where to go or what to do if they're unsure about the drill.

### **INTEGRITY – DOING THE RIGHT THING, EVEN IF NO ONE SEES**

- Following the team's safety rules for getting on and off the ice.
- Treating other teams with respect when you see them in the rink.
- Going all the way around the cone in a drill, even if it takes longer.
- Own your mistakes – if you missed your defensive assignment or turned the puck over, tell your goalie "my bad" instead of blaming them for the goal.

### **ENJOYMENT – MAKING HOCKEY FUN FOR EVERYONE**

- Starting a fun team goal celebration everyone can join.
- Cheering, and clapping for teammates during a jamboree.
- Having fun with warm-up games in the locker room without leaving anyone out.

### **LOYALTY – BEING THERE FOR YOUR TEAM**

- Wearing your RAHA jersey or gear with pride.
- Staying with your group for drills instead of wandering off.
- Showing up for practices and jamborees ready to learn and have fun.

### **TEAMWORK – HELPING AND ENCOURAGING OTHERS**

- Encouraging a goalie after a goal goes in.
- Helping carry team gear to the bench area.
- Passing the puck to a teammate so they can take a shot.
- Helping a friend find their glove or helmet before going on the ice.

