

Coastal Stars Coaches Handbook
2004 - 2005



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Dates to Remember

- Yankee Conference Coaches meeting **October , 2004 –** (Pilgrim Arena)
This is a mandatory meeting for all “C” level coaches.
-
- South Shore Conference Coaches meeting **September 8, 2004 -**
This is a mandatory meeting for all “A” & “B” level coaches .
-
- Parents / Coach and Board Member meetings **October 1, 2004 through October 8, 2004**
Meetings will be conducted prior to the weekly practice or prior to a scheduled game.
-
- Conference notification for Tournament Registration **October 15, 2004** is the deadline for notifying the conferences for tournament registration during the holiday season. Bye requests for games from 11/1/2004 through 2/1/2005.
-
- Payment Plans **June 1, 2004** deadline for all players to be paid in full.
*Payment Plans **must include** a minimum \$100.00 per month per player to qualify for on ice privilege.* **September 1,2004** if a payment plan has been pre-arranged and is in place with the Treasurer. No player will be allowed to skate with the team beyond this date until either they have paid the registration fee in full or a have established a payment plan with the Coastal Stars.
-
- Final rosters **October 1, 20034** all final rosters for the **2004 - 2005** season must be completed and submitted to the conference.
-
- Holiday Weekend **February 26 - 27, 2005** No games will be scheduled during

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-
- Last regular season games

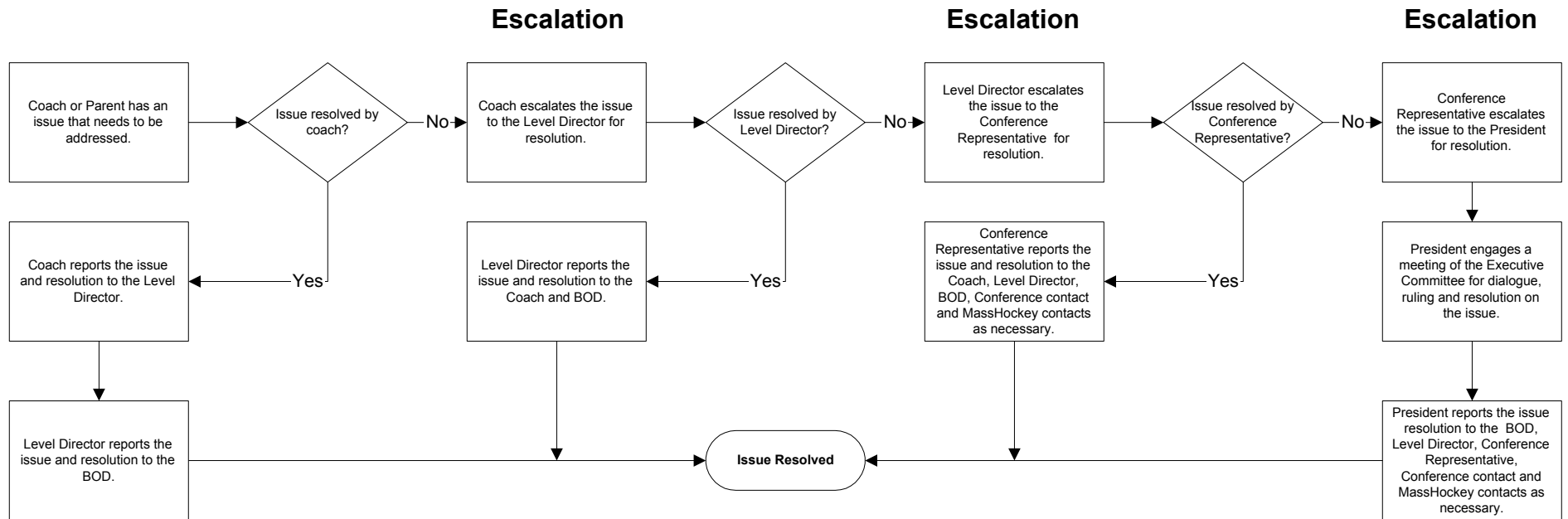
these dates to accommodate vacation schedules and potential tournament play.

March 26, 2005 SSC last day of league play. All makeup game scores must be submitted to the SSC by 12:00 p.m. to qualify in season standings.

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Coaches Rules of Escalation



Issue resolution responsibility

1. Coach
2. Level Director
3. Conference Representative
4. President / Executive Committee

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Coaches and Parents Meeting

Every coach must have a scheduled meeting with the parents of the team. The primary objectives of the meeting are to establish a good working relationship with the parents. You will be in charge of their child during team activities. You need to let them be aware of your management style as a coach, your expectations of their child, your expectations of the parents, and what they can expect of you. Remember you are a teacher, a mentor, and a role model. You need to deliver a strong and supportive message regarding the Coastal Stars position on eliminating violence in hockey. You will need to be fully aware of the Massachusetts Hockey "Fair Play - Respect" Initiative. See the attached example for you. Each parent must receive a copy of the "Parents Compact" and sign the attached portion of the document and return this to you the coach.

Sample Agenda

- Introductions
- Coaching Philosophy and Primary Goals
- Understanding the Sport
- Understanding and Minimizing the Risk of Injury
- Emergency Procedures
- Equipment Needs
- The Players' Responsibility
- The Parents' Responsibility
- The Seasons Schedule
- Tournaments
- MassHockey **"Fair Play - Respect"** Initiative
- South Shore Conference - Rule 16A

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Introductions

At this time, introduce yourself and your coaching staff to the group of parents. If you wish, have an association official make the introductions. As the coach, you should briefly describe your background, coaching experience, and your reasons for coaching. The parents should also introduce themselves and indicate how long they have been involved in the program. Explain the meaning and importance of the orientation meeting, which is designed to create good coach/parent relationships for the benefit of the children. Also, it is helpful to distribute handouts of the meeting agenda to the parents. This provides structure to the meeting and a place for parents to take notes.

Coaching Philosophy and Primary Goals

Present your personal goals and objectives for the upcoming season, which should coincide with those of the USA Hockey Coaching Education Program. A coaching philosophy that emphasizes fun, the teaching of fundamental skills, teamwork, sportsmanship, and respect for the dignity of the individual athlete is most effective. This is very important for building your credibility as a coach. Note: Please refer to The Coaches Code of Conduct section of this brochure.

Understanding the Sport

Many times during the course of the season, spectators question officials, shout instructions to players or contradict the coach because they are unaware of the rules or lack a basic understanding of the sport of hockey. This can often place a strain on the coach/parent relationship. By reviewing some basic concepts and rules, you can help avoid these situations. Note: USA Hockey's "Parents Introduction To Youth Hockey" brochure is an excellent handout for parents who are new or inexperienced with ice hockey. The brochure can be obtained through your local District Coaching Education Program Director.

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Understanding & Minimizing The Risk Of Injury

Parents should be told what they could expect in terms of possible injuries in hockey. Let them know if a medical examination is required prior to their child's participation, to whom the results must be provided and when it is due. Injury prevention measures that are commonly used for games and practices should be outlined. Parents should be assured that the playing/practice area and equipment would be checked to help keep players safe and free from hazards. They should be told of the availability of first aid and who is responsible for its administration. Parents should also be introduced to the Heads Up Hockey program, which was designed by USA Hockey to promote a safer, smarter, better style of play.

Emergency Procedures

Have the parents provide the information necessary for you to handle an emergency (parents' names, addresses, telephone numbers, names and telephone numbers of family doctors and the hospital of preference). You should also describe the procedures that will be used in case of an emergency.

Equipment Needs

Explain what equipment the players need and where it can be purchased. You may also want to offer advice on the quality of skates, sticks, helmets, etc., and indicate how much parents can expect to pay for specific items. If an equipment swap is organized annually, tell them where and when it will be held. Parents should also be reminded that, because their child is a member of USA Hockey, they are entitled to special discounts on equipment purchased through Play It Again Sports retailers nationwide. You should bring an example of the equipment that each player will need and provide tips on the proper care and maintenance of equipment.

