

# Selkirk Ringette Association

[www.selkirkringette.com](http://www.selkirkringette.com)



**COACHING**

**REFERENCE HANDBOOK**

**2011/2012**

The purpose of this handbook is to provide coaches with some key policies and guidelines that the Selkirk Ringette Association (SRA) adheres to as well as general information on how the Selkirk Ringette program is administered. The Selkirk Ringette Association recognizes the importance of communication and encourages coaches to contact the SRA President or any Executive member for additional information when the need arises or when you have concerns about Selkirk Ringette.

## **1) COACHING**

### **a) REQUIREMENTS**

**The following paperwork must be handed to a SRA board member by November 1<sup>st</sup> every year:**

- **Bench Code of Conduct**
- **Child Abuse Registry Check form**

**The Coaches must also complete the necessary coaching certification level, Respect in Sport (online) and Making Ethical Decisions Evaluation (online) before December 31<sup>st</sup>. All coaches will be reimbursed for the coaching clinic fees as long as they have approval from the board prior to taking the course.**

#### **U-9 (Bunnies) & U-10 (Novice)**

**Coach & Asst. Coach** - Community Sport Initiation Trained (CSI) or Full Level I, Respect in Sport and Making Ethical Decisions Online Evaluation

**Manager** - Ringette Canada's Manager Course \* and Respect in Sport

**Trainer** - Certification in Standard First Aid \*\* and Respect in Sport

#### **U-14 A (Tween)**

**Coach & Asst. Coach** – Complete Level I or Competitive Introduction 1 (CI-1) Trained plus Competitive Introduction 2 (CI-2) Trained, Respect in Sport and Making Ethical Decisions Online Evaluation

**Manager** - Ringette Canada's Manager Course \* and Respect in Sport

**Trainer** - Certification in Standard First Aid \*\* and Respect in Sport

#### **U-12 B, U-12 C, U-14 B & U-14 C (Petite & Tween)**

**Coach & Asst. Coach** – Community Sport Initiation (CSI) Trained or Full Level 1, Respect in Sport and Making Ethical Decisions Online Evaluation

**Manager** - Ringette Canada's Manager Course \* and Respect in Sport

**Trainer** - Certification in Standard First Aid \*\* and Respect in Sport

**U-16 A, U-19 & 18 and over “1”**

**Coach & Asst. Coach** – Competitive Introduction 1 (CI-1) Certified plus Competitive Introduction, Respect in Sport, and Making Ethical Decisions Online Evaluation or Full Level 2

**Manager** - Ringette Canada's Manager Course\* and Respect in Sport

**Trainer** – Certification in Standard First Aid\*\* and Respect in Sport

**U-16 B & U-19 B**

**Coach & Asst. Coach** – Community Sport Initiation (CSI) Trained or Full Level 1, Respect in Sport and Making Ethical Decisions Online Evaluation

**Manager** - Ringette Canada's Manager Course \* and Respect in Sport

**Trainer** - Certification in Standard First Aid \*\* and Respect in Sport

**18 and over 2, 3, & 4**

**Coach & Asst. Coach** – Community Sport Initiation (CSI) Trained or Full Level 1 and Making Ethical Decisions Online Evaluation

**Manager** - Ringette Canada's Manager Course \* and Respect in Sport

**Trainer** - Certification in Standard First Aid \*\* and Respect in Sport

**\* Denotes Recommended**

**\*\* Medical Certification (i.e.) Doctor, Nurse, Standard First Aid Course, Athletic Therapy, etc. CPR alone will not be accepted. Proof of certification must be sent to MRA before January 15<sup>th</sup> of each year.**

**All Coaches and Assistant Coaches at all levels who have not previously completed the Making Ethical Decisions (MED) module, need to complete it by January 15th yearly. Any coaches who have not completed a coaching clinic in the new NCCP (CSI or CI) and are still utilizing certification from the Old NCCP (level 1, 2 etc.) must attend the ethics module in a CSI or CI Clinic depending on current level before completing the online MED.**

## **PLEASE NOTE:**

- All teams with players under the age of 18 (or who will add a temporary player under the age of 18), must have a qualified female team staff over the age of 18.
- U14 AA, U16 and U19 A and AA teams must have a female certified with a Full Level 2 or CI 1 and 2 Certified on the bench.

