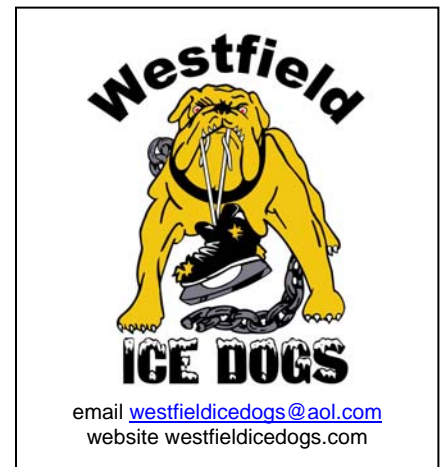


To: All Parents and Players  
From: Coach Gallagher  
Coach Fleming  
Date: 2008-09 Season  
Re: Team Rules.....



The following is a list of rules that we would like players and parents to make every effort to abide by as closely as possible. We understand that some practices and games are hard to make, but for the team to become effective every effort must be made. Please comply with the rules as best you can and thank you for your cooperation.

- I.
  - a. First and foremost are your grades, we would much rather you miss a practice or even a game in order for you to finish a homework assignment or study. If you have to miss an activity because of schoolwork it will be required that the parents contact either the coach or team manager. This is should not be taken as a standing excuse to miss a team event and the players have made a commitment to attend all team sanctioned events (all scheduled ice games, practices and Thu after school off-ice sessions). Failure to notify the coach in advance and failure to have an acceptable excuse as determined by the Head Coach will result in a one period suspension.
  - b. We all have committed to high school hockey and should give it as much or the same consideration as we do any other sport. The only way we can compete as a team is to participate as a team. This means attending as many team activities as possible. This is the only way we can function and grow as a team. If we don't practice as a team, then how can we play as a team? I am in no way asking anyone to neglect their other interests or teams, all I am asking for is some of the same consideration.
  - c. All players will be in the locker room 30 minutes before every practice. This ensures time to fully explain the drills in practice as well as to demonstrate any techniques to be learned in practice or discuss team business. You have committed your time to this team, we the coaching staff are committing our time to improve your skills, both as a player and as a person. All practices are considered 'sanctioned events and if missed without notice will result in sitting fully dressed on the bench for a period in the game.  
All players are required to be in the locker room 60 minutes prior to game time. This does not mean roaming the hallways and video room of the rink, this means in the locker room. This is a very important time prior to the start of the game the first step to preparing for a game is mental preparation. All team captains are responsible for seeing that everyone is in the locker room! Team Captains will also lead and conduct the pre-game warm-ups. This will be monitored by one of the coaches.
  - d. Give 100% every practice and every game. Each player must play his or her best in order for the team to play its best. In order for you to develop your skills and to play your best

during game situations, you must try your hardest to develop each skill during practice. And remember everyone has limitations and your 100% ability will not match everyone else's 100% ability, but as long as you do your best that is all we are asking. The desire you show to improve during our practices reflect the desire to excel in game situations.

- e. Team Play – The word “Team Play” is just what it says it is. To become a solid team and be able to compete competitively we must play as a team! Individual play making and being a “Puck Hog” is not being a team player. To be effective on the ice we MUST do what is best for the team and not always what is best for us as individuals. Great teams, leaders, and achievers do just that, they always put the team in front of themselves. This is the only way we can become a team. These are things that successful coaches look for, so if you're thinking only of yourself and how many goals you score. Don't be surprised if you are sitting on the bench and watching the rest of the team playing the game.
- f. Player's Positions – It is our job as coaches to determine who plays where! Just because you play forward on another team, that doesn't mean that is what is best for our team. Each team has different requirements and needs, we may be weak or need more attention in other areas than on your other team you play on. We may see something you do well that will better fit us by moving you to another position. “It's nothing personal” so don't take it that way, it's what we feel is best for the team. Put your personal preferences aside and help us do what is best for everyone “The Team”. We are always open for discussion and sometimes we move players up and back to try and accommodate your wants. But the bottom line is the coach has the final decision and these decisions are made for a reason, and the coach will be more than happy so explain why.

## II.

- a. Respect your coaches, opponents, referees, and parents. Never talk back to a coach, referee, or parent. You may not agree with everything we say, but we ask that you follow our instructions. If you do not understand something that we are telling you, then talk to a coach as soon as possible. If you disagree with what we are telling you, then talk to a coach about it after practices or games. Remember there is a time and place for everything, make sure it is the right time and place. It is the responsibility of the coaching staff to determine when it is appropriate to question or dispute a call, right or wrong. Any player approaching a referee, or any coach, opponent or parent for so much as an explanation without the coach's recommendation will be strongly disciplined. When questioning a call, the coach on the bench will request the captain, assistant captain, or another player to approach the official and ask in the proper manner and tone of voice for an explanation; or to ask the official to come to our bench and give the coach the explanation.
- b. Never criticize teammates or make fun of them in any way, shape, or form, this will not be tolerated. We are a team, teams are at their best when everyone can work together towards a common goal. Criticism towards teammates creates friction and reduces the effectiveness of the entire team. Everyone on the team, including the coaches, will make mistakes, it is everyone's job on the team to communicate in a positive manner with each other. We are a team first and foremost, therefore we must stick together and provide encouragement to each other. A team player is not the one who scores the most goals or who can skate the fastest, a team player is the one who unselfishly does what is best for the whole team and not themselves. This coaching staff will not settle for anything less, if you are having problems with another teammate or if you have to air your feelings come

to one of the coaches first and discuss your problem. We then will decide the best way to resolve this problem, it may be that we will have to resolve it as a team discussion and keep strategy in tack. Anyone who thinks differently will jeopardize his or her position with this team.