The Player's Responsibilities

Children must assume certain responsibilities if they wish to play ice hockey, including good sportsmanship, teamwork, and being on time for practices and games. Also, cooperating with coaches and teammates, developing team and individual skills, and abiding by the official playing rules are responsibilities that players should embrace. These responsibilities should be discussed so that parents can help reinforce them at home.

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The Parents' Responsibilities

Parents of young athletes have many responsibilities that should be discussed at the Parents' Orientation Meeting. They should understand the mission and objectives of USA Hockey, the local association and the coach. Take this opportunity to ask parents for their assistance over the course of the season. Telephoning, refreshments after games, hosting of visiting teams and assisting with travel arrangements to out-of-town games are some areas that may be discussed.

The Season Schedule

Provide the parents with a schedule of games and practices for the upcoming season. Also, inform the parents as to when players are expected to arrive at practices and games and when they will be available to leave. You may also wish to provide a list of all the players' addresses and phone numbers for the parents.

Question and Answer Period

Concluding the meeting with a question-and-answer period will provide parents with an opportunity to raise any concerns they may have.

Summary

Parents can be a great asset to a hockey team as well as a positive influence. By inviting them to talk with you about how you perceive your role as coach, the purpose of the USA Hockey program, and the responsibilities that they and their children have to the team, you are helping create a good coach/parent relationship.

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USA Hockey Age Classification for the 2004-05 Season

Birthdates	Age	Age Division
07/01/1986 – 12/31/1986	Within six months of 18	Midget
1987	17	Midget
1988	16	Midget
1989	15	Midget
1990	14	Bantam
1991	13	Bantam
1992	12	Peewee
1993	11	Peewee
1994	10	Squirt
1995	9	Squirt
1996	8 years of age and under	Mite

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MassHockey Coaches Education Program

<u>Massachusetts Hockey/USA Hockey rostered coaches must attain USA Hockey coaching education program clinic level endorsement as required:</u>				
2004-'05 Coastal Stars "A" & "B" Level of Hockey				
		Head Coach - Assistant Coach - Bench Manager		
CEP Coaching Level		Level 1 <small>(Initiation Level)</small>	Level 2 <small>(Associates Level)</small>	Level 3 <small>(Intermediate Level)</small>
Mite	1st Year Coach	Required	Required	Not Required
Mite	GT 1 year of coaching	Required	Required	Required
Squirt		Required	Required	Required
Peewee		Required	Required	Required
Bantam		Required	Required	Required
Midget		Required	Required	Required
2004-'05 Coastal Stars "C" Level of Hockey				
		Head Coach - Assistant Coach - Bench Manager		
CEP Coaching Level		Level 1 <small>(Initiation Level)</small>	Level 2 <small>(Associates Level)</small>	Level 3 <small>(Intermediate Level)</small>
Mite		Required	Required	Not Required
Squirt		Required	Required	Required
Peewee		Required	Required	Required
Bantam		Required	Required	Required
Midget		Required	Required	Required

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2004-'05 Coastal Stars "LTS/Instructional" Level of Hockey				
		Head Coach - Assistant Coach - Bench Manager		
CEP Coaching Level		Level 1	Level 2	Level 3
		(Initiation Level)	(Associates Level)	(Intermediate Level)
Learn To Skate		Required	Required	Not Required
Instructional Hockey		Required	Required	Not Required

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Evidence of Level

- Proof of coaching education level will be evidenced by a USAHockey Coaching Education Card (CEP) with the appropriate dated verification sticker. This card must be carried by all coaches for **ALL** USAHockey games.
- Before the start of each game and in the presence of the referee, each coach must present his or her CEP card to one another for verification of coaching education level.
- If a coach cannot produce their current and up to date USAHockey Coaching Education (CEP) Card prior to the start of the first period, it must be noted on the official game score sheet and signed by the opposing coach.
- Beginning January 1, 2003, of the current season, prior to the start of the game, all coaches (Head and Assistant) present, from each game, are required to sign the designated area of the score sheet in order to verify the accuracy of the playing roster, as it appears on the score sheet, for that game. In addition, all coaches (Head and Assistant) must include, their CEP Level (1- Initiation, 2 – Associate, 3 – Intermediate, 4 – Advanced, or 5 – Master) and the year their CEP level was attained. The CEP card number, level, and year attained shall be printed legibly and next to the signature of each coach.
- Beginning January 1, 2003, of the current season, it will be the responsibility of the district/affiliate to determine if there should be any penalties imposed on an individual coach who fails to produce a current, up-to-date coaching education card with appropriate verification of level. It will also be the responsibility of the local association registering the team to enforce any penalties.

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Coastal Stars Coaches Education

The Coastal Stars Board of Directors has voted to sponsor a CPR and Sports Safety seminar provided by certified trainers of the American Red Cross. The Board has voted that at least one bench manager or bench coach **MUST** be certified in CPR and basic first aid preparedness. The American Red Cross event will provide a level of Sports training, CPR and basic first-aid for coach preparedness. The coaches education program will introduce training and a level of coach preparedness and responsiveness in the event of an accident. The curriculum for the American Red Cross Sport Safety Training course can be found at the following internet address, <http://www.redcross.org/services/hss/courses/sports.html>. The Board of Directors has instructed the Athletic Director to coordinate an annual scheduled event to provide the necessary training. The Board of Directors recognizes that the course is offered at various locations throughout the year and that an individual may choose to attend an alternate scheduled event to secure the required training.

Medical Kit

The Coastal Stars will provide a medical kit, complete to the specifications of **USA Hockey**, to all coaches at the beginning of the season. It is the responsibility of each coach to have available at all practice and game sessions the complete medical kit. It is the responsibility of the coach to obtain replacement materials for any product used throughout the season. The Coastal Stars Equipment Manager will have full replacement kits, or replacement materials for all products contained within the medical kits.

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Codes of Conduct

Coaches' Code of Conduct

- Winning is a consideration, but not the only one, nor the most important one. Care more about the child than winning the game.
- Be a positive role model to your players, display emotional maturity, and be alert to the physical safety of players.
- Be generous with your praise when it is deserved; be consistent, honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach; don't yell at players.
- Adjust to personal needs and problems of players, be a good listener, never verbally or physically abuse a player or official; give all players an opportunity to improve their skills, gain confidence and develop self-esteem, teach them the basics.
- Organize practices that are fun and challenging for your players. Familiarize yourself with the rules, techniques and strategies of hockey; encourage your players to be team players.
- Maintain an open line of communications with the players' parents. Explain the goals and objectives of your association.
- Be concerned with the overall development of your players. Stress good health habits and clean living.
- To play the game is great; **to love the game is greater.**

Players' Code of Conduct

- Play for **FUN**.
- Work hard to improve your skills.
- Be a team player - *Get along with your teammates.*
- Learn teamwork, sportsmanship, and discipline.
- Be on time for practices and games.
- Learn the rules and play by them. *Always be a good sport.*
- Respect your coach, your teammates, your parents, opponents, and officials.
- Never argue with an official's decision.

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Parent's Code of Conduct

In the stands

Parents can take the fun out of hockey by continually yelling or screaming from the stands. Parents should enjoy the game and applaud good plays. The stands are not a place from which parents should try to personally coach their kids. Kids often mirror the actions of their parents; if they see mom or dad losing their cool in the stands, they'll probably do the same on the ice.

In the car and at home

Some parents not only spoil the fun for their kids at the ice rink, but also in the car, believing this is the perfect place for instruction. Parents should try to keep things in perspective. There's more to life than hockey, and the car and home are not places to coach. Parents need to remember that they are not the coach, and the most difficult kind of parent is the one who coaches *against* the real coach. It's unfair to put children in a position of having to decide who to listen to -- their parents or the coach.

At practice

Parents have to remember that if a child wants to improve, they have to practice -- not just play. Even if a child is not the star player for a team, practice stresses the importance of teamwork, establishing goals, discipline, and learning to control your emotions, all of which are important lessons children can use both in and away from sports. Remember, the kids are depending on you to get them to the rink.

At the rink

Hockey parents can help create a fun environment by making certain their children are wearing properly fitted equipment. Parents also need to stress fair play and risk management to help eliminate injuries.

