



Guiding Principles for the Tri-County Saints Membership

The Tri-County Board of Directors are profoundly grateful for the time and effort each and every parent/guardian/family is able to commit to our hockey league. This organization is 100% volunteer based, and the continued success of the league is solely based on the continued commitment and cooperation of parents/guardians/players and their families. Thank you for joining us to instill a lifelong love of the game into our youth!

Below are the expected roles and responsibilities of every member of a TRI COUNTY SAINTS TEAM. For those parents who have accepted the role of head coach, assistant coach, and team parent – your attention and commitment to your particular roles and responsibilities listed below are crucial and necessary toward the team’s enjoyment, participation, and success through the hockey season.

HEAD COACH:

A. OVERALL PHILOSOPHY

The head coach carries the primary responsibility for the team’s overall organization, conduct, and participation during all on- and off-ice team events that include games, tournaments, practices, and official team outings. It is imperative that the head coach lead by example to preach the qualities of good sportsmanship, the importance of being good teammates who are supportive to one another, as well as set the example of a supportive parent/guardian, and in doing so, develops the team into a hockey family over the course of a season. Teaching youth hockey players to respect themselves, their teammates, opponents, referees, and their coaches is an essential part of the job.

The most important goal for the season for any coach is to ensure the team has FUN.

Encouraging players to compete and play hard and as a team but making sure players, coaches, and parents, and you yourself understand it’s about playing to compete and trying to play well, and not the end result of a win or a loss. Again, this emphasis is even more critical with the younger aged teams.

B. PRE-SEASON and EARLY SEASON RESPONSIBILITIES:

- A welcome email should be sent immediately after rosters are finalized for the upcoming season.
- Preseason meeting with families/players well before the first game and ideally before the first practice. This meeting should be a chance for players/families and the coach to meet one another and also gives the head coach a chance to define expectations and goals for the season.
- A follow up email from the team meeting that goes over any team rules/expectations/goals is important especially for those who cannot attend the meeting.
- Ideally, picking a meeting time/date that can get as many players/families in attendance.



C. IN-SEASON COMMUNICATION:

- Weekly emails to go over the week's schedules, recap games, talk about things that are being worked on in practices, and address any other needed issues that arise throughout the season.
- Open communication with parents/players on any issues that occur throughout the season. Involvement of coach coordinator, TCS president, SSC program director when needed for help with issues promptly that arise.
- Regularly check emails from ice scheduler, coach coordinator, program director, and other TCS board members for important information you need to act on or share with your teams.
- Periodic constructive feedback on player development to that player and their parent/guardian is a set expectation throughout the season. This can be accomplished using feedback from other team coaches as well.

D. USA HOCKEY NUMBERS

Get all USA hockey numbers from players and coaches. Forward to coach coordinator/registrar.

USA hockey numbers need to be obtained by each player by late august as they are not allowed on the ice by rule without these numbers being in place without exception.

E. COACHING CREDENTIALS:

Ensure you and all assistant coaches are compliant with all the requirements of safe sport, CORI check, and age appropriate modules prior to the first scheduled practice. Coaches are supposed to have all of these things completed prior to being engaged in any team activities including practices and games. Practices generally start around August 20th.

Ensure appropriate level certification will be active for the entirety of the hockey season for you and all assistant coaches on the team.

Ensure any required appropriate level certification class is completed well before the December 31st deadline for you and all assistant coaches on your team.

Attend all coach meetings unless absolutely with unavoidable conflict (ensure an assistant coach can represent you and the team in these cases where you cannot be present).

F. ARRANGE TOURNAMENTS

For travel teams, it is expected that you enter at least one and possibly two tournaments over the course of the season. One concept to consider is doing a destination tournament and a more local tournament/event. Arranging for tournaments early in the season is important as many tournaments can fill quickly. Some of the logistical requirements could be delegated to the team parent or other



parent or coach on the team if that is agreed upon. There are many teams who will do two destination tournaments and again this will be largely up to coaches and the players and families of a team.

G. ARRANGE DISTRICT PLAYDOWNS

This can be done in conjunction with the program director or tournament director (TBD)... All TCS teams will be expected to participate in district playdowns and attend state tournament if they are able to advance.

This could serve as one of the team's tournaments for the season as well if you are able to advance out of districts and go to the state tournament.

H. PRACTICES

You are responsible to ensure that every scheduled practice has a confirmed coach in attendance, ideally 30 minutes in advance of scheduled practice time in order to prepare for practice and to ensure appropriate locker room supervision of arriving players. If you cannot make the practice, then at least one assistant coach must assume this responsibility. In a rare instance, with most TCS practices being shared ice practices, if no team coaches can make a practice then head coach can ask the other team's coach if they can be responsible for your team's players and incorporate them into their practice. Make sure you communicate these rare and special circumstances to parents and players in advance.

Practices should have well laid out plans in advance given most have only 50 minutes of time on ice. And have appropriate water bottles, pucks, pinnies, needed rink equipment like cones, bumpers, small nets ready for start of practice.

It should be USA hockey based in philosophy and follow the age-appropriate guidelines that have been set forth in the USA Hockey coaching certification program. Also practice plans need to consider goalies and designing drills that effectively incorporate goalies and effective goalie training.

The general focus should be on skill development especially at younger ages and lower skill levels with minimal focus on systems especially with younger and/or less skilled players.