- e. This team will abide by the Fairfax County Schools and Virginia High School League and maintain the curriculum to play and compete in a high school sport. This will be determined as per those requirements which at this time require a "C" average in your grades. This team will submit copies of report cards to the coach at each grading period as soon as possible. Failure to do so may result in suspension until such records are made available. Your grade average will play an important part for your placement on the team. Grades will be reviewed by the coaching staff and will be dealt with in strict confidence. If you are having problems in school please come to us for a consultation and there maybe a chance between the coaching staff and your parents we can offer some help.
- d. Other conditions that will be reviewed by this club for suspensions will include but not limited to, if you are suspended from school for any reason this will also include suspension from team participation. If you are arrested for reasons of serious traffic violations, such as speeding, reckless driving etc. you will go under review by the coaching staff or officers of the club at which time it will be determined whether you are eligible to play. If you are convicted of drinking under the age or for use of any controlled substance you will be suspended and placed under review. In the event that the coaching staff and/or officers of the club cannot come to a conclusion for suspension, it will then come to a vote by each member over the age of 18 or their legal guardian. And said decision will take precedence, or in the event the Fairfax County Schools or Virginia High School League rulings have not been met the either organizations strictest policy will take precedence. If you are convicted (found guilty) of any crime, either a misdemeanor or felony you will be placed on suspension and your status will be reviewed. Your remaining status as a member of this club will be determined by the club or county and/or state requirements having the strictest compliance. We must stay in compliance with both organizations in order to ever be recognized as a club or varsity sport.
- e. Never disrespect anyone on this coaching staff or the crest you will wear on your jersey. Every time you don that jersey you are representing your school and everyone who attends Westfield. Remember you are playing for the name on the front, not the name on the back. Even though we are not as of yet recognized as a club or varsity sport, you are associated with the school and all of our conduct and behavior will reflect on who we are and how we will be recognized in the future. This includes at home, in school, as well as on or off the ice. Failure to do so may result in suspension.

### III.

- a. One last topic to discuss is "Rest, Nutrition, and Exercise". Over the past seasons we have witnessed our players not having enough energy and stamina to finish a full 60 minutes of game time It is important that all players are following a personal workout routine that has a minimum of three sessions a week.

Proper nutrition and exercise other than attending practices and getting the right amount of rest are key ingredients to being successful on the ice. Our lives are filled with so many things to do we sometimes forget how much rest we are missing or how important eating the right foods are.

Even if you lay down an hour before coming to the rink for a game or practice with your headphones on listening to your favorite CD, this small amount of rest or relaxation can make a tremendous amount of difference not only physically, but also mentally. Same goes for what you eat and what time you eat it before coming out onto the ice. If you come to the rink feeling grouchy, tired, too full or on an empty stomach, what kind of game do you think you are going to have?

IV.

- a. Off Ice Sessions- All off ice sessions including conditioning, chalk talks, or any other team activities, are at the head coach's discretion. Same rules apply to off ice as they do for games and practices. See section 1 a.

As off ice sessions are modified, so will the team rules be modified to reflect any changes. This will depend solely on the off ice terms agreed upon at the beginning of each season or by individual coaches.

Abuse of any team rules or activities will result in disciplinary action. The Head Coach will have the initial disciplinary call. Repeat offenders will be reviewed by the Director, and additional disciplinary action could be justified, and could result in any of the following.

1. Suspension for one period.
2. Suspension for two periods.
3. Suspension for one or more games, determined on a case-by-case basis.

The director will have the authority to extend a coach's suspension if the Director deems further disciplinary actions are in order. The Director will not overturn the Head Coaches initial disciplinary call, unless it is the decision of that coach to withdraw or lessen the suspension.

V.

- a. Summer Camp – Small Area Drills, the summer ice program is our current biggest fundraiser of the year. Therefore every member of the Westfield Ice Dogs is required to make every effort to attend. Not only to support the club, but this is a great way to sharpen your skills, and to create camaraderie with new and upcoming Westfield Ice Dog players. No matter how good you may think you are, no matter what other team you may be playing for, there is no one on this team or any other team that doesn't need some improvement.
- b. The camp is open to Westfield player first, and then is open to any player from grades 8 thru 12. This is also a great way for you to invite other teammates or line mates from your other teams and work on your skills together, and have some fun. So we expect to see everyone on the ice this summer.

This list will give some basic points for the players of this club to keep in mind. We strongly suggest you read them together and explain and understand them. Discipline is the first step to becoming a team, without it there is no foundation for a team to build from. We are very demanding on discipline at all times, but this does not mean that we cannot have fun and be disciplined at the same time. If you have any questions, comments, or disagreements with anything set forth, please feel free to discuss the team's rule with myself or Coach Fleming at your convenience.

Respectfully,  
The Westfield Coaching Staff

Coach Bucky Gallagher  
Club Head Coach / Director

Coach Bill Fleming  
Varsity Head Coach