Always be positive

Parents serve as role models for their children, who often look to adults for advice, direction, and approval. Never lose sight of the fact that you are a role model, and strive to be a positive role model. As a parent, one of the most important things you can do is show good sportsmanship at all times to the coach, referees, opponents and team members.

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Let the coach COACH

Avoid placing an exaggerated emphasis on winning. A recent survey indicated 72% of children would rather play for a losing team than ride the bench for a winner. The most important aspect of your child's youth hockey experience is for them to have fun while developing physical and emotional skills that will serve them in life. A healthy, risk-free environment that emphasizes the importance of fair play, good sportsmanship, discipline, and most importantly, fun will be invaluable for your child as he or she continues to develop a positive self image.

USA Hockey Initiation Program

The USA Hockey Initiation Program has been developed to make certain that a child's first experience with hockey is positive, safe, and fun. Parents should avoid pressuring or placing unreasonable expectations on their children, particularly at the Initiation level. No matter what happens on the ice, children need support, so always strive to be positive.

Support your child

There are many benefits that are derived from playing youth hockey. Boys and girls learn good sportsmanship and self-discipline. They learn to work together, how to sacrifice for the good of the team, how to enjoy winning, and how to handle defeat. In the process, they learn important lessons about physical fitness and personal health. The degree to which your child benefits from his or her youth hockey experience is as much your responsibility as it is theirs. In order for your child to get the most out of a youth hockey program, it is important for you to show support and offer encouragement while maintaining a genuine interest in the team.

Positive reinforcement

The best way to help children achieve goals and reduce their natural fear of failure is through positive reinforcement. After all, no one likes to make mistakes. If your child does make a mistake -- and they will (remember, they're just kids) - keep in mind that mistakes are an important part of the overall learning process. Strive to be supportive and point out the things that they do well. Make your child feel like a winner.

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Zero Tolerance

Recently, several negative aspects of today's society have crept into the sport of ice hockey with a vengeance. The increasing number of physical assaults against On-Ice officials reached staggering proportions during the past season. There were over 75 reported incidents of direct physical confrontations from either a player, a coach, or a spectator in amateur hockey.

As a result of the alarming number of physical assaults against officials, the USA Hockey Board of Directors has developed a *Zero Tolerance Policy* regarding the verbal abuse of Officials. Verbal abuse is the first step leading to physical abuse of Officials. The "**Zero Tolerance Policy**" has been unanimously endorsed by Youth, Junior, and Senior Councils, the District Referees-In-Chief and the Coaching Achievement Program (CAP) Directors for immediate implementation.

To make Ice Hockey a more desirable and rewarding experience for all participants, the USA Hockey Board of Directors has instructed the Officiating Program to adhere to certain points of emphasis relating to sportsmanship. These points were written and implemented to maintain a sportsmanlike and educational atmosphere before, during and after all USA Hockey-sanctioned games.

A Minor Penalty for Unsportsmanlike Conduct (Zero Tolerance) shall be assessed whenever a Player:

1. Openly disputes or argues about any decision by an Official.
2. Uses obscene or vulgar language, including swearing, in a boisterous manner to anyone, at anytime, even if it is not directed at any particular person.
3. Visually demonstrates any sign of dissatisfaction with an Official's decision, in a manner that openly embarrasses the Official and/or challenges his judgment.

Any time that any Player persists in any of these actions, he/she shall be assessed a Misconduct Penalty. A Game Misconduct shall result if such Player continues.

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A Bench Minor Penalty for Unsportsmanlike Conduct (Zero Tolerance) shall be assessed whenever a Coach:

1. Openly disputes or argues about any decision by an Official.
2. Uses obscene or vulgar language in a boisterous manner to anyone at anytime.
3. Visually displays any sign of dissatisfaction with an Official's decision, in a manner that openly embarrasses the Official and/or challenges his judgment. This includes standing on the boards or standing on the bench doorway with the intent of inciting the Officials, Players, or Spectators.

A Game Misconduct Penalty for Unsportsmanlike Conduct (Zero Tolerance) shall be assessed whenever a Coach:

1. Persists in any of these actions, he/she shall be assessed a Game Misconduct Penalty.

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Tournaments

Coastal Stars Tournament Coordination

The Coastal Stars **DO NOT** maintain an active Board of Directors role as Tournament Coordinator. All responsibilities for the coordination of tournament play belong with the coaches. The coach has the responsibility to define a series of tournament alternatives for presentation to parents. Be prepared to secure a full team for the tournament, and also be prepared for not full participation of your team. There will always be issues with players, parents, and families not willing or able to participate for one reason or another. The coach has the responsibility to ensure a full and competitive team to provide fun for all participants. The coach or his designate is responsible for collecting all tournament fees and paying the tournament organizers, unless a surplus of sponsor money for that team has been deposited with the Coastal Stars Treasurer. **Remember, you are representing the Coastal Stars**, we have never been turned away from a tournament or hotel accommodation. Be courteous, be respectful, acknowledge the wishes and beliefs of the tournament staff and the accommodations staff.

Tournament Banner

The Coastal Stars have a Tournament Banner for display at all tournament games. The coach or his designate is responsible for securing the Tournament banner from the Equipment Director and for the immediate return of the banner upon return from the event. Nominate a parent as to coordinate the display of the banner and to act as the head "cheerleader," define their responsibilities towards good sportsmanship and representing the pride of the Coastal Stars.

Travel Permits

If you plan to participate in a tournament that is outside of Massachusetts you must secure an approved "MassHockey" Travel Permit. Allow for plenty of time to secure the permit. Allow a minimum of four weeks for the turnaround between the MassHockey District 4 Registrar and the Coastal Stars Registrar.

Sources of Tournament Information

World Wide Web - www.masshockey.com	Rink posters
Other Coaches	MassHockey Annual Guide Book

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MassHockey Rosters

Make sure that you understand the needs of the tournament coordinators, often times a signed copy of the MassHockey Roster must be delivered in advance of the tournament. All players on the tournament team must be registered members appearing on a valid Coastal Stars roster of the tournament level. In the event that a player on your regular season MassHockey roster does not participate in a tournament, you may be able to borrow a player from another Coastal Stars team to assemble a full team for the tournament. You must ensure that the player comes from the same level of the tournament play and the same level as your team or sometimes a level below your team, i.e.; a "B" tournament can have a "C" player to round out the roster, but a "B" tournament team **cannot** have an "A" player on the tournament roster. Make sure that you understand the tournament rules and/or the MassHockey rules for roster substitutions allowed for tournament play. All Coastal Stars rosters can be secured through the Coastal Stars Registrar, see contact information.

Consent to treat forms

All coaches must ensure that they have a complete set of Consent to Treat Forms available at the bench at all times, including practice and game sessions. It is important to remember that when you borrow a player to fill out a roster position for a tournament, that you must secure a copy of the document for that player for all tournament play. While it is unlikely that a player will be at a tournament without at least one parent, you, the coach, must assume all responsibilities for treatment to the child in the absence of any parental decision maker. These forms were completed for each player, by the parents, at the time of registration. Contact Mike Timcoe to secure the original copy of the forms for your team. It is always a safe practice to secure an updated version of the Consent to Treat Forms from the parents prior to the start of the season. This practice will ensure that you have available to you the most recent insurance coverage, and health information for each player.

Re-scheduling Games during tournament play

If you happen to have a regular season game scheduled during the time of the tournament, you will have to coordinate the rescheduling of the game(s) with the respective South Shore Conference Representative or Yankee Conference Representative. The notification of a reschedule must take place with sufficient time to allow the Conference Coordinators to adjust the schedule of the ice, the officials, and the opposing team.

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Safety precautions

Heads Up Hockey

Every Coach must be familiar with teaching the basics of "Heads Up Hockey". Injury prevention education is essential at all levels of the organization, especially at levels involving checking. Remember, even at the lower levels of play, Instructional, Mites, and Squirts, that contact is an inevitable part of the sport. Be prepared to go through "Heads Up" drills and constantly remind players of the importance of playing with their "Heads" held high.

