

Coach Meeting

Sept 23, 2018



RHCC

RECREATIONAL HOCKEY CALGARY

James Mills - RHC President
Division Coordinators

Agenda

1. SIGN-IN
2. INTRODUCTION
3. BOARD MEMBERS
5. REC PHILOSOPHY & FAIR PLAY CODE
6. SCHEDULE DETAIL
7. COACHES RESPONSABILITIES
 - POLICE INFORMATION CHECK (PIC)
 - RESPECT IN SPORT (COACH)
 - RESPECT IN SPORT (SAFETY)
 - GAME ETIQUITTE
 - GAME SHEETS
 - SPARE GOALIES
8. NEW SUSPENSION POLICY
9. RHC AND REFEREES
10. EQUIPMENT PICK UP
11. CZRC Q&A

Introduction

- Welcome to the 2018/19 Season (RHC's 18th Season)
- Thank you for volunteering!
- Coaches play a critical role in ensuring:
 - ❖ The RHC philosophy is instilled and emphasized throughout the season
 - ❖ Players have fun and have a positive experience playing Rec Hockey
 - ❖ Encourage fair play among the players, coaches, referees and parents.
- Please share this information with all coaches/assistants not present at this meeting. This power point presentation will be posted on the RHC website for future reference.

RHC Board Members

President:	James Mills
Vice President	Jamie Mills
Secretary:	Jean McRae
Treasurer:	Sally NG
Registrar:	Cathy Hosowich
Equipment Coordinator:	Helen Mills
Referee Liaison:	Clint Fitzgerald
Pee Wee Coordinators:	David Hunter / Russell Stratton
Pee Wee Development:	Doug Altrogge / Steve Turner / Nicholas Mills
Bantam Coordinator:	Kara MacDonald / Richard Bell
Midget Coordinator:	Crystal Fitzgerald / Clint Fitzgerald
Junior Coordinator:	Sarah Anderson / Erin Boulet

Philosophy

- RHC was created to be:
 - ❖ Less competitive and
 - ❖ Require less time commitment than community hockey
- We encourage and support good sportsmanship, fair play, friendship, and respect
- Body checking, aggressive behavior and unsportsmanlike conduct will not be tolerated
- RHC Philosophy:
 - ❖ Fun and safe
 - ❖ Moderate time commitment
 - ❖ Affordable
- No standings, player stats, playoffs



HC/RHC Fair Play Code

- RHC expects all players, parents, coaches and any other people that attend RHC games or functions to behave in a socially acceptable manner that supports the Mission and Objectives of the RHC hockey program and to act as a positive role model for all RHC players.
- RHC supports the FAIR PLAY CODES programs of Hockey Canada and Hockey Calgary AND ...
 - ❖ **By registering or volunteering in RHC, players along with coaches, parents, directors, spectators, have accepted their Fair Play pledge.**
- Regardless of whether a form is signed, all members (coaches, players, officials, parents, directors and spectators) are still subject to the consequences for unacceptable behavior.
- The Board of Directors reserves the right to suspend a player, coach and/or parent from RHC who has violated the Hockey Calgary “Fair Play Pledge” or deviate from the RHC Philosophy.
- Coaches have the authority to recommend full game suspension of players on their teams they feel are in breach of the Fair Play Code. Coaches have the authority to suspend players for a shift, or a period where the player is in breach of the code.
- RHC rules are defined in the RHC Policies and Procedures Manual located on the website

HC/RHC Fair Play Pledge

PLAYERS

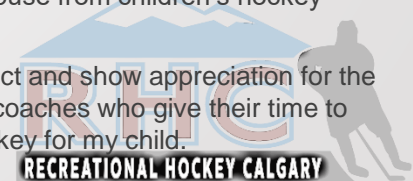
- I will play hockey because I want to, not just because others or coaches want me to
- I will play by the rules of hockey, and in the spirit of the game.
- I will control my temper – fighting and “mouthing off” can spoil the activity for everybody.
- I will respect my opponents.
- I will do my best to be a true team player.
- I will remember that winning isn't everything – that having fun, improving skills, making friends and doing my best are also important.
- I will acknowledge all good plays & performances – those of my team and of my opponents.
- I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.

COACHES

- I will teach my players to play fairly and to respect the rules, officials and opponents.
- I will ensure that all players get equal instruction, support and playing time.
- I will not ridicule or yell at my players for making mistakes or for performing poorly. I will remember that players play to have fun and must be encouraged to have confidence in themselves.
- I will make sure that equipment and facilities are safe and match the players' ages and abilities.
- I will remember that participants need a coach they can respect. I will be generous with praise and set a good example.
- I will obtain proper training and continue to upgrade my coaching skills.
- I will work in cooperation with officials for the benefit of the game.

