



Piedmont Predators 2018-2019 Team Rules

❖ **Be on time to practices and games.**

Plan to arrive 60 minutes before ice time on game days. Be dressed and ready 15 minutes before ice time on game days for chalk talk. Plan to arrive at the rink so you are dressed and ready five minutes before our practice ice slot or Next Level.

❖ **Game day attire.**

Predators warm-up-T-shirt and tennis shoes for all the games. Predators Warm-up jacket or Predators sweatshirt for an outer layer.

❖ **Contact the Coach or Team Manager if you can't attend a practice or game.**

Know your schedule. Missing Team events may result in less ice time during games.

❖ **Listen when the coach speaks.**

Stop what you are doing or take a knee when you are on the ice.

❖ **Always be a good sport.**

ZERO TOLERANCE will be applied concerning "trash talk" on, or off the ice. Retaliation and unsportsmanlike penalties WILL NOT be tolerated.

❖ **Be a team player and respect your teammates.**

Hockey is a team sport. Good hockey teams win as a group, not on the effort of only one player. Never criticize your teammates, give them positive encouragement.

❖ **Respect your parents, coaches, teammates, officials, and opponents.**

No trashing the locker room, the team is responsible to leave the locker room clean. Everyone picks up trash on the way out.

❖ **Never argue with an official's decision.**

Never show disrespect to an official on or off the ice. Accept the fact that sometimes, "calls" will go your way and other times they won't! Let the coach deal with the referees.

❖ **Full concentration on drills.**

We play the game the way we practice, therefore give 100 % effort on every drill.

❖ **Work hard and have fun!**

STRIVE FOR EXCELLENCE / WILL OVER SKILL!!