

Lettering

Letters may be earned if an athlete plays in 45 periods or more.

Attendance at 90% of practices and games.

Players must follow all MSHSL, school and team rules.

Players must participate in all in-season fundraising activities.

Players must volunteer a minimum of 15 hours to give back to our community. Feb 1 2018 - Jan 31 2019.

7 of these hours must occur during our season.

Coaches reserve the right to letter any athlete.

Captains

Captains will be selected by the coaching staff with input from the team. In order to be nominated by the coaching staff a player must be in good standing with MSHSL, the school and team rules. Coaches take notice of off-season commitment in captain's practices, weight room and other hockey activities as well as in-season during team practices, weight room, dryland and locker room attitude. Being named as a captain is a privilege that can be revoked for rules violations or detrimental behavior.

Awards

There are several post season awards and scholarships available. In order to be nominated by a coach, players must be in good team, school, academic and league standing.

College

There have been over 20 girls from the Mayo program that have gone on to play both D1 and D3 hockey. The coaching staff is available to provide references upon request. Please provide all required information at least 2 weeks before you need it returned. If you have an interest in playing collegiate hockey, please let the head coach know as early as possible (sophomore or junior year is encouraged).

Community Service

It is our goal each year to give something back to the community that supports us. We want to support RYHA, VFW, Salvation Army and other worthy organizations in the community.

Off-Season Training

Off-season training is not required. However, there are many opportunities available, and participation will enhance your hockey development.

Fundraising

The school system no longer provides funding for uniforms or amenities. We may also need to generate funds for hotel stays at holiday tournaments and to upgrade the bus for away games. In order to raise funds for the equipment that we need the team will utilize a variety of fundraising activities. Some activities may include working at concession stands for other sports, bussing tables at restaurants, rummage sales, car washes, sales of Kwik Trip gift cards and any others that the team deems necessary.

Big 9 Championships: 1998, 1999, 2000, 2004, 2005, 2006, 2007, 2008, and 2012
 Section 1 Championships: 1998, 2004, 2005, 2006
 State Tournament Appearances: 1998, 2004, 2005 (6th), 2006 (6th)

Mayo Alumni College Players

Player Name	Year Graduated	School(s)
Katrina Ludlow	1997	St Mary's
Gina Grosso	1997	St Cloud State
Lisa Navarro	1999	St Thomas
Heather Tudahl	1999	University of Minnesota Duluth
Leah Kasper	1999	Univeristy of Minnesota Duluth
Tasa Kostel	2000	St Mary's
Alex Zagaria	2001	Dartmouth
Sarah Horlitz	2003	St Benedicts
Jessi Nash	2003	Augsburg
Kari Gabrielson	2004	University of North Dakota
Allie Harwood	2007	Gustavus Adolphus
Katie Psimos	2007	St Thomas
Brittany Erickson	2007	River Falls
Stevie Fiek	2008	St Mary's
Nara Higano	2008	Gustavus Adolphus
Sinead Murphy	2008	Aymherst
Mary Grace Flesher	2010	St Thomas
Keri Pickel	2010	St Scholastica/ Gustavus Adolphus
Mackenzie McCormack	2012	Hamline University
Gabbie Laures	2012	University of Wisconsin (ACHA club)
Sara Brakke	2014	St Catherines
Emilie Smolders	2014	St Olaf
Ashley Hammes	2016	Northland College
Eryn Fjelsted	2018	U of W Eau Claire
Megan Adair	2018	Northland College
Brooke Leone	2018	Hamline University
Who's Next??		

