



**Chisago Lakes Girls' High School Hockey 2021-22 Season**

**Team Manual**

**Coaching Staff:**

**Dave Burgen - Head Coach**

**Bob Truax - Associate Head Coach / Head JV Coach**

**Ron Kimlinger - Assistant Coach**

**Kim Gibson - Strength & Conditioning**

**Purpose:**

**I coach because I want student athletes to lead with respect and integrity, who are fully committed to making a difference in the lives of others.**

## **\*\*\*Anything in Red will not be followed this season\*\*\***

FEAT (an achievement that requires great courage, skill, or strength)

○ This is the most important thing you will take away from being a part of this team. You will be asked to clearly state what your FEAT is as a part of this team. You will be asked about it often and held accountable to it.

- F- Focus
- E - Effort
- A - Attitude
- T - Tenacity

### **Expectations:**

#### **➤ Grades:**

- Hockey is an extracurricular activity. School must come before Hockey! Grades will be checked on Monday of each week. Players with grades of a D+, D, D-, F, or Incomplete will not be eligible to try out, practice, or play in games until their grade is a C- or higher. Only exception is if a teacher sends a note or email with a current grade of C- or higher because the online grading system has not been updated.

#### **➤ Attendance:**

- You must be on time at all times. Being late will be considered unexcused unless you have a pass from a teacher or note from a Doctor.
- 100% Attendance is required during the season for the following: Off Ice Dryland, Chalk Talk/Film, Practices, Games, Fundraising Activities, Team Building Activities, **Wildcat Kitten Club**, and **skate 2 practices with a youth team**. Out of season Fundraising Activities attendance is expected, but not required.
- If you are not able to attend a team function, you must have clearance in advance from Coach Burgen by texting, emailing, or calling me at 651-324-1719. If I do not receive communication from you prior to an event you are considering unexcused.
- Out of school suspension, after school detention, or injury are NOT excused absences and each day will count as an unexcused absence. For example if you have after school detention for 3 days and are unable to attend team activities for those 3 days you will be released from the team. No exceptions. If you are injured you are required to be at all team activities unless you have a doctors note indicating you cannot attend.
- To play in a game you must be at practice the day before unless you have approval from the coaching staff. \*See consequences below\*

#### **➤ Ice Time, Line-ups, Special Teams:**

- Ice time will NOT be equal.
- These are the coaches' decisions and those decisions are NOT negotiable.
- The coaches will communicate the player's roles with each individual player.

#### **➤ Player/Parent Meetings:**

- We will NOT meet with parents regarding the above mentioned items. \*The above mentioned items include: Grades, Attendance, Ice time, Line-ups, and Special Teams.\* If you have other

items you wish to discuss please contact Coach Truax, Coach Kimlinger, or Coach Gibson, They will involve me if needed.

- We will meet with players periodically to discuss their progress and their roles on the team.

➤ **Coach/Player Relationship:**

- Coaches have the final say in all decisions.
- We will be fair, honest, and lead by example.
- We will hold you accountable to your actions on and off the ice and will refer to the FEAT acronym often.
- We will encourage you and we will praise you. We will offer you constructive criticism. We will push you out of your comfort zone mentally and physically to be a better hockey player and a better person.
- Ultimately, we care about each and every one of you and we want you to leave this team a better human being, not just a better hockey player.
- Good communication is vital to our program and player's roles will be communicated to them often.
- It is expected that players speak to a member of the coaching staff or your captains concerning any issues prior to hearing from the player's parent(s).
- We expect that the players will do what is asked of them in games and practices and that parents should leave the coaching to us and they should support and encourage their player and if a player is having a hard time accepting their role on the team the parent should help their player learn how to advocate for themselves.

➤ **Eligibility:**

- Players will be expected to be academically and socially responsible and will be held to the highest regard.
- All MN State High School League (MSHSL) Rules apply and will be enforced.
- Please see the section above regarding Grades. Our Academic standards are stronger than the MSHSL standards as well as our High School standards. Our grade policy supersedes both the MSHSL and HS standards.
- Please see the section above regarding Attendance. Our Attendance standards are stronger than the MSHSL standards as well as our HS Standards and we will enforce those consequences in addition to any MSHSL or HS consequences.
- We also reserve the right to release any player from the team for MSHSL violations or HS Policy violations that we feel are detrimental to the team.

➤ **Locker Room:**

- We have the luxury of an amazing locker room.
- It will be clean, organized, and respected. Players will also respect each other while in the locker room.
- It will be cleaned Wednesdays by a cleaning company, however, every team member will be

responsible to maintain cleanliness on a daily basis.

- Players and Coaches are only allowed in the locker room. No friends or family are allowed. The only time the locker room will be available to others will be at the coach's discretion. The code or key is not to be shared.
- At any point in time the coaching staff may change the code or take away keys and limit your ability to access the locker room.
- Cell phones and cameras are NOT allowed and will be taken away.

➤ **Game Day Expectations:**

- JV Players WILL remain in attendance for ALL Varsity games. Varsity players will be at the rink prior to the start of the JV game, No exceptions!
  - Home Games:
    - JV players must be at the arena 1 hour before the posted game time.
    - Varsity players must be at the arena before the puck drop of the JV game.
    - Captains will lead all warm-ups.
    - Proper attire (team attire required) at every game.
  - Away Games: All players must be at the arena and ready to depart 15 minutes prior to the posted departure time.
  - All players will ride the bus to and from the game, no exceptions. Other than rare circumstances and a parent note is required.

➤ **Practice Expectations:**

- All players will be fully dressed 10 minutes prior to every practice to go over the plan.
- All hockey equipment including workout clothes and proper shoes are required at every practice.

➤ **Consequences: Any violation of any of the expectations listed above