## **b) NOTES TO COACHES**

- **Head Coaches in collaboration with the Selkirk Ringette Board will select assistant coaches, manager(s) and trainer(s).** The Head Coach is responsible for understanding the rules of Ringette, preparing for practices, holding meetings with parents, displaying appropriate behaviour at all times, and determining positions of the players. The Head Coach is responsible for the conduct of bench staff at all times. The Head Coach has the final decision on who will be present on the bench, and can only allow bench staff who have completed the appropriate paperwork (as outlined above) on the bench. At no time will a parent enter the player's bench unless invited by the coach.  
**The Selkirk Ringette Board through the Coaches Representatives position should be informed of the selection and ultimately will provide final approval.**
- **Code of Conduct** – New WRL rule places the onus on the coach when it comes to rowdy fans. Its suggested that each team delegate a parent to be the coach/parent mediator during games. This position can be rotated each game.
- **Bench Staff** - A maximum of 5 bench staff can be on the bench at one time, and all staff must be listed on the game sheet and team roster. One member of the team staff on the bench during a game **MUST** be a woman 18 years of age or older. All bench staff must have filled out a Bench Staff Code of Conduct and have submitted a Child Abuse Registry Check form as well must have completed the online Respect in Sport course. There is no limit to the number of team staff listed on the official team roster with MRA.
- **Dressing Room** – For petite (U12) and older teams, adult males (team staff or parents) are not to enter the dressing room until all players are dressed and at all times must be accompanied by an adult female. Tying skates and assisting with equipment should be done outside of the dressing room.
- **Coaching Meetings** – The SRA will arrange to have a coaches meeting prior to the start of the season. Date TBD.
- **Team Meeting** – Head Coaches must conduct a meeting with parents from their team at or around one of the first practice sessions. Items to be discussed include:
  - a) Coaching Philosophy (discuss and provide in writing) – for all age groups, coaches must explicitly discuss use of power plays, playing time, etc.
  - b) Team rules

- c) Filling of Team Volunteer roles: Parent Rep, Jersey Rep, Safety Rep/Trainer, On-Ice Help, On Bench Help, Tournament Rep, 50/50 Coordinator, Team Manager Treasurer, Team coaches
  - d) Whether the team wants to purchase additional practice ice throughout the season at a cost to the team
  - e) Team participation in tournaments (home tournament plus others)
- **Equipment** – Each team will receive jerseys from SRA to be worn for games only. Each team must have a jersey manager that is responsible for the jerseys. Jerseys are not to go home with the players. Players are responsible for Ringette pants (track pants or hockey socks depending on preference) and a practice jersey. Players can order and purchase name bars to be sewn onto jerseys but must be removed at the end of the season. Each team will receive rings and a first aid kit on a belt. The teams will also be provided with appropriate goalkeeper equipment for U-12 (Petite) and under if required. SRA suggests that coaches prepare a carry bag to have with them at all times. Suggested items include: Rings, First Aid Kit, Emergency Contact Information for each player, screwdriver & pliers, spare helmet screws and whistle. Players must have their own personal water bottles.

Each coach is reviewed at the end of the season before coaching status is approved for the next season. Families will be asked to complete coaching survey and submit it confidentially into Selkirk Ringette Association.

## **2) PRACTICES**

As part of the registration fee, one practice ice is allocated to each team. This ice may be shared with other Ringette teams in the SRA depending on availability of ice. As a guideline (and this is dependent on the number of teams at each level) practice ice is as follows: Tuesdays at 5:45 (Bunnies), 7:00 (Novice), Wednesdays at 8:30 (Belles), and Thursdays at 6:45 (Petites) and 8:00 (Tweens). We also may be leveraging practice ice and potentially game ice at East Selkirk Rec Center, again depending on the number of teams at each level.