Practices should not be designed to work on things solely to get more victories.

I. GAMES

It is expected that lines be rotated evenly as best one can to try and even out ice time for all players in games – and it is the responsibility of all the coaches to work together in this capacity. The head coach must also be responsive and allow players to try different positions if they desire – this is especially encouraged at youth levels 12u and younger. All players in the 8u, 10u, and even 12u probably should be moving around with some regularity. At 12u and above, some players will clearly begin to define



themselves more at certain positions but occasional movement to other positions is also usually a good developmental tool especially if desired by that particular player.

Make sure you have roster stickers, pucks for warm-ups, water bottles available for games. Most of all - ensure your players have fun and enjoy their opportunity to compete. This is a vital part of the enjoyment of the game.

J. LOCKER ROOMS

As a general rule and also as a USA hockey/SSC requirement, players should not be in locker rooms unsupervised.

K. EQUIPMENT

Basic knowledge of hockey equipment at a minimum is encouraged in order to be able to answer questions of players and parents/guardians effectively.

L. BYE REQUESTS/SSC RULES

Make sure you submit bye requests on time (for tournaments so you aren't scheduled for ssc games) to the program director and be informed of SSC rules and regulations found in their red book on their website.

M. UNIFORMS

Make sure with parent/guardians that players have game shirts that will fit for the entirety of the hockey season and that they order game shirts if necessary. If they are new to the program, make sure parents/guardians of those players contact the registrar for available jersey numbers.

ASSISTANT COACHES:

- Support in all aspects the head coach's roles and responsibilities.
- Be an interactive participant in all practices. Bring ideas to the head coach on drills or stations that may be helpful to the team.
- Make every effort to attend the team's games. Your assistance to the team is vital in this respect. If you are unable to attend, please alert the head coach.
- With adequate advance notice from the head coach, make every effort to run a game or practice in the head coach's absence. In doing so, it is expected that you carry forward a practice



plan, team effort, coaching ethic, and game preparation that is consistent with the team's overall goals and expectations.

- Make sure you are fully compliant with all USA hockey requirements and attend coach meetings to the extent possible – particularly in the event that the head coach is unable to attend. This includes making sure you are compliant with cori check, safe sport, age appropriate modules, and level certifications. Cori, safe sport, modules need to be completed before any engagements in team based activities including practices and games which start around Aug 20th and level certification requirements ideally should be done well before Dec 31st deadline.
- Also, assistant coaches should be understanding of rules and regulations of the SSC found in the red book on the SSC website.
- Along with the head coach, ensuring the team is having FUN should be the most important goal.

TEAM PARENT/PARENTS:

- Create team stickers for roster sheets for games.
- Create and distribute a team roster to be given to all parents/guardians (listing of names/siblings/contact info)
- Arrange off ice activities over the course of the season. This would include off-ice itinerary for tournaments/p bruins' games/etc. Assist the head coach with other organizational tasks (when requested) to the extent possible.
- Be in communication with the team regarding various TCS activities throughout the year including fund raising efforts.
- A head coach may delegate the team parent to organize payments for tournaments, USA hockey numbers, etc. (this will be determined case by case by each individual team but ultimately the responsibility will lie with the head coach)
- Team Benevolent Activity-activity to give back to the local community in some way with some kind of team based volunteerism.
- Could coordinate or organize videography as a teaching tool for the coaches and players through Video/LiveBarn. (This could vary from team to team as on who may take lead on this)

PARENTS/GUARDIANS:

- Support zero tolerance and be a positive influence to your player and team from the stands.
- Make sure your player is fully equipped including mouth guards.
- Ensure your player has a game shirt that will fit them for the season and be in contact with registrar if your player is new to program to obtain jersey number options.
- Make sure skates are regularly sharpened; ensure all equipment is appropriately sized including sticks and gear.



- Get your player to rinks with ample time to get ready for practices and to games on time. Be in compliance with the team rules/expectations from the coaches.
- Do not force your player to go to go to a practice or a game.
- Be in communication with the head coach on attendance for practices and games either through the SI APP or other agreed upon method of communication.
- Make every effort to participate in any tournaments the team is playing in.
- Communicate as timely as possible any issues going on to the head coach in order to address issues/problems/concerns or misunderstandings.
- Respect team rules set forth by head coach and any necessary actions that may need to be taken by the head coach for your player if in violation of these expectations.
- Obtain a USA hockey number for your player well before the first scheduled practice in late august and give to the head coach or other designated person such as team parent.
- Your player is not allowed on the ice without an active USA hockey number for the season.
- Be compliant with payments to Tri-county Saints by the deadlines set forth.

PLAYERS:

- Be a supportive teammate and always try your best and give a complete effort.
- Respect all coaches/referees/opponents and all members of your team.
- Listen to the coaches and try to follow directions for drills at practices and advice during games.
- Be prepared and be ready. Be on the ice on time for practices. Be fully dressed and ready for games typically 5 to 10 minutes before games start (desired time to be set by team coach).
- Communicate injuries and any issues you are having to the coaches immediately.
- Have fun. Enjoy the game and the opportunity to compete.
- Respect the team rules set forth by the head coach and understand there can be consequences for team rule violations that occur, especially for repeat occurrences.
- Do not engage in bullying in any manner towards fellow teammates. This includes verbal, physical, and cyberbullying. This is not to be tolerated in any manner.