



Welcome to the Northport Huntington Ice Hockey Club's 2012/2013 Suffolk County High School Hockey season. Our guidelines and rules are fairly simple and will benefit all players if adhered to by all.

Our primary rule is that of "**Respect**", we expect our players to show respect for their coaches, parents, teammates, referees and the opposition at all times.

Here are the ways we expect our players to demonstrate their respect:

***Players will show respect for their coaches by:***

1. Doing what is asked of them without complaint
2. Being on the ice on time for practice
3. Being at games 1/2 hour before game time
4. Being considerate and listening intently and not speaking while the coaches deliver Pre and Post game instructions
5. Giving 100% effort at practice and at games

***Players will show respect for their parents by:***

1. Working hard each and every time they are on the ice (games or practice)
  - a. Your parents sacrifice a lot of time and money for you to play hockey, you should reward their sacrifice with hard work
2. Never using obscenities towards the opposition, referees, fans or teammates

***Players will show respect for their teammates by:***

1. Working hard each and every time they are on the ice (games or practice)
  - a. Your teammates deserve your best efforts, if you don't work hard why should they
2. Nobody is perfect, always encourage teammates and cheer their hard work and accomplishments
3. Never speak badly about your teammates either directly to them or behind their backs



***Players will show respect for referees by:***

1. Never yelling at or degrading them in any manner, these referees are adults and should be treated as such
  - a. Failure to adhere to this rule will result in disciplinary action
2. Not speaking to the referees unless asked a question, only coaches and captains should speak to the referees

***Players will show respect for their opposition by:***

1. Never verbally abusing or taunting their opponents
2. Realizing that ice hockey is a physical game and hard work will result in a significant amount of physical contact, this contact should be done within the rules of the game when giving or receiving a hit
  - a. No complaining, just get up and play harder

Failure to show respect for any of the aforementioned categories of people will result in disciplinary action. The disciplinary action can include benching during games or practices and or additional skating or pushups during practice.

Attendance at practice is expected and will be recorded. Failure to attend practice will impact playing time during the season. Valid excuses for missing practice include illness, injury, school or religious obligations. In order to help our coaching staff to prepare a **practice** or **game** plan please let your head coach know if you will be unable to attend a practice or game at least 24 hours in advance. In addition, if a last minute emergency arises please let us know by 4:00 PM of practice or game day. All contact information is available on our club web site.

**Congratulations on making the team, we look forward to a fun and successful year.**

*The Northport/Huntington Coaching Staff*