Gates and doors

It is the full responsibility of the head coach of the team to ensure that all doors are properly closed, secured and that player access doors are entrusted to an off-ice parent while players are on the ice. Doors include, the bench doors, the penalty box doors, the zamboni entrance/exit door, the player entrance/exit doors, or any other access to the ice surface. The 2001 season recorded a number of incidents involving player injury related to door and ice surface accesses, including a broken femur of a Bantam aged player at the Rockland rink when a bench door was unsecured during a practice session and the severing of players finger, also at the Rockland rink, when a parent and player both attempted to open a players access door.

Coaches on the ice

No players should be allowed access to the ice surface unless supervised by at least one on ice coach.

Roller Rink

The Coastal Stars accepted a direction of dry-land training that includes the use of "roller rink" surfaces for non-ice practice with the following restrictions:

- Use of the roller rink is acceptable as a dry-land training alternative, however, HECC approved head-gear, including full face shield is an absolute requirement
- Use of the roller rink is acceptable as a dry-land training alternative, however, should roller blades be used, then full hockey equipment is an absolute requirement

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Checking Clinics

Yankee Conference

Every Peewee, Bantam, and Midget member of the Yankee Conference **MUST** attend an annual checking clinic. The attendance is mandatory and irrespective of whether prior checking clinics have been attended. This is a requirement for playing at the Yankee Conference level. The Yankee Conference is a "C" level game and defines its mission as "education of the players"

South Shore Conference

First year Peewee, Bantam, and Midget members of the South Shore Conference **MUST** attend a checking clinic. The attendance is mandatory and irrespective of whether prior checking clinics have been attended. This is a requirement for players entering their first year of play involving checking and hitting at the South Shore Conference level. The South Shore Conference is an "A" and "B" level game

Power Skating

Tuesday evenings with Leo Marchione

Effective September 1, 2004 the Coastal Stars no longer will subsidize the Leo Marchione Power Skate sessions held at the Hobomock Arena. The Coastal Stars encourage all players to participate in a Power Skate session of the player's choice to supplement all scheduled practices. The Coastal Stars Board of Directors does not endorse or support any one program and does not provide any subsidy towards additional power skating or group skating sessions.

Fund Raising

Each team **MUST** select a parent supporter to be the direct team liaison to the Coastal Stars Fund Raising committee. The parent volunteer will act to coordinate team level activities determined by the Fund Raising Committee. The nominated parent(s) should introduce themselves to the ***Fund Raising Committee Director***.

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Practice Ice schedule

Practice Ice

The season practice ice at the Hobomock Arena runs from Monday, August 30, 2004 through Saturday March 26, 2005.
 The 2006-06 Try-out season ice at the Hobomock Arena runs from Monday, March 28, 2005 through Friday, April 22, 2005.

The season practice ice at the Armstrong Arena runs from Monday, August 26, 2004 through Friday, April 30, 2005.
 The season practice ice at the Shea Rink runs from Monday, October 25, 2004 through Friday March 25, 2005.

Rink	Day of Week	Time	
Hobomock Arena #1	Monday	5:00 p.m. – 6:00 p.m.	
Hobomock Arena #2	Monday	5:30 p.m. – 6:30 p.m.	
Hobomock Arena #2	Monday	6:40 p.m. – 7:40 p.m.	
Hobomock Arena #2	Monday	7:50 p.m. – 8:50 p.m.	
Shea Rink	Wednesday	6:00 p.m. – 6:50 p.m.	50 minute practice
Shea Rink	Wednesday	7:00 p.m. – 7:50 p.m.	50 minute practice
Shea Rink	Wednesday	8:00 p.m. – 8:50 p.m.	50 minute practice
Armstrong Arena	Thursday	6:40 p.m. – 7:30 p.m.	50 minute practice
Hobomock Arena #1	Friday	3:50 p.m. – 4:50 p.m.	No ice 11/26/2004 – 02/18/2005
Hobomock Arena #1	Friday	8:30 p.m. – 9:30 p.m.	
Hobomock Arena #1	Saturday	5:50 a.m. – 6:50 a.m.	
Armstrong Arena	Saturday	2:00 p.m. – 2:50 p.m.	50 minute practice
Armstrong Arena	Saturday	3:00 p.m. – 3:50 p.m.	50 minute practice
Hobomock Arena #2	Saturday	5:00 p.m. – 6:00 p.m.	

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August 25 2004 through October 27, 2004

There will be a rotation of the practice ice during the first seven weeks of the season. The ice schedule will take into consideration scheduling to accommodate special interest of specific levels.

- The Bantam "A" and Bantam "B" teams will not be scheduled for Friday or Saturday practice sessions to allow for game schedules.
- Mites will not be scheduled for practice ice during later hours.

October 27, 2004 through March 23, 2005

A more defined schedule will be coordinated upon the opening of the MDC Shea rink in Quincy. Each Level Director will be presented with the ice schedule early in October.

Additional Ice and Rink rotation

The Coastal Stars have secured additional practice ice at the Pilgrim Arena between September 5, 2003 and October 12, 2003. The "B" rink at the Pilgrim Arena will be rotated through the Mite and Squirt level only. A more defined schedule will be coordinated with each Level Director early in September.

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Practice rinks and directions

Bridgewater

Bridgewater Ice Arena - (508) 279-0600
20 Bedford Park
Bridgewater, Ma. 02324

From Route I 495: Take Exit 5. Turn left at the end of ramp, onto Rte. 18 North (Bedford Street). Follow 3.3 miles. Rink is at the corner of Rte. 18 & Bedford Park.

Hingham

Pilgrim Arena - (781) 749-6660
25 Recreation Park Drive
Hingham, Ma. 02169

From Route 3: Take Exit 15 East (Derby Street) approximately 3/4 make right onto Recreation Park Drive.

Pembroke

Hobomock Ice Arena - (781) 294-0260
Hobomock Street
Pembroke, Ma. 02359

From Route 3: Take Exit 12 (Rte. 139 West) to left on Rte 53. Then right onto Rte 14, go straight onto Rte 36, at Pembroke Center. Follow 1/2 mile and take a left onto Hobomock Street. Rink is approximately one (1) mile on the left.

Plymouth:

Armstrong Arena - (508) 746-8825
Long Pond Road
Plymouth Ma. 02360

From Route 3: Take Exit 5 (Long Pond Road West. Rink is 1/2 mile down on right.

Quincy

Shea Memorial. Rink (MDC) - (781) 472-9325
Willard Street
Quincy, Ma. 02169

From Route 93: Take Exit 8 (Willard Street). Bear right off exit. Follow approximately 1/2 mile, rink is on right.

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Appendix 1 - South Shore Conference Rule #16A

<http://www.masshockey.com/openingpage2.html> <http://www.usahockey.com/>

Dear Parents,

This following rule has been adopted by the South Shore Conference beginning at the start of the the 1999-2000 season. The rule addresses an alarming increase in unruly and abusive behavior by fans at youth sporting events.

South Shore Conference Rule #16A is as follows:

"The South Shore Conference will establish a discipline committee to investigate and conduct a hearing if appropriate, concerning any major incident involving a spectator or parent. The discipline committee will be chaired by a member of the South Shore Conference Executive Board. The discipline committee will be comprised of two members of the Executive Board and two Program Directors on a rotating monthly basis.

A major incident shall be defined as, but may not be limited to, the use of obscene or vulgar language; verbal or physical abuse; taunting of players, coaches or officials and throwing of objects in the viewing area, team benches, or ice surface, etc.

When a major incident on ice rink property used by the South Shore Conference involving a parent or spectator is brought to the attention of the South Shore Conference Executive Board by rink officials, ice officials (referee or time keepers), incident reports or other program, the affected programs will be notified by the South Shore Conference President or designee.

The program(s) will then have 48 hours to respond with a recommendation for discipline to the chairperson of the Discipline Committee. If the program's action is deemed acceptable, no further action shall be taken. If the chairperson of the Discipline Committee deems the program's recommendation unacceptable and/or inadequate, the individuals involved will be immediately suspended from all South Shore Conference activities until the incident is resolved. The Discipline Committee shall convene to investigate the incident and to hold a hearing within one week. All parties involved in the major incident shall attend the discipline hearing."

