

Player Promises

Arriving To Practice and Games

I promise to be on the ice at the time for which the practice or game is scheduled. I understand that if I am late for a game or practice it makes it hard for my coaches and teammates. If I contact my coach before the practice starts, and am late to or miss practice because of illness, religion, school related activities, or special family activities, my lateness or absence will be excused. If I miss a practice or game without being excused, I understand the coach may enforce a penalty such as reduced play-time. I will communicate with my coaches and/or team managers so that there is no confusion about my availability.

Be Prepared To Play

I promise to come to every practice, game and scrimmage prepared to play hard and to do my best. I will take care of my equipment, my uniform and my body by eating right and getting enough sleep before games. I will be responsible for making sure I am ready to play hockey both mentally and physically.

Be Ready to Learn

I will come to every practice and game ready to learn more about hockey and how to play the game. I will accept and forgive my mistakes and the mistakes of my teammates, coaches, referees and officials because I understand that we can all learn from our mistakes.

Winning Attitude

I like to win and my team likes to win. I know that a big part of a winning season is a winning attitude. That means that I will try hard, never give up and always encourage my teammates to do the same. I understand that even if we do not win, we can be proud of ourselves for having done our best. I know that I can control my attitude and effort but not the outcome of the game.

Respect for My Teammates

I will treat my teammates respectfully and will encourage them so they can do their best. I will help my teammates by exercising self-control both on and off the ice. I will have fun without making it hard for anyone else to have fun. I will never "make fun of" or "put-down" a teammate because those remarks reflect poorly upon me, my family, and my team. I will not use offensive language and swearing around my teammates. I will abide by the Griffons anti-bullying policy.

Respect for St. Joseph Griffons Philosophy of Inclusion.

I understand that St. Joseph Youth Hockey has an inclusive philosophy and that all players on a team will share playing time during games. I know that regardless of a player's skill or ability at a particular point in time that it is important for him or her to gain game experience. That is how I improve, and that is how they will improve. I understand that those who may not be as skilled at one point in time have the potential and opportunity to grow as players. I will not complain about a lack of playing time because I know that the goal is to make all players better. I will encourage and root for the success of all players on my team, and I will never put blame on an individual or a line that is doing their best to help the team succeed.

Respect for My Coaches

I will listen to my coaches and try to understand what they are trying to teach me. I understand that my coaches are adults and deserve my respect. I will ask questions if I do not understand. I will not swear, use foul language or talk back to my coaches. I will suggest other ways to do things if I have an idea, but I agree that my coaches may prefer that I do things their way because it may be better for the team.

Respect for Referees.

Even though I may disagree with the officials or referees, I will exercise self-control and direct my energy to play harder so that I will earn the respect of my teammates, coaches and the other team. I will not swear to or talk back to the referees. If I receive a penalty, I will skate directly to the penalty box and will not complain while serving my time in the penalty box. I will not intentionally slam my stick or the penalty box door in anger.

Respect for St. Joseph Youth Hockey.

I will demonstrate pride in St. Joseph Youth Hockey by respecting the rules posted at our hockey rink regarding spectator behavior, and also abiding by the rules of any other hockey rink the team may be visiting. I understand that the organization has been built on the hard work of the players and coaches that were here before me and that the organization will be here after I have finished playing. I will not put myself above my team or the organization.

SJYHA Player Code of Conduct

The best performance the individual is capable of producing comes only after the body and mind have been conditioned through a regular program. This code is to be followed by all hockey players. The following shall be considered violations of the Code of Conduct:

- Alcoholic Beverages – The possession and/or use of alcoholic beverages.
- Controlled Substance and Paraphernalia – The possession and/or use of controlled substances or paraphernalia in situations other than specifically prescribed by a physician.
- Tobacco – The possession and/or use of tobacco products. (Any use – smoking, chewing, etc.)
- Illegal Acts– Getting involved in illegal activities such as (but not limited to) theft, assault, vandalism, disorderly conduct, etc.

The Code also specifically addresses the following:

- I will not use vulgar or profane language, racial, ethnic, gender-related or any other verbal slurs toward teammates, coaches, officials, opponents or spectators.
- I will behave and hold myself accountable at all times when representing my team in all public places, especially when traveling during away games.
- I will refrain from banging my stick, trash-talking and hot-dogging during the course of a game.
- I will have fun, but not waste valuable practice and instruction time before and after games.
- I will respect others property and belongings and the facility in which I play. I will leave the rink and locker room in an orderly condition, both at home and away.
- I agree not to endanger or create any safety hazards by throwing any objects haphazardly on or outside the playing surface or bench area.
- I will let my coaches know at least 7 days in advance if I am unable to attend a game due to another obligation. (Illness and emergencies do not fall under this portion of the code.)
- I agree that fighting, violent or overly aggressive play in hockey, where the obvious intent is to injure or harm another player, will not be tolerated. This includes during games, practices or any other team functions as well as in the locker room. Locker room boxing is not permitted.