Parents and coaches are to refer to the monthly ice schedule for practice ice times scheduled by SRA. The SRA scheduler ensures that ice is allocated to each team as fairly as possible throughout the season.

Team practices run from approximately October 9<sup>th</sup> (evaluation skates may occur prior to this date, based on need) until end of February. For teams participating in WRL Playoffs and Manitoba Provincials, every attempt will be made to provide extra practice ice for those teams to prepare. This is dependent on the SRA financial position at that time.

Ice is not available on Statutory Holidays and over the Christmas Holidays.

Teams are welcome to locate and purchase additional ice times for practices at the team's expense. Should a team determine that it wants additional practice ice over and above what is provided by the

SRA, the teams coach or manager is to locate and purchase additional ice times for practices at the team's expense either in Selkirk or any other available location.

### **3) GAMES**

**a) League Games** – SRA participates in the Winnipeg Ringette League (WRL) games. Schedules are normally available in the last week of October. Games start end of October and run till the 3<sup>rd</sup> week in February. There are a total of 16 games with 8 of them being at home and 8 being away.

**b) Home Game Ice** – Game ice times are normally Saturdays at 8:15, 9:30, 10:45, 12:00 and 1:15 at the Selkirk Recreation Center. Depending on the number of teams in the SRA and ice requirements of the WRL, games may also be played in the East Selkirk Arena as well. All games will normally be scheduled from youngest to oldest for ease in arranging refs at the various levels.

**c) Playoff Games** – WRL playoffs start in late February and extend into March.

**d) “Opt-Out” Dates for WRL** – A team may request one opt-out per half from the WRL schedules, for a maximum duration of 7 consecutive days. This is usually requested if a team is entering a tournament. **Please note that all SRA teams must Opt-Out for our home tournament.** The process for making the request is provided below and all requests should be copied to the SRA Ice scheduler. The request must be forwarded by the coach, assistant coach, or manager to the scheduler at [Ringette@shaw.ca](mailto:Ringette@shaw.ca). The subject line of the email must state “Opt-Out”. The email must include the team name, division, time period being requested for the opt-out, and contact name with return email address and telephone number. The email must deal with no other matter than the opt-out request. The team may make their opt-out requests for both 1<sup>st</sup> half and 2<sup>nd</sup> half in one email. The scheduler will confirm receipt of the opt-out request within 24 hours and **unless the team is in possession of a confirmation from the WRL Scheduler, the WRL will take no responsibility for the opt-out request.** A maximum of 4 teams per loop may be omitted on any given weekend and therefore not all requests may be able to be accommodated. **Opt-Out deadlines are: October 4<sup>th</sup> for the first half and December 1<sup>st</sup> for the second half.** Every effort will be made to accommodate opt-out requests made after these dates, but once the scheduling of particular loop has started, then any opt-out requests for that loop will be denied.

**e) Game Sheets** – Game sheets are provided to the coach/manager at the WRL Town Hall meeting which is usually the last Monday in October. Coaches/managers will be responsible for having game sheets prepared for home games including league game number provided by WRL. Winning team is responsible for posting game scores on the WRL website (for U10 Novice and older). Game sheets must be promptly submitted to the appropriate convenor as per WRL guidelines.

**f) Length of Games** – WRL games for U10 Novice and older shall be 2 – 18 minute period games. WRL games for U9 Bunnies play 2 – 21 minute periods, with a buzzer and line change every 3 minutes.

Teams **MUST** be dressed and ready to go on the ice 10 minutes before game time for all games. Teams must have a minimum of 7 players to play. Manitoba Ringette Association (MRA) Provincials (U12 Petites and older) shall be 2 – 20 minute period games

**g) Jewelry** – it is within the discretion of the ref to have players remove earrings, necklaces, rings, watches, etc.

**h) Timekeepers/Scorekeeper** – SRA will schedule all minor officials for home league games.

**i) Temporary Players** – From time to time a team may need to use temporary players (TP) due to illness, injury, or personal reasons. When requesting a TP it **MUST** be from either the age category directly below them or the next lowest skill division. Coaches asking for the TP are to notify the head coach of the team to check if there are any conflicts and then request a player that plays center, forward, defence or goalie. The head coach of the other team will determine who will be sent to play as a TP. Players may only play on a particular team as a TP 2 times. TPs can only be used to provide a maximum of 10 skaters in each game and a maximum of 3 TP's are allowed.