The Coastal Stars fully support this new rule and will not tolerate such behavior. I can guarantee you should we have any such matters brought before us, and find the allegations are true, the penalty will be severe.

I'm sure you will agree that this type of behavior has no place in youth sports.

Best of luck during the season!

Sincerely,

Dave Denton

President - Coastal Stars

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Appendix 2 - Forms

1. Coaching Ethics Form
2. Consent to Treat Form
3. Accident Report Form
4. Incident Form
5. Travel Permit Form
6. Patching Awards Form
7. Coastal Stars Sponsor Form
8. Rink layout for practices

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COACHING ETHICS CODE AGREEMENT

2002-2003 Hockey Season

INSTRUCTIONS:

All head coaches, assistant coaches, and coaching instructors must complete this agreement every year. First-study the [Coaching Ethics Code](http://www.usahockey.com/coaches/ethics.htm) itself. (<http://www.usahockey.com/coaches/ethics.htm>) It may be found on the [USA Hockey Website](http://www.usahockey.com/) (<http://www.usahockey.com/>) Print this page using your web browser and complete it.

Submit this form with other registration materials to your local Massachusetts Hockey Association.

AGREEMENT

I, the undersigned coach, have read and agree to abide by, the USA Hockey Coaches Ethics Code.

I understand that violations of the Coaches Ethics Code may result in full or partial forfeiture of my coaching privileges in programs sanctioned by USA Hockey and/or its affiliate, the Massachusetts Hockey Association.

I further understand that lack of awareness or a misunderstanding of an ethical standard on my part is not a defense to a charge of unethical conduct.

Signature: _____

Date: _____

Print name: _____

Address: _____

City/Town: _____ State: _____ Zip Code: _____

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USA HOCKEY

CONSENT TO TREAT

This is to certify that on this date, I _____, as parent or guardian of _____, give my consent to USA Hockey and its medical representative to obtain medical care from any licensed physician, hospital, or clinic for the above mentioned athlete, for any injury that could arise from participation in USA Hockey sanctioned events.

If said athlete is covered by any insurance company, please complete the following:

Name of Insurance Company: _____

Address: _____

Policy Number: _____

Signed: _____
(parent/guardian)

Relationship to Athlete: _____

Home Address: _____

Phone: (_____) _____ Date: _____

Excess accident insurance up to \$25,000, subject to deductibles, exclusions and certain limitations, is provided to all USA Hockey registered team participants. For further details call Jay Bernard at 1-800-486-6880.

(over, please)

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Massachusetts Hockey APPLICATION FOR TRAVEL PERMIT

Complete and send to your Massachusetts
District/Divisional Registrar
See Massachusetts Hockey Guide Book
or call 413 – 732-7065
or visit our web site at www.masshockey.com

Name of Program: _____

Name of Team: _____

City/State: _____

Name of Coach: _____

Address: _____

Telephone: _____

TRAVEL INFORMATION

Proposed Games – Dates: _____

Location of Games: _____

Name of Host Contact: _____

Contact Address: _____

Contact Telephone: _____

USA HOCKEY MEMBER NON MEMBER

3 Weeks Prior Travel Fee -- \$5.00 MEMBER \$250.00 NON MEMBER

Late Request -- \$50.00
(Make check payable to Massachusetts Hockey)

All applicants must file with USA HOCKEY for International competition
(other than Canada)

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AWARDS

HAT TRICK..... 1 Per Season
PLAYMAKER... 1 Per Season
ZERO..... 1 Per Season



Please attach copy of game sheet to this form

Hat Trick..... 3 Goals in one Game
Playmaker..... 3 Assists in one Game
Zero..... No Goals allowed by a Goalie

Program Name: _____

Date Award Accomplished: _____

Players Name: _____

Age of Group: MIDGET BANHAM PEEWEE
SQUIRT MITE

Send Award To:
Coaches Address NAME _____

STREET _____

CITY _____ STATE _____ ZIP CODE _____

GAMES PLAYED MUST BE AGAINST A REGISTERED TEAM

Send this form to:

Ron DiFilippo
83 Maple Street
Wenham, MA, 01984

NO PATCHES WILL BE SENT IF GAME SHEET IS NOT ATTACHED

\$1.00 POSTAGE AS HANDLING FEES..... 1 TO 5 Patches
\$2.00 POSTAGE AS HANDLING FEES..... 6 TO 10 Patches
\$3.00 POSTAGE AS HANDLING FEES..... 11 or more Patches

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www.coastalstars.com

The Coastal Stars are looking for sponsors for their 22 youth hockey teams. There are over 260 families involved in the organization, representing the towns of Cohasset and Marshfield. Your sponsorship contribution will enable our youth teams to acquire team jerseys, which will be worn September through April, as well as to subsidize other team expense, including playing in games and tournaments.

The following sponsorships are available:

- 1 Gold Sponsor \$500.00**
Gold Sponsors will be acknowledged on our sponsorship board at the Hobomock Arena, in Pembroke, in our quarterly newsletter, and on our website.
- 2 Silver Sponsor \$250.00**
Silver Sponsors will be acknowledged on our sponsorship board at the Hobomock Arena, in Pembroke, in our quarterly newsletter, and on our website.

Your generosity will be greatly appreciated by the children who will proudly wear their Coastal Stars jerseys. Also, a plaque with a picture of the team you sponsored will be presented to your company in recognition of your charitable contribution.

Sponsorship Agreement

Company Name: _____
Address: _____
City: _____ State: _____ Zip code: _____
Contact Person: _____ Phone Number: _____
Signature: _____ Date: _____

Coastal Stars Level/Team: _____
Coastal Stars Contact: _____

Check a sponsorship level:	Gold Sponsorship	\$500.00	<input type="checkbox"/>
	Silver Sponsorship	\$250.00	<input type="checkbox"/>

Date: _____
Check #: _____

Make checks payable to the Coastal Stars
Thank you for your support!