Mayo Girls Hockey Program 2018-19

Staff

Mike McCormack 202-5019 mimccormack@rochester.k12.mn.us mac15hockey@hotmail.com
Keegan Hakala 313-3401 nageek4@hotmail.com
Part time coaches: Nicole Anderson, Brad Berge & Case Hanson
Team Managers : Connor, Freddie and Gabrielle

Equipment Expectations

Players should have the following equipment:

- All hockey gear
- Athletic shoes – keep in hockey bag. No UGGS, crocs, socks, flip-flops, sandals etc.
 - Needed for dryland post practices
 - Needed for Warm up pre-game and cool down post game
- A green biscuit or stickhandling ball for dryland
- Extras: Yoga mat, pad or beach towel

Expectations

All players, manager and coaches are expected to:

- Bring out the best in one another in a positive, challenging, competitive and supporting environment
- Your candle DOES NOT shine brighter when you blow out somebody else's candle
- Exercise good sportsmanship and treat team mates, coaches, officials and opponents with respect
- Be accountable to one another by always giving your best, being prepared and being on time
- Communicate positively, be solution oriented and remain focused on achieving our team goals
- Comply with MSHSL, school and team rules

Consequences for not meeting team expectations may include:

First offense individual may sit out a practice and/or game, must address the team and re-commit.

Second offense individual may sit out a practice and/or game, must address the team and re-commit, meet with player, parent and coaches before returning to competition.

Third offense individual may be suspended for multiple games or dismissed from the program.

Philosophy

Hockey is the greatest game on earth. It is fun because it is fast, physical, creative and it utilizes both individual and team skills. At the varsity level the coaches will, in their determination, put the best possible team on the ice in order to be competitive. Ability, enthusiasm, commitment, and attitude are the measures used to determine who will play in competition. Participation is a privilege, not a right. Playing time is not equal or guaranteed. Coaching staff is equally committed to winning & development and will determine how to best meet these goals over the course of the season.

Team Selection

Coaches will evaluate the players during training camp for competitiveness, individual skills, passing skills, tactical skills and overall game knowledge. Following training camp, the coaching staff will determine each player's role on the team. No selection is permanent or guaranteed. Players may move between lines throughout the season depending upon performance and commitment. We will have a limited JV schedule. All players should expect to play some in JV games.

Responsibilities

Players are responsible for:

- Putting the team's goals, welfare and success before their own
- Being on time
- Attending all practices
- Calling/texting the head coach by 10:00am if missing practice (this does not necessarily excuse the absence)
- Being receptive to coaching and feedback
- Reporting injuries
- Being a good role model and representing the team and your high school positively
- Resolving concerns/issues constructively
- Turning in team equipment prior to the team banquet

Coaches are expected to:

- Select the team, philosophy, rules and systems to be used
- Make the safety and welfare of each player a priority
- Teach the individual and team skills required for hockey
- Create a positive, challenging, competitive and supportive environment
- Promote the game of hockey as a lifetime sport

Parents are asked to:

- Let the coaches know if there are any health or behavioral issues (504 plan)
- Be prompt in paying outstanding fees
- Be positive and supportive of the team, without putting undue pressure on their daughter(s)
- Provide positive, realistic feedback to your daughter(s), as appropriate, without over-coaching
- Schedule a time to address questions or concerns with the head coach. Observe the 24 hour rule.

Communications

Player/player

Communications should be positive, respectful and supportive. Conflicts should be resolved directly and constructively. Take responsibility for your team's chemistry. Do not endorse talking behind other's backs or on electronic media: do not do it and do not listen to it. Seek assistance from the coaches if this cannot be resolved.

Player/coach

Communications should be positive, respectful and supportive. If players have questions or concerns, it is their responsibility to bring this to the coach and schedule a meeting. Prior to or during a practice is rarely a good time. Please register on the "Remind" service to receive text messages.

Player/parent

As it is the players who will be held responsible to meet team expectations, it is their responsibility to communicate important information to their parents. Parents are asked to positively support their daughter(s) in independently resolving their concerns or having the questions answered.

Parent/coach

Questions or concerns may be addressed with the head coach. E-mail is the best way to communicate quickly and effectively. If necessary, a meeting can be scheduled. Players should participate in all communications regarding them. The coaches will send team emails to parents and players. Please register on the "Remind" service to receive text messages.

Grievance Procedure

1st step Players are expected to address concern with coaches

2nd step Player, parent and coaches to meet

3rd step Player, parent, coach and athletic official to meet