PARENTS

- I will not force my child to participate in hockey.
- I will remember that my child plays hockey for his or her enjoyment, not for mine.
- I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game.
- I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
- I will never ridicule or yell at my child for making a mistake or losing a game.
- I will remember that children learn best by example. I will applaud good plays/performances by both my child's team and their opponents.
- I will never question the officials' judgment or honesty in public.
- I will support all efforts to remove verbal and physical abuse from children's hockey games.
- I will respect and show appreciation for the volunteer coaches who give their time to coach hockey for my child.



RHC Policy Notes

Special mention based on some challenges we had in the pas:

- Zero tolerance for abuse – racial, gender, sexual orientation etc
- Vaping is not allowed in the dressing room
- Any player suspected of being intoxicated (drugs/alcohol) can be suspended from play by their coach and referred to the league for further discipline
- RHC follows the HC handshake policy

Schedule Detail 2018-2019 Season

1. Pee Wee 29 games + 6 development sessions, Bantam / Midget / Junior
32 games

2. Start Dates

Junior Wednesday Sept 26

Midget Thursday Sept 27

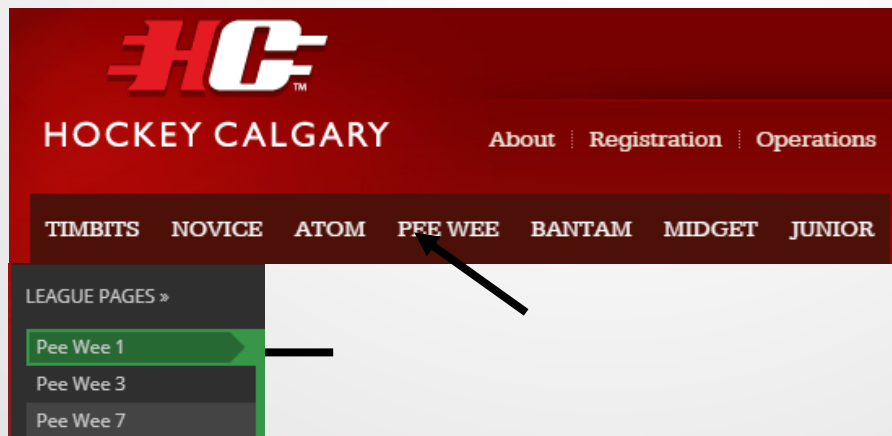
Bantam Monday Sept 29

Peewee Monday Oct 1

3. EMHW January 12

4. Year End Tournament (week of March 4 & 11)

Note: Check the Hockey Calgary website (www.hockeycalgary.ca) for the most current schedule.



Coach Responsibilities

- Police Information Check
- Respect In Sports (Coaches)
- Respect In Sports (Safety)

Police Information Check (PIC)

- All coaches, assistants and volunteers that participate within RHC must have a current Police Information Check.
- CPS checks are good for 3 years; All costs associated with the PIC check are covered by RHC.
- For those requiring a PIC, you must be cleared through Cathy Hosowich our registrar
- You cannot coach or be on the bench or in the dressing room if you do not have a current PIC

Respect in Sports (RIS) – Coaches

- This is mandatory for all HC streams including RHC.
- All coaches including assistants must complete the on line program by Oct 31.
- RHC will reimburse the costs associated with this program.
- THE RIS – Coach takes approx. 2.5 hours to complete

Respect in Sports (RIS) – Safety

- THIS IS MANDATORY FOR ALL HC STREAMS INCLUDING RHC.
- One individual must be present at every game who has the RIS – Safety. This does not have to be a coach; it can be a parent volunteer who has a current PIC and is willing to act as the safety person for games
- Each team must be compliant prior to the start of the season.
- RHC will reimburse the costs associated with this program.
- THE RIS – Safety takes approx. 2.5 hours to complete. This course covers medical awareness, concussion protocols, bullying, harassment, hazing, dressing room supervision, etc.

Game Etiquette

- Coaches should introduce themselves and shake hands with the referees before the game.
- At the completion of the hockey game, all coaches and players must participate in a post game handshake with the other team.
- Work with the other coaches to overcome issues in the interest of FUN for the players (ie. no goalie, lack of players)
- If a team has less than 10 skaters, they can use “affiliate” players from other teams or request players from the opposition. ** Thanksgiving, Family Day, January exams – please plan in advance
- Display and emphasize good sportsmanship throughout the game such as limiting the score in cases of lopsided play.