- I will not use social media to post information, photos or any representations of inappropriate behavior or items that could be interpreted as demeaning, inflammatory or bullying nor will I post social media correspondence that is critical of teammates, coaches, Board of Directors or officials. I will not use my phone to photograph, take video of or record audio of any activities in the locker room.

Anti-Bullying.

All St. Joseph Youth Hockey players have the right to feel physically and emotionally safe while participating in SJYHA events. I will do everything I can personally, to create and preserve a physically and emotionally safe environment. As a member of the SJYHA, I will strive to treat everyone with respect regardless of any differences. Bullying is defined as intentionally aggressive behavior that can take many forms (verbal, physical, social, emotional, or cyber – or any combination of these); it involves an imbalance of power, and is often repeated over time. The bullying can consist of one child bullying another, or a group of children bullying another child/group of children.

Locker Room Policy

Parents in Locker Rooms

Except for players at the younger age groups, we discourage parents from entering locker rooms unless it is truly necessary. If a player needs assistance with his or her uniform or gear, if the player is or may be injured, or a player's disability warrants assistance, then we ask that parents let the coach know beforehand that he or she will be helping the player. Naturally, with our youngest age groups it is necessary for parents to assist the players getting dressed. We encourage parents to teach their players as young as possible how to get dressed so that players will learn as early as possible how to get dressed independently. In circumstances where parents are permitted in the locker room, coaches are permitted to ask that the parents leave for a short time before the game and for a short time after the game so that the coaches may address the players. As players get older, the coach may in their discretion prohibit parents from a locker room.

Cell Phones and Other Mobile Recording Devices

Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras, are not permitted to be used in the locker rooms. If phones or other mobile devices must be used, they should be taken outside of the locker room.

Prohibited Conduct and Reporting

The SJYHA prohibits all types of physical abuse, sexual abuse, emotional abuse, bullying, threats, harassment and hazing, all as described in the USA Hockey SafeSport Handbook. Participants in the SJYHA may be subject to disciplinary action for violation of these locker room policies or for engaging in any misconduct or abuse or that violates the USA Hockey SafeSport Policies. Reports of any actual or suspected violations, you may email USA Hockey at SafeSport@usahockey.org or may call 1-800-888-4656.

SafeSport Certification

All SJYHA parents will submit to SafeSport training guidelines BEFORE YOUR CHILD, REGARDLESS OF AGE, will be permitted to enter the locker rooms or participate in SJYHA ice privileges. If you do not do your SafeSport training your child must get dressed at home and will have zero locker room or SJYHA ice privileges. SJYHA requires at least one parent/guardian to complete SafeSport training to gain locker room and SJYHA ice privileges for their child.

Penalties for Breach of Player Contract

If I break any of my Player Promises or violate the Code of Conduct in this Player Contract, I agree that the coaches and the SJYHA Board of Directors will institute corrective action. Depending on the severity of the violation, corrective action will consist of a verbal warning, suspension from practices/games, and for those who continue to be disrespectful of these promises and continue to violate the code of conduct, dismissal from the SJYHA.

Once again, I acknowledge that the penalty for my breaking my promise will be determined by the coaches and Board of Directors based on how often I have broken my promises and the nature of my conduct and the circumstances at the

time of the incident. The SJYHA Board of Directors will make the determination on lengthy suspensions and dismissal from the program.

I understand that the SJYHA Board of Directors shall, wherever there is a rule for which no penalty is specifically fixed for violation thereof, have the authority to fix such penalty as in the SJYHA Board of Directors judgment shall be in the best interests of the St. Joseph Youth Hockey Association. Where a situation arises which is not covered in the Players' Contract (Promises / Code of Conduct), the SJYHA Board of Directors shall have the authority to make such decision, including the imposition of a penalty, as in its judgment shall be in the best interests of the organization. The penalty that may be assessed under the preceding two sentences may include, without limitation, a suspension or dismissal.

I realize that I will not be allowed in the locker room or on have SJYHA ice privileges until this portion of the Player Promises and Code of Conduct is returned the SJYHA Board of Directors.

FOR PLAYERS:

I have read all of the above Promises and Code of Conduct pages and agree to uphold each portion of this contract.

(Player Printed Name)

(Player Signature)

(Date)

FOR PARENTS/GUARDIANS:

I commit to encouraging my child to always respect others and the SJYHA. I will also respect other adults (parents and volunteers) who are members of the SJYHA. I have reviewed these Promises and Code of Conduct and will help my child to uphold these to the best of my ability. I realize that if my child breaks any of the Promises or Code of Conduct rules there will be appropriate punishments that will be agreed upon by coaches and SJYHA Board of Directors.

(Parent/Guardian Printed Name)

(Parent/Guardian Signature)

(Date)

(SafeSport Completion Date)