

Ajax/Pickering 2009-10 Player Commitment

Being on a Provincial Level team carries with it responsibility and commitment. Many players want to be on these teams. It is unfair to those who don't make the team when a player makes the team but doesn't fulfill their obligations.

In order to take a position on a provincial team we require the player and the parents to sign this commitment to the team and those that did not make it.

Core Values

We Owe it to Each Other

1. Commitment
2. Respect
3. Discipline
4. Effort

We Not ME

5. Success though Teamwork

We Are Prepared

6. Physical Fitness
7. Healthy Lifestyles (eg. good nutrition)
8. Play Smart
9. Positive Attitude and Mental Preparedness

We ensure we ALL have:

10. **FUN**

Players Commit To:

Behaviour

1. Give 100% commitment to Core Values of the team
2. Act during practices, games and all team activities for the good of the team
3. Have and show respect for the rules of the game. Obey them and play fairly at all times
4. Show respect for coaches, teammates and parents
5. Show respect and consideration for the officials and their decisions
6. Never criticize or "bad-mouth" teammates, the opposition, referees or the coaching staff
7. Participate in all on-ice and off-ice training sessions. Classroom or Gym sessions will focus on game concepts, strategies and tactics
8. Give 100% effort in all practices and games, striving to improve from practice to practice and game to game

NOTE (Expulsions could occur if):

- o Severe consequences will result for any team member(s) who participate in vandalism at any location we visit for any game, practice or team event
- o Alcohol use and/or the use of illicit drugs will not be tolerated before, during or after games, practices or at tournaments.

Participation

9. Participate in any and all on-ice and off-ice training sessions (classroom, dry-land etc.) during the season and as many of the pre-season/summer activities as possible.
10. Arrive at practices and games 45 minutes prior to start time
11. Participate in a warm-up prior to both games and practices (25 min). To prevent injury, you do not play or practice until you are fully warmed-up. Late arrivals must do the full warm-up before joining the team on the ice.
12. Be dressed 10 minutes before the start of games and practices so that coaches can enter the dressing room
13. Notify coaches if you are unable to attend a practice or game at least 24 hrs in advance
14. Give 100% effort in all practices and games, striving to improve from practice to practice and game to game
15. Understand and try to follow the team nutrition guidelines
16. Participate in fundraising and team building activities

Ice time and Positions

17. Playing the position the Coach and the team require them to play. Understand and accept that the coaches decide who will play what shifts and what positions. You WILL be required to play every position (other than goal for non-goalies). Learning and playing all positions is important to the healthy development of any player in sport as well as the need to ensure that needs of the team are met.
18. Do not complain about ice time. You will get rewarded for effort, demonstrating that they listened and learned in practice and played as a team player.

Safety

19. I agree to wearing Shoulder Pads and Mouth Guards during all on-ice activities.

Player's Name

Players Signature

Date: _____

Ajax/Pickering
2009-10
Parent Commitment

Being on a Provincial Level team carries with it responsibility and commitment. Many players want to be on these teams. It is unfair to those who don't make the team when a player makes the team but doesn't fulfill their obligations.

In order to take a position on a provincial team we require the player and the parents to sign this commitment to the team and those that did not make it.

Parents/Guardians commit to:

Financial

1. Commit to attending at least 4 and as many as 6 or 7 tournaments (6 tournaments is not unreasonable for a Provincial level team)
2. Participate in fundraising and team building activities. Even if your family is fortunate to not need the money, many families struggle with these commitments and fund raising allows for all players to have an equal opportunity to participate on Provincial Level teams.

Behaviour

3. Leave the coaching, discipline, and corrections of ALL players (including their own child) to the coaches.
4. Show respect for coaches, players and parents
5. Show respect and consideration for the officials and their decisions
6. Never criticize or "bad-mouth" players, the opposition, referees or coaching staffs
7. Applaud the ability and achievements of every participant. Provide words of encouragement whenever possible
8. Understand the Team nutrition guidelines and encourage your child to follow them

Ice time and Positions

9. Do not criticize or demand that your daughter play a specific position. Understand and accept that the coaches decide who will play what shifts and what positions The Coach will have them play where the team needs them to play.
10. Do not complain about ice time your daughter gets. She will be rewarded for her efforts within the constraints of the game situations. Parents that bring stop watches to games or otherwise try to time the amount of ice players get will be asked to stop coming to games.

Participation

11. Ensure that your child attends all games, practices and workshops if possible
12. Your primary role is cheerleader for all the players on the team. Applaud the ability and achievements of every participant. Provide words of encouragement at ALL times.
13. Demonstrate positive team spirit and participate in team cheers/songs during games. Let the team know you are behind them no matter what the outcome of the game!

Concerns and Issues

14. If you have a concern, voice it privately (out of earshot of all parents and players alike) to the coaching staff. You are strongly requested to wait 24 hrs before voicing a concern.

Safety

20. Ensuring that you child wears Shoulder Pads and Mouth Guards during all on-ice activities.

Parent's Name

Parent's Signature

Parent's Name

Parent's Signature

Date: _____