Game Sheets

- Make sure you have filled in your portion of the game sheet accurately.
 - ❖ Note SUSPENSIONS and Affiliate players
- Ensure you have responsible and knowledgeable off-ice officials at each game
 - ❖ Time Keeper / Scorekeeper. Each team to provide one for each game plus another volunteer to work the penalty box gate. COACH RESPONSIBILITY – OR DELEGATE
- The HOME team enters the game info in the HC website AND submits the white game sheet to the division coordinator by noon of the day following the game. Game sheets are to be scanned and sent to the coordinator. Alternatively, a good resolution picture can be taken and forwarded to the coordinator.
- If there are issues such as a incident write-up, please expedite these time sheets so that the discipline committee can review prior to the next game.

Electronic Game Sheets

- Access is via the Hockey Calgary website (www.hockeycalgary.ca)
- Each team will be provided an access code and password for their team. Note that the coach can delegate this responsibility to an assistant coach, manager or parent volunteer.
- All game stats including goals, assists, penalties etc are available to the coaches .
- The white game sheet or a picture are still required to be forwarded to the coordinators.

Game Sheet: Coordinator Contacts

- Pee Wee peewee@rechockeycalgary.ca
- Bantam bantam@rechockeycalgary.ca
- Midget midget@rechockeycalgary.ca
- Junior junior@rechockeycalgary.ca

Spare Goalies

- RHC will try to have a spare goalie available in all divisions.
- RHC will send you a list of all the goalie contact info for your division.
- Protocol if your regular goalie cannot make a game:
 - ❖ First call / email MUST be to the spare goalie
 - ❖ If the spare goalie is not available, another goalie from your division. Call or email the goalies that are on the ice before or after your game at the same rink
 - ❖ If no division goalie is available, call a goalie from a lower division

(Pee Wee can go outside of RHC if all other options have been exhausted)
- If there you are still short a goalie for a game, coaches work together for a solution (share goalie / shooter tutor / 6 skaters).
The game must go on!

Suspension Policy

- Any player who incurs 3 penalties during a game will receive a game ejection and an additional game suspension.
- Each subsequent 3 penalty game after the first will result in a two game suspension.
- Any player receiving 20 penalties within a season (including EMHW and YET) will receive a 3 game suspension.
- Any player receiving 25 penalties within a season (including EMHW and YET) will be reviewed by the discipline committee for possible expulsion from the league.
- Any player that receives 2 or more suspensions that fall within the Hockey Calgary minimum suspension guidelines will be reviewed by the RHC Discipline Committee for further discipline or expulsion from the league.
- It is the Coach's responsibility to track penalties for your team

RHC and Referees

RHC has a zero tolerance for abuse of officials

Coaches have a huge influence over players behavior

If you have a complaint about a referee:

- Suggest using 24 hour rule
- Complaint must be submitted in writing (e-mail is acceptable) to your divisional coordinator
- Be specific!
 - ❖ Statements like “lost control of the game” carry little or no weight.
 - ❖ Statements like “did not call checking from behind penalties or hits to the head, resulting in player injuries” carry significant weight.
 - ❖ **In all cases where referees were abusive or used profanity against players or coaches, a written complaint is required**
- Coordinator sends complaint letter to President
- President sends letter to CZRC
- Referees are governed by CZRC which is arms length from HC and RHC