**j) Mercy Rule** – When a team is winning by 7 or more goals with less than 5 minutes to play, the balance of the game will be played running time regardless of the number of additional goals scored. MRA & WRL does not tolerate the “running up” of scores – disciplinary action could be taken towards coaches not adhering to this policy.

**k) cancellations/reschedules** – games will only be considered for rescheduling if the original game was not played because of unsafe weather/roads or if ice was not available. Teams are not permitted to find alternate ice and reschedule games on their own. Please refer to WRL terms regarding cancelling/rescheduling games.

## **4) TOURNAMENTS**

SRA will be hosting 2 tournaments in the 2011 – 2012 season:

- U9 (Bunny), U10 (Novice) and U12 (Petite) – November 25<sup>th</sup>, 26<sup>th</sup> & 27<sup>th</sup>
- U14(Tween), U16 (Junior), U19 (Belle) – February 4<sup>th</sup> & 5<sup>th</sup>

\*Home tournament fees for Selkirk teams are covered by registration fees\*

\*\*SRA teams are expected to participate and assist in the running of these events\*\*

Teams are welcome to register for and attend other tournaments throughout the year. Please note that costs associated with tournaments are the responsibility of the team. The team must also ensure that league games take priority over tournament games. To be courteous to the Association organizing the tournament teams are encouraged to “opt-out” from league play if entering a tournament if at all possible. If you are not planning on opting out of our home tournament, please let SRA know ASAP.

Head Coaches will not be required to volunteer extra shifts on our home tournament weekends. SRA board members volunteer a significant amount of time throughout the season and tournaments, they will also not be required to volunteer for extra shifts. The other parents on your team will be expected to fill in a schedule of volunteers provided by SRA to ensure that our tournaments have enough volunteers.

SRA falls under the IRA (Interlake Ringette Association) – teams playing in Selkirk have the first opportunity to enter tournaments in the Interlake prior to that association allowing other teams into their tournaments. The deadline to inform the other associations within the Interlake that you would like to enter their tournaments is as follows: October 15 for first half season and December 15 for second half season. The Interlake currently consists of Warren, Stonewall, Selkirk, and St. Andrews. Teulon and Lundar also fall in the Interlake but they do not currently have ringette in their communities.

For a listing of tournaments, see the MRA website.

## **5) PROVINCIALS**

U14 (Tweens) and older teams are able to go to represent the Interlake in provincials. If there is more than one team at the same level in the Interlake that wishes to participate in the Provincials, then a best of three game series is played to determine who will represent the Interlake. Contact the Interlake Ringette Association for more information. Teams are responsible for registering and paying for the provincial championship tournament prior to January 15<sup>th</sup>.

## **6) COACHES CODE OF ETHICS**

All Selkirk Ringette coaches are expected to adhere to the NCCP Code of Ethics:

Physical safety and health of athletes

- Ensure that training or competition site is safe at all times
- Be prepared to act quickly and appropriately in case of emergency
- Avoid placing athletes in situations presenting unnecessary risk or that are beyond their level
- Strive to preserve the present and future health and well-being of athletes

Coaching responsibly

- Make wise use of the authority of the position and make decisions in the interest of athletes
- Foster self-esteem among athletes
- Avoid deriving personal advantage for a situation or decision
- Know one's limitations in terms of knowledge and skills when making decisions, giving instructions or taking action
- Honour commitments, word given, and agreed objectives
- Maintain confidentiality and privacy of personal information and use it appropriately