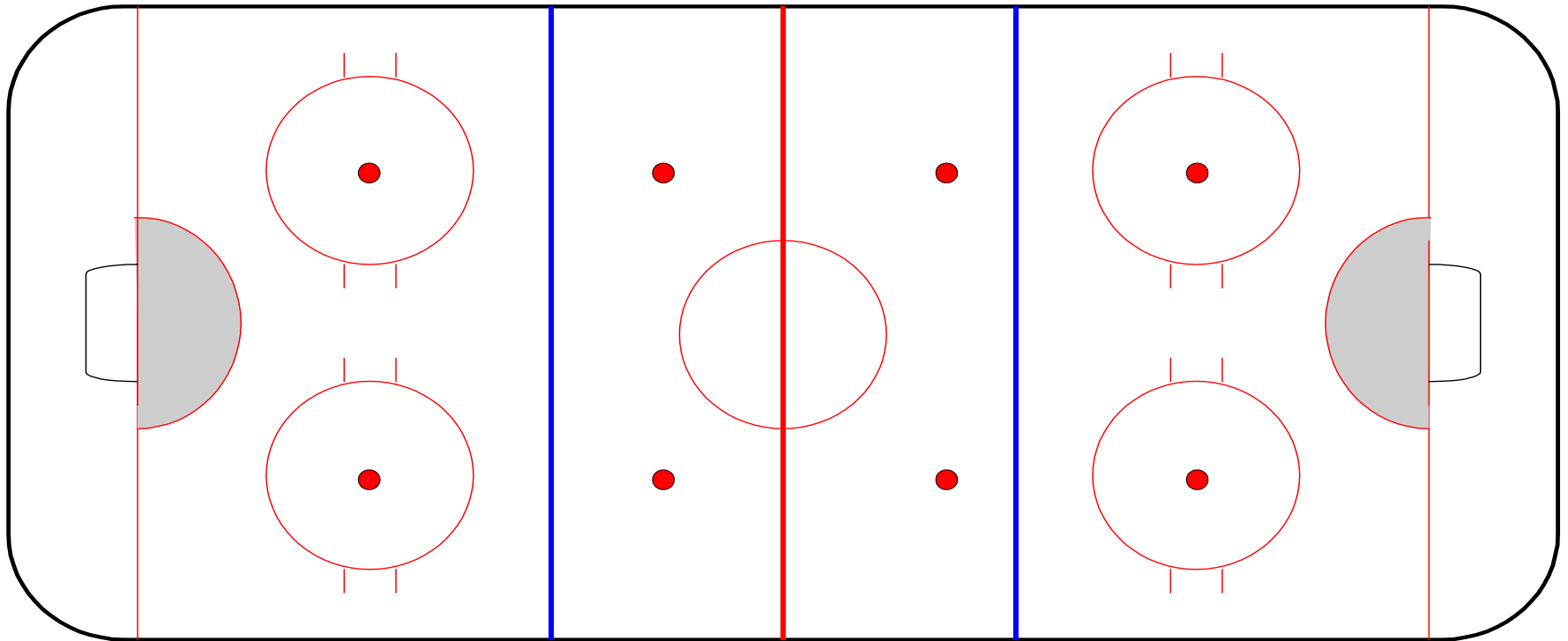
The Coastal Stars

P.O. Box 699

Marshfield, MA 02050

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Appendix 3 - MassHockey "Fair Play - Respect" Initiative

1. Introduction
2. Parents Compact
3. Coaches Compact
4. Players Compact
5. Discipline Guidelines
6. Fair Play Team Assessment Sheet
7. Reasons for Participating

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Appendix 5 - The Ten Positional Play Commandments

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1) **THE GOLDEN RULE**

Offense is when you have the puck. Defense is when the opponent has the puck - plain and simple. This applies to all three zones. If you do not have the puck, you cannot score, and therefore, must apply defensive strategies to obtain the puck. When you have possession of the puck, you develop offensively strategies to put the puck in the net.

2) **THE BASICS**

Players must learn their side of the rink before they can employ any other offensive or defensive strategies. Left-wingers must learn to stay on their side of the rink, and vice versa for right-wingers. Centers must learn to stay in the center zone. Left defense must learn their side of the rink, and so on. If a player is having problems staying on their side of the ice you can use a simple trick. Place a piece of white tape on the top of their glove that corresponds to the side of the ice they are playing (e.g. the left winger has tape on the left glove). Once the players learn the basics, they can proceed to more advanced positioning. This can easily be compared to a painter. An impressionist painter must first become an accomplished realistic painter before they can understand and employ the impressionist style.

3) **DEFENSE FIRST!**

Defense first! If you have a solid defense, the best an opponent can accomplish is a tie, 0-0, game score. Again, defense refers to all of your team's six players (goalie too) on the ice when they DO NOT have the puck in their possession.

4) **CHECKING**

Stick checking", "play the man checking" and body checking (at the appropriate level) must be skillfully incorporated into all offensive and defensive plays. Without effective checking, you simply will not be able to employ positional strategies.

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5) *THERE ARE NO HEROES OR ZEROS*

A team must learn that a goal scored against, or for, was scored by the entire unit on the ice. THERE ARE NO HEROES OR ZEROS, only a team. Effective positional play is achieved by all six players (goalie too) on the ice. I would much rather have a line of six average-skilled players who work as a team and dig hard, than a line with one or two superstars who play as entities unto themselves.

6) *POSITIONAL PLAY*

I am a strong believer in utilizing the USA Hockey Initiation Program's philosophy to teach skills on the ice. Positional play should be limited to chalk sessions, constant reminders on the bench during the games, off-ice practices and a small amount of ice time. At this level, it is more important for players to learn how to skate, pass, shoot and check properly. Positional strategies will come easily once they can perform these skills. You will notice that the better skaters have a tendency to play positional hockey better because they are less occupied with performing the skill required to get the job done. In addition, a hard won puck immediately passed away by a bad pass puts you back on the defense and negates all of the teams' hard work. Stressing fundamentals in the "TEACHING BY THEMED GAMES" method introduces players to team strategies. It creates players who can read the ice; create situation awareness and many other tools necessary for team strategy play.

7) *ONLY POSITIVE WORDS*

A team who will "dive" for the goalie is a winning team. The coach and team should never, not even once, say a bad word to, or about, a goalie. Of course, the goalie should never be reprimanded or insulted by his fellow teammates. Only positive words to a goalie. When a goal is scored against, it is the team's fault - collectively; why did the shot even get off? After a goal is scored, only positive remarks to the goalie are allowed like "we'll get it back", "I should've got that player", "we let you down". Even if the goalie is marginal, you should stick by the rule. This positive reinforcement will make your goalie better and make the players perform as one cohesive team. You, as the coach, must set the example and strictly administer this policy.

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8) FORE CHECKING and BACK CHECKING

Fore checking and back checking is an essential component of positional play. It is the genesis strategy and should be learned effectively before you proceed with any other strategies. It is an easy concept to learn and extremely effective against opposing teams. Forwards must learn to GET BACK and play an important part of the defensive team. A well-disciplined fore/backing checking team is very hard to beat.

9) THE GOALIE IS THE CORNERSTONE OF THE DEFENSIVE UNIT

In turn, a dedicated goalie coach should be assigned to train the goalie. As the season progresses, team goalie drills should be incorporated. These drills train both the players and goalie at the same time. It places the goalie in game-like situations and also practices screens, difficult angles, etc. Remember, every save the goalie makes, is one less goal the team has to score to win.

10) EAT THE PUCK

Get to the puck first. Players must learn that the team that gets the puck first WINS. If the other team gets to the puck first, it is theirs to score with!

11) READ AND REACT DRILLS

Perform drills, which make players think about their next movement. These drills teach players to think and make decisions quickly. In addition take ordinary repetitious drills and add a final movement that makes the players decide their next actions.

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Appendix 6 - USA HOCKEY COACHING ETHICS CODE

USA Hockey would like to give special thanks to the United States Olympic Committee. Many of the ideas for this Coaching Ethics Code were drawn from the USOC Coaching Ethics Code. In particular, USA Hockey would like to thank William J. Hybl, USOC President; Richard D. Schultz, USOC Executive Director; and the members of the USOC Coaching Committee.

INTRODUCTION

This Ethics Code is intended to provide standards of ethical conduct that can be applied by USA Hockey and its member organizations. Whether or not a coach has violated the Ethics Code does not by itself determine whether a contract or agreement is enforceable or whether other legal consequences occur. These results are based on legal rather than ethical rules. However, compliance with or violation of the Ethics Code may be admissible as evidence in some legal proceedings, depending on the circumstances.

This Code is intended to provide both the general principles and the decision rules to cover most situations encountered by coaches. It has as its primary goal the welfare and protection of the individuals and groups with whom coaches work. This Code also provides a common set of values. It is the individual responsibility of each coach to aspire to the highest possible standards of conduct. Coaches should respect and protect human civil rights, and should not knowingly participate in or condone unfair discriminatory practices.

GENERAL PRINCIPLES

PRINCIPLE A: Competence

Coaches strive to maintain high standards of excellence in their work. They recognize the boundaries of their particular competencies and the limitations of their expertise. They provide only those services and use only those techniques for which they are qualified by education, training or experience. In those areas in which recognized professional standards do not yet exist, coaches exercise careful judgment and take appropriate precautions to protect the welfare of those with whom they work. They maintain knowledge of relevant coaching educational information related to the services they render, and they recognize the need for ongoing education.

Coaches make appropriate use of scientific, professional, technical and administrative resources.

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PRINCIPLE B: Integrity

Coaches seek to promote integrity in the practice of coaching. Coaches are honest, fair and respectful of others. In describing or reporting their qualifications, services, products, or fees, they do not make statements that are false, misleading or deceptive. Coaches strive to be aware of their own belief systems, values, needs and limitations and the effect of these on their work. To the extent feasible they attempt to clarify, for relevant parties, the roles they are performing and to function appropriately in accordance with those roles. Coaches avoid improper and potentially harmful dual relationships.