HC: Common Infractions & Minimum Suspension Guidelines

See

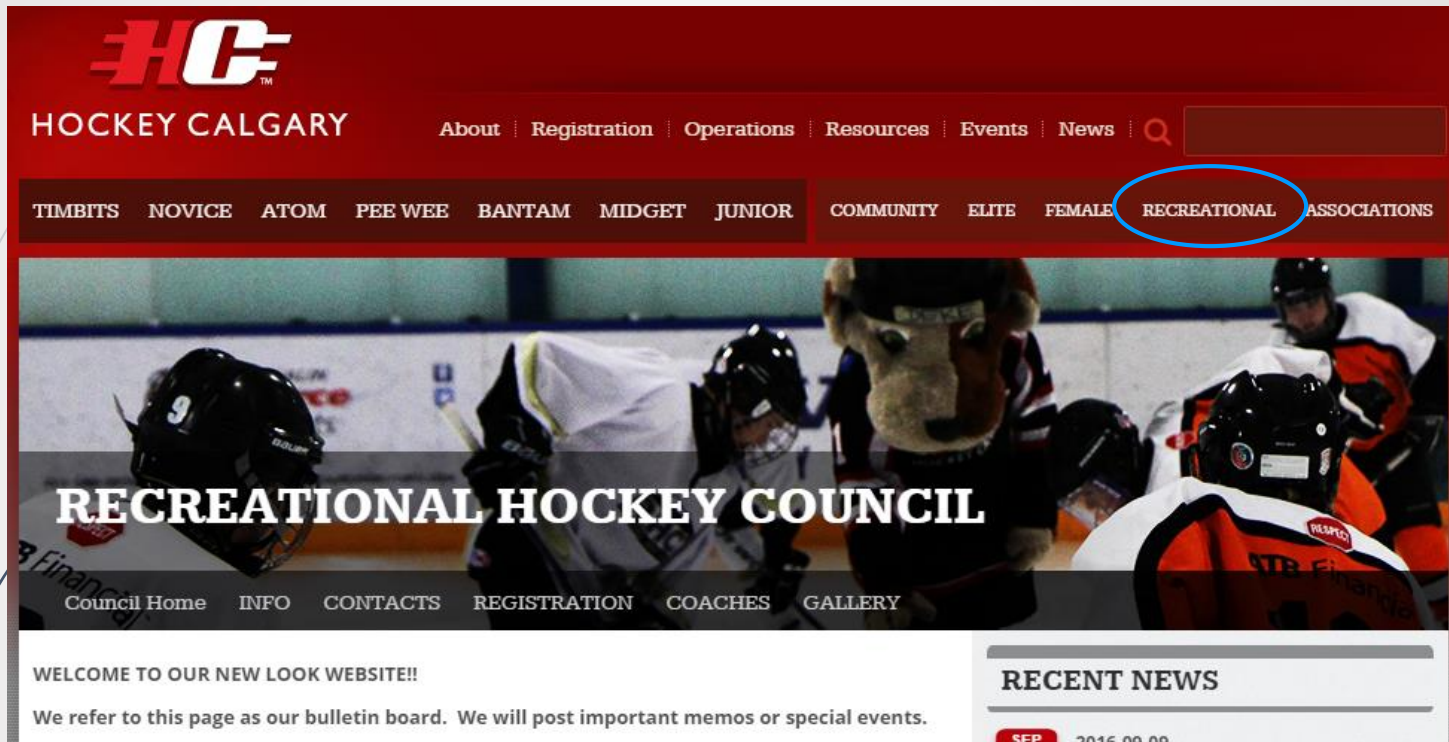
https://www.hockeycalgary.ca/assets/file/Minimum_Suspensions_2016_17_HockeyCanada%282%29.pdf

Rule #	Penalty	Minimum Suspension
2.2	Coach Playing Ineligible Player or a Player under suspension	Indefinite
3.6	Removing Helmet	1 Game
4.5	Second 10 Minute Misconduct - Same Game	1 Game
4.6	Game Misconduct in Last 10 Minutes of Play (* Provided the Original Infraction does not call for multiple game suspensions)	1 Game*
4.7	Gross Misconduct	2 Games
9.2	Verbal Abuse of an official (Misconduct) (10)	None
9.2	Harassment of Officials/Unsportsmanlike Conduct/Misconduct Where a Game Misconduct is assessed	2 Games
	Where a Gross Misconduct is assessed	2 Games
9.2 f	Verbal Taunts, insults or intimidation based on discriminatory grounds	Indefinite

RHC Rule

Minimum
4 game suspension
(Discipline
Committee Review)
and a
Personal apology

Coach Information – RHC Website



The screenshot shows the Hockey Calgary website. At the top left is the logo for Hockey Calgary (HC). Below it, the text "HOCKEY CALGARY" is displayed. A navigation menu includes links for "About", "Registration", "Operations", "Resources", "Events", and "News", followed by a search icon and a search box. A secondary navigation bar lists various levels of play: "TIMBITS", "NOVICE", "ATOM", "PEE WEE", "BANTAM", "MIDGET", "JUNIOR", "COMMUNITY", "ELITE", "FEMALE", "RECREATIONAL", and "ASSOCIATIONS". The "RECREATIONAL" link is circled in blue. Below this is a large banner image of hockey players and a mascot. Overlaid on the banner is the text "RECREATIONAL HOCKEY COUNCIL". Below the banner is a sub-navigation menu with links for "Council Home", "INFO", "CONTACTS", "REGISTRATION", "COACHES", and "GALLERY". A welcome message reads: "WELCOME TO OUR NEW LOOK WEBSITE!! We refer to this page as our bulletin board. We will post important memos or special events." To the right, there is a "RECENT NEWS" section with a date "SEP 2016.09.09".

Equipment Pickup

- Managed by Helen Mills, RHC Equipment Manager
- Pick up is at SPACE PLACE
 - ❖ 118 Bowridge Drive NW, unit #223
- What you get...
 - ❖ Team jerseys on hangers in garment bag (MUST be returned this way)
 - ❖ socks (players keep these at the end of the season)
 - ❖ pinnies (Selected teams only)
 - ❖ medical kit
 - ❖ puck bag with 20 pucks
 - ❖ game sheets (should be enough for entire season)
 - ❖ blank team labels.
- You will get details on returning the above from Helen and/or your coordinators in the Spring
- **If you have any equipment needs during the season please go through your division coordinator.**

Q & A

- CZRC
- Coordinators

Thank you