#### Integrity in relations with others

- Avoid situations that may affect objectivity or impartiality of coaching duties
- Abstain from all behaviours considered to be harassment or inappropriate relations with an athlete
- Always ensure decisions are taken equitably

#### Respect

- Ensure that everyone is treated equally, regardless of athletic potential, race, sex, language, religion, or age
- Preserve the dignity of each person in interacting with others
- Respect the principles, rules, and policies in force

#### Honouring sport

- Strictly observe and ensure observance of all regulations
- Aim to compete fairly
- Maintain dignity in all circumstances and exercise self-control

Respect officials and accept their decisions without questioning their integrity

## **7) TIPS FOR COACHES**

### U9 (Bunnies)

Players at this level may be anywhere from 4 years of age to 8 years of age. Some will be first-year players who have never skated and others may be in their 2<sup>nd</sup>, 3<sup>rd</sup> or even the 4<sup>th</sup> season of Ringette. Therefore you will experience a discrepancy in the level of play for your team.

At this level you will want to have at least 2 or 3 stations for players to work at and divide your team into groups. You will have to conduct 2 or 3 different practices at one time to ensure you address all skill levels and therefore will need about 3 coaches/assistants to help you while on the ice.

It is important to remember the oldest player on your team could be just eight years old. All players need to feel they are an important part of the team. The key is FUN while still ensuring that there is some teaching going on.

Dryland practices are very beneficial at this age level as it gives the players the opportunity to be able to concentrate on the stick and ring without having to concentrate on the skating aspect.

#### Guidelines for learning:

- Teaching skating skills -forward skating, backwards skating, stopping, getting up and what to do when sliding into the boards.

- Teaching rules of the game. Emphasizing skating, positions and ring play and the object of the game, which is shooting at the net.
- Teaching basic ring skills of how to hold the stick, how to give a target for a pass, keeping their eye on the ring to receive a pass, and passing the ring to another player.
- Teaching checking techniques, proper checking and how not to get checked.
- Emphasis should be on FUN! It is important at this level to give a lot of encouragement and to ensure fair play.

### U10 (Novice)

Players at this level are 8 – 9 years old. These players may or may not have played Ringette before and therefore you will still have to review even the most basic rules of the game.

You may still have to use stations to some extent to assist some of the weaker players as well as enhance the skills of the stronger players. It is advisable to have 2 – 3 coaches assisting on the ice during practices. So you will have to adjust your practices based on your team's experience, level of play and skill.

Dryland practices are recommended for this age level as it is highly effective for teaching plays, new techniques and positioning.

Pre-game talks are important to have with your team, parents are usually still required to be in the change room assisting their child prior to game so assign a time when you can speak to your players prior to the game. It is important to discuss goals, review new tactics/plays from last practice(s) and to motivate your team. This also gives the girls time to bond as players usually can not even see one another when their parent is standing in front of them.

It is important to have these girls push through hard workouts, and learn to adapt outside of their "comfort zones". However, a gentle, supporting demeanor should be used so they can be proud of themselves as well as letting them know that you are impressed and proud of them.

#### Guidelines for learning:

- Continue to teach skating skills with some more emphasis on backward skating and crossovers. You should also begin to encourage the "hockey start" (jump start) as well as stopping both directions.
- Continue to work on passing techniques of delivering a pass and receiving a pass – i.e. giving a target when receiving and passing to the target when delivering.
- Teaching shooting techniques – i.e. forehand, backhand, flip shots, wrist shot etc. Techniques should be incorporated into practices and encourage the players to use the shot in games.
- A triangle technique and/or other defensive techniques can be taught at this level. It should be addressed prior to the first game and should be executed well by the second half of the season.
- A centre free pass play should also be taught prior to the first game and should be well executed by the second half of the season and therefore dumping the ring should not be encouraged.

Teaching should also extend to incorporating other pass options at this level - i.e. forehand, backhand, bounce/board pass, drop pass, etc.