PRINCIPLE C: Professional Responsibility*

Coaches uphold professional standards of conduct, clarify their professional roles and obligations, accept appropriate responsibility for their behavior, and adapt their methods to the needs of different athletes. Coaches consult with, refer to, or cooperate with other professionals and institutions to the extent needed to serve the best interest of their athletes, or other recipients of their services. Coaches' moral standards and conduct are personal matters to the same degree as is true for any other person, except when coaches' conduct may compromise their responsibilities or reduce the public's trust in coaching and/or coaches. Coaches are concerned about the ethical compliance of their colleagues' conduct. When appropriate, they consult with their colleagues in order to prevent or avoid unethical conduct.

PRINCIPLE D: Respect of Participants and Dignity**

Coaches respect the fundamental rights, dignity and worth of all participants. Coaches are aware of cultural, individual and role differences, including those due to age, gender, race, ethnicity, national origin, religion, sexual orientation, disability, language and socioeconomic status. Coaches try to eliminate the effect on their work of biases based on those factors, and they do not knowingly participate in or condone unfair discriminatory practices.

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PRINCIPLE E: Concern For Others' Welfare

Coaches seek to contribute to the welfare of those with whom they interact. In their actions, coaches consider the welfare and right of their athletes and other participants. When conflicts occur among coaches' obligations or concerns, they attempt to resolve these conflicts and to perform their roles in a responsible fashion that avoids or minimizes harm. Coaches are sensitive to differences in power between themselves and others, and they do not exploit nor mislead other people during or after their relationships.

PRINCIPLE F: Responsible Coaching

Coaches are aware of their ethical responsibilities to the community and the society in which they work and live. They apply and make public their knowledge of sport in order to contribute to human welfare. Coaches try to avoid misuse of their work. Coaches comply with the law and encourage the development of law and policies that serve the interest of sport.

ETHICAL STANDARDS

GENERAL STANDARDS

These General Standards are applicable to the activities of all coaches.

1. Applicability of the Ethics Code

While many aspects of personal behavior and private activities seem far removed from official duties of coaching, all coaches should be sensitive to their position as role models for their athletes. Private activities perceived as immoral or illegal can influence the coaching environment, and coaches are encouraged to observe the standards of this Ethics Code consistently.

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2. Boundaries of Competence

- (a) Coaches provide services only after first undertaking appropriate study, training, supervision, and/or consultation from persons within their respective association.
- (b) In those Affiliates or Districts, which require coaching education, coaches take reasonable steps to ensure their attendance at appropriate coaching education clinics.

3. Maintaining Expertise

Coaches maintain a reasonable level of awareness of related coaching information and undertake ongoing efforts to maintain competence in the skills they use.

4. Basis For Professional Judgments

Coaches rely on scientifically and professionally derived knowledge when making judgments or when engaging in coaching endeavors.

5. Describing The Nature Of Coaching Services

When coaches provide services or information to an individual, a group, or an organization, they use language that is reasonably understandable and appropriate to the recipient of those services and information that is always updated and truthful.

6. Respecting Others

Coaches respect the rights of others to hold values, attitudes and opinions that differ from their own.

7. Nondiscrimination

Coaches do not engage in discrimination based on age, gender, race, ethnicity, national origin, religion, sexual orientation, disability, language, socioeconomic status, or any basis prescribed by law.

8. Sexual Harassment

- (a) Coaches do not engage in sexual harassment. Sexual harassment is sexual solicitation, physical advances, or verbal or nonverbal conduct that is sexual in nature, and that either:

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- (1) is unwelcome, is offensive, or creates a hostile environment, and the coach knows or is told this;
 - (2) is sufficiently severe or intense to be abusive to a reasonable person in the context. Sexual harassment can consist of a single intense or severe act or of multiple persistent or pervasive acts.
- (b) Coaches will treat sexual harassment complainants and respondents with dignity and respect. Coaches do not participate in denying an athlete the right to participate based on their having made, or their being the subject of, sexual harassment charges.

9. Other Harassment

Coaches do not engage in or condone behavior that is harassing or demeaning to persons with whom they interact in their work based on factors such as a person's age, gender, race, ethnicity, national origin, religion, sexual orientation, disability, language, or socioeconomic status.

10. Personal Problems and Conflicts

- (a) Coaches recognize that their personal problems and conflicts may interfere with their effectiveness. Accordingly, they refrain from undertaking an activity when they know or should know that their personal problems are likely to lead to harm to athletes or other participants.
- (b) In addition, coaches have an obligation to be alert to signs of, and to obtain assistance for; their personal problems at an early stage, in order to prevent significantly impaired performance.
- (c) When coaches become aware of personal problems that may interfere with their performing work-related duties adequately, they take appropriate measures, such as obtaining professional consultation or assistance, and determine whether they should limit, suspend, or terminate their work-related duties.

11. Avoiding Harm

Coaches take reasonable steps to avoid harming their athletes or other participants, and to minimize harm where it is foreseeable and unavoidable.

12. Misuse of Coaches' Influence

Because coaches' judgments and actions may affect the lives of others, they are alert to guard against personal, financial, social, organizational, or political factors that might lead to misuse of their influence.

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13. Multiple Relationships

- (a) In many communities and situations, it may not be feasible or reasonable for coaches to avoid social or other non-coaching contacts with athletes and other participants. Coaches must always be sensitive to the potential harmful effects of other contacts on their work and on those persons with whom they deal. A coach refrains from entering into or promising a personal, professional, financial, or other type of relationship with such persons if it appears likely that such a relationship might impair the coach's objectivity or otherwise interfere with the coach effectively performing his or her function, or might harm or exploit the other party.
- (b) Likewise, whenever feasible, a coach refrains from taking on obligations when preexisting relationships would create a risk of harm.
- (c) If a coach finds that, due to unforeseen factors, a potentially harmful multiple relationship has arisen, the coach attempts to resolve it with due regard for the best interests of the affected person and maximal compliance with the Ethics Code.

14. Exploitative Relationships

- (a) Coaches do not exploit athletes or other participants over whom they have supervisory, evaluative or other authority.
- (b) Coaches do not engage in sexual/romantic relationships with athletes or other participants over whom the coach has evaluative, direct, or indirect authority, because such relationships are likely to impair judgment or be exploitative.

15. Delegation To, And Supervision Of Subordinates

- (a) Coaches delegate to their assistants only those responsibilities that such persons can reasonably be expected to perform competently, on the basis of their education, training or experience, either independently or with the level of supervision being provided.
- (b) Coaches provide proper training and supervision to their assistants or substitutes, as well as take reasonable steps to see that such persons perform services responsibly, competently, and ethically.

B. PUBLIC STATEMENTS

1. Avoidance Of False Or Deceptive Statements

Coaches do not make public statements that are false, deceptive, misleading, or fraudulent (either due to what they state, convey or suggest, or because of what they omit) concerning their work activities or those of persons or organizations with

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which they are affiliated. As examples (and not in limitation) of this standard, coaches do not make false or deceptive statements concerning:

- (a) Their training, experience, or competence;
- (b) Their academic degrees;
- (c) Their credentials;
- (d) Their institutional or association affiliations;
- (e) Their services;
- (f) The basis for, or results or degree of success of their services; or
- (g) Their criminal record.

2. Media Presentations

When coaches provide advice or comment by means of public lectures, demonstrations, radio or television programs, prerecorded tapes, printed articles, mailed material, or other media, they take reasonable precautions to ensure that the statements are consistent with this Ethics Code.

3. Testimonials

Coaches do not solicit testimonials from current athletes or other participants who, because of their particular circumstances, are vulnerable to undue influence.

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C. TRAINING ATHLETES

1. Structuring The Relationship

- (a) Coaches discuss with athletes, as early as it is feasible, appropriate issues such as the nature and anticipated course of training.
- (b) When the coach's work with athletes will be supervised, the above discussion includes that fact, and the name of the supervisor.
- (c) Coaches make reasonable efforts to answer athletes' questions and to avoid apparent misunderstandings about training. Whenever possible, coaches provide oral and/or written information, using language that is reasonably understandable to the athlete.