- A breakout play - i.e. breakout from the defensive zone should be taught and players should be able to execute this by the second half of the season.
- Your team should have a specific “goaltender ring” play to use during the games, everyone needs to be aware of it.
- Players should learn a position and learn all aspects of that positional play, but when the game allows these players should still be encouraged to play other positions.
- In order to recruit goalies the goalie position MUST be rotated amongst at least 2 players.

### U12 (Petite) and U14 (Tween)

You will still have some discrepancy in the level of play particularly on a B team. Usually an A team will have some girls that need to get “up to speed”. It is advisable to have an offensive and defensive coach.

If possible it is recommended that players stick to a position they are best at but always encourage a “switch” when the game allows it. A permanent full time goaltender is a benefit at this level; however teams may still rotate at this position. It is important to provide specific goaltender instruction at practices.

It is important again to motivate players and have them understand what their role is on the team and encourage commitment and flexibility (attendance at practices, working hard, etc).

Guidelines for learning:

- Skating is very important at this level. Players should be pushed to see how fast, accurate and proficient they are at all aspects of skating, including quick stops and changes in direction. Conditioning is important as well.
- Ring handling skills need to be emphasized and developed so passing becomes crisper and faster. They also need to be able to receive the fast, crisp passes.
- Dryland practices can be a useful tool as well, particularly at the “A” level. They should be used to teach centre ring plays, breakout and free ring passes, as well as goalie ring passes. After taught on dryland, it will help to better utilize the ice time to practice the play(s). Conditioning can also be done on dryland (aerobic training etc (make it fun!)).
- It is important to include all the skill teachings from the novice level (kick it up a notch)
- Players should be perfecting their skills as well as working on some more advanced skills/plays. Players need to be encouraged to use more advanced skills to take them to their next level of play and you should give them the tools to do this.
- A specific Warm up drill should be taught to use prior to each game.
- Pre-game talks discussing goals, motivation, and emphasis on the particular game. It is useful to have goals that are not only to “win” the game. Focus on improving weaknesses.

## **8) POSITIVE COACHING CHECKLIST**

As coaches, we should all have a common goal. It is to motivate youth to be all they can be. We should all be using positive means to achieve this goal.

- Look for positives and make a big deal out of them
- Stay calm when a player makes mistakes and help them to learn from them
- Have realistic and reasonable expectations
- Treat players with respect, avoiding put-downs, sarcasm and ridicule
- Remind your players to not get down on themselves
- Maintain a fun attitude with laughter and a sense of humour
- Emphasize "TEAM"

#### Guidelines for Motivation

- To be a good motivator, players must feel that your opinion matters. The key here is mutual respect. Coaches who demonstrate respect for athletes will have their attention and earn their respect.
- Female athletes are especially sensitive to criticism. Some types of comments roll off the backs of male athletes whereas a female athlete may be devastated.
- It is essential to be a good listener, know what makes the players of your team "tick" and you will be viewed as "being on their side".
- Have parents join in on your efforts to motivate your players/team.
- If you are a regular source of positive feedback you will gain the attention of your team.

Look for positives and make a big deal out of them:

- All players do good things some of the time. Catch them doing something positive and make a big deal out of it. It may be an athlete achievement or something such as showing consideration to a teammate. If you want them to do it again, let them know you appreciate it.
- Helping a player notice her specific progress is a way of noticing positives. i.e. – "Jenny, your skating has improved a lot over the last few practices, you should be proud of that".
- Give the players positive reinforcement by being specific. "Nice try" and "good game" are not specific enough. i.e. – "Kim, I really was impressed with your shooting today, your practice at home has really paid off".

Stay calm when a player makes a mistake and help them learn from them:

- Wait until you are calm before discussing performance. Players do not need your exasperation and despair in the middle of the game. Nobody performs their best when they are being yelled at, or made to feel bad.
- A coach's success is entirely secondary to the success of your team and/or players.
- Use objective methods such as reviewing video, dry-land practices and focusing on the positives to make your points.
- Know your role as a coach and essentially at the end of day it is just one game.

- Practice is the better time for instruction, become a cheerleader during the game and focus on enthusiasm and cheering the team on. This is where they reward you by showing you what they have learnt.

Have realistic and reasonable expectations:

- Set realistic short-term goals. Goals that can be reached with a reasonable amount of effort in a short time period are key.
- Set goals so that you can gradually raise the bar to achieve the ultimate goal
- Easily attainable goals will encourage the team/players to feel good about their progress and make them feel like they want more.

Treat players with respect, avoiding put-downs, sarcasm and ridicule:

- A successful coach knows his players well and recognizes their plateaus in performance. This can be frustrating for a coach. It is important to remember this will be more frustrating for your players so find a way to work through it.
- Ensure your positive interactions far outweigh the negative interactions each and every practice, with each and every player.
- Coaches must earn respect, not expect it. This can be achieved by several methods such as, listening to them (both their suggestions and their opinions), positive reinforcement, NEVER criticizing in front of other players, parents or coaches. Any criticism should be done gently and privately.

Remind your players not to get down on themselves:

- When a player (or your team) gets down on themselves you have a situation where the morale is down. This can lead to dissention within your own team.
- Set a small, achievable goal to ensure some excitement and positive outcomes. i.e. – Linda is upset because she knows they are never going to beat the team from Boston. “We have played them 3 times and they have beat us every time, they have a boy in net, its not fair!”
- Your response should be “Lets ensure we score just one goal on the boy and we make him work hard, that is our goal today!”
- Get the players excited about getting just one goal this time, no matter how many goals the team from Boston gets.
- Goals can be set that are not just to “WIN”.

Maintain a fun attitude with laughter and a sense of humour:

- No matter how competitive a team you are coaching, players still want to have fun.
- Players come out to be with their team, enjoy the game and have fun. Everyone loves to laugh. Ensure this happens a lot and you will achieve their best every time.

Emphasize Team:

- It is important for a team to bond. This can be achieved better off the ice than on.
- Plan some off-ice activities to get the girls to bond, without helmets!
- Team spirit will help the team succeed.
- Explaining that a team is made up of all players and each player has a contribution to make towards the team's success.
- Emphasis on the importance of all positions helps to ensure all players feel valued and integral part of the team regardless of the position they play.
- Ensure all players are aware of their role and that not only "goal scoring" is important. Help players to set personal goals that will measure their successes in other ways rather than just a goal.
- Encourage all players to respect one another, their coaches, parents, referees and their opposition. Hand shaking and cheering after a game etc should be enforced.

Fair Play Code of Conduct for coaches:

- I will be reasonable when it comes to games and practices, remembering that young athletes have other interests and obligations.
- I will teach my athletes to play fairly and to respect the rules, officials and opponents.
- I will ensure that all athletes get equal opportunity for instruction, support and playing time.
- I will not ridicule or yell at my athletes for making mistakes or for performing poorly.
- I will remember that children 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 athletes' ages and abilities.
- I will remember that children 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.

## **9) RESPECTING THE REF (ON-ICE OFFICIAL)**

Coaches and officials should never see one another as adversaries. They must view one another as colleagues in support of the endeavours of young people.

Everyone generally wants the same thing: A well-played safe game where the winner is determined fairly and honestly.

Due to increasing amount of abuse from players, coaches and fans, many refs are discouraged and may not continue to officiate. You can play a part in keeping them around by ensuring you are a good role model for your players.

Use the following guidelines to "respect the ref"

- Greet the official personally

- Avoid confrontation, if you have a question about a call or rule, you should only request information – not argue. Remove any emotion from your discussions with the ref during and after the game.
- Never complain about a call that doesn't go your way. Normalize your players' feelings, call your next play and move on. Let them see that you are not discouraged by it.
- Ensure you know the rules of the game. Read the rule book, ask questions and if you need clarification, get it.
- Show appreciation and courtesy. Thank the ref for their efforts after the game.

As the coach, you must set the example and show your team that you respect the official's authority and don't see him/her as adversary.

**ENJOY THE YEAR!**