2. Coach/Parent Relationships

- (a) When a coach agrees to provide services to several persons who have a relationship (such as parents and children), the coach attempts to clarify at the outset the relationship they will have with each person. This clarification includes the role of the coach and the probable uses of the services provided.
- (b) As soon as it becomes apparent that the coach may be called on to perform conflicting roles (such as mediator between parents and children or sibling teammates), the coach attempts to clarify and adjust or withdraw from roles appropriately.

3. Sexual Intimacies With Current Athletes

Coaches do not engage in sexual intimacies with current athletes.

4. Coaching Former Sexual Partners

Coaches do not coach athletes with whom they have engaged in sexual intimacies.

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5. Sexual Intimacies With Former Athletes

- (a) Coaches should not engage in sexual intimacies with a former athlete for at least two years after cessation or termination of professional services.
- (b) Because sexual intimacies with a former athlete are so frequently harmful to the athlete, and because such intimacies undermine public confidence in the coaching profession and thereby deter the public's use of needed services, coaches do not engage in sexual intimacies with former athletes even after a two-year interval except in the most unusual circumstances. The coach who engages in such activity after the two years following cessation or termination of the coach-athlete relationship bears the burden of demonstrating that there has been no exploitation, in light of all relevant factors, including:
 - (1) The amount of time that has passed since the coach-athlete relationship terminated,
 - (2) The circumstances of termination,
 - (3) The athlete's personal history,
 - (4) The athlete's current mental status,
 - (5) The likelihood of adverse impact on the athlete and others, and
 - (6) Any statements or actions made by the coach during the course of the athlete-coach relationship suggesting or inviting the possibility of a post-termination sexual or romantic relationship with the athlete or coach.

6. Drug-Free Sport

Coaches do not tolerate the use of performance-enhancing drugs and support athletes' efforts to be drug free.

7. Alcohol, Tobacco and Gambling

- (a) Coaches discourage the use of alcohol and tobacco in conjunction with athletic events or victory celebrations at playing sites and forbid the use of alcohol by minors.
- (b) Coaches refrain from tobacco, alcohol and gambling use while they are coaching and make every effort to avoid their use while in the presence of their athletes.
- (c) Coaches discourage gambling in conjunction with athletic events, at playing sites and during road trips.

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8. Pornography

- (a) Coaches discourage the use of pornographic material.
- (b) Coaches refrain from the use of pornography while they are coaching and make every effort to avoid pornography while in the presence of their athletes.
- (c) Coaches do not engage in illicit behavior or activities with athletes or other participants over whom the coach has direct or indirect authority.

D. TRAINING SUPERVISION

1. Design Of Training Programs

Coaches who are responsible for training programs for other coaches seek to ensure that the programs are competently designed, provide the proper experiences and meet the requirements for coaching education or other goals for which claims are made by the program.

2. Descriptions Of Training Programs

- (a) Coaches responsible for training programs for other coaches seek to ensure that there is a current and accurate description of the program content, training goals and objectives, and requirements that must be met for satisfactory completion of the program. This information must be readily available to all interested parties.
- (b) Coaches seek to ensure that statements concerning their training programs are accurate and not misleading.

3. Accuracy And Objectivity In Coaching

- (a) When engaged in coaching, coaches present information accurately and with a reasonable degree of objectivity.
- (b) When engaged in coaching, coaches recognize the power they hold over athletes and therefore make reasonable efforts to avoid engaging in conduct that is personally demeaning to athletes and other participants.

4. Honoring Commitments

Coaches take responsible measures to honor all commitments they have made to all participants.

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E. TEAM SELECTION

1. Recruiting

Coaches do not engage, directly or through agents, in uninvited in-person solicitation of business or services from actual or potential athletes or other participants who, because of their particular circumstances, are vulnerable to undue influence. However, this does not preclude recruiting athletes deemed exceptional by USA Hockey.

2. Tampering

In deciding whether to recruit players already on another team, coaches must carefully consider the potential athlete's welfare. The coach must discuss these issues with the player's present coach first, then the player's parents before approaching the athlete in order to minimize the risk of confusion and conflict.

3. In-Season Contact

Contact with any player(s) should not occur during the progress of a season when the player's team is still actively engaged in their schedule of play. The only exception would be regarding participation on a USA Hockey National Team on a temporary assignment basis, where the player would be returned to his/her regular team at the conclusion of the assignment.

4. Player Selection

Coaches perform evaluations or team selection only in a manner consistent with the Ethical Code.

5. Assessing Athlete Performance

- (a) In coach-athlete relationships, coaches establish an appropriate process for providing feedback to athletes.
- (b) Coaches evaluate athletes on the basis of their actual performance on relevant and established program requirements.

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F. Resolving Ethical Issues

1. Familiarity With Ethics Code

Coaches have an obligation to be familiar with this Ethics Code (or as it may be amended from time to time), other applicable ethics codes and their application to the coach's work. Lack of awareness or misunderstanding of an ethical standard is not itself a defense to a charge of unethical conduct.

2. Confronting Ethical Issues

When a coach is uncertain whether a particular situation or course of action would violate the Ethics Code, the coach ordinarily consults with other coaches knowledgeable about ethical issues, with their Association, Affiliate or District with USA Hockey.

3. Conflicts Between Ethics and Organizational Demands

If the demands of an organization with which coaches are affiliated conflict with this Ethics Code, coaches clarify the nature of the conflict, make known their commitment to this Ethics Code, and to the extent feasible, seek to resolve the conflict in a way that permits the fullest adherence to the Ethics Code.

4. Informal Resolutions Of Ethical Violations

When USA Hockey participants believe that there may have been an ethical violation by a coach, they attempt to resolve the issue by bringing it to the attention of that individual in an informal manner.

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5. Reporting Ethical Violations

If an apparent ethical violation is not appropriate for informal resolution under Standard F4 or is not resolved properly in that fashion, participants and the association may take further action by:

Participant

- (a) Contacting the coach's Association President or appropriate designee.
- (b) Confirm with the coach's Association President if there was an attempt for an informal resolution.
- (c) Complete an Ethical Violation Form available through the Association President or designee.

Association

- (a) Will review the Ethical Violation charge using the appropriate due process procedure as outlined in USA Hockey's Annual Guide, By-Law G, 10 Suspensions and Resolution of Disputes.
- (b) Will give a copy of the completed Ethical Violation form to the coach in question seven (7) days prior to the association's review.
- (c) Will keep a written report on all reviews and actions.

6. Cooperating With Ethics Committees

Coaches cooperate in ethics investigations, proceedings, and resulting requirements of USA Hockey and any of its member organizations. Failure to cooperate is itself an ethics violation.

7. Improper Complaints

Participants do not file or encourage the filing of ethics complaints that are frivolous and are intended to harm the respondent rather than protect the public.

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G. PROCESS RELATING TO VIOLATION OF CODE

1. The Coach acknowledges that this Ethics Code is administered under the authority of USA Hockey and its member organizations, that a violation of the Code subjects the coach to the processes of USA Hockey and its member organizations. USA Hockey and its member organizations acknowledge that all violations of the Ethics Code will be reviewed for possible disciplinary action, and member organizations will keep a written report on all reviews and actions.
2. In the event that a violation of the Ethics Code occurs during an authorized USA Hockey activity, USA Hockey may take action separate and independent from that of its member organizations in order to protect its interests and those of athletes, coaches and others involved with the activity.
3. Any action taken by a member organization of USA Hockey which affects the opportunity of a coach to participate in "protected" competition as defined in the USA Hockey Annual Guide shall be entitled to due processes assured under the USA Hockey By-Laws.
4. If the violation of the Ethics Code occurs while a coach is a member of a USA Hockey team or event, the coach's member organization acknowledges that USA Hockey may institute its own proceedings regarding the violation, which action shall not restrict the ability or obligation of the member organization to take its own separate and independent action.
5. In the event that a coach is found to have violated the Ethics Code, such action is separate and apart from any other legal consequences which may occur as a result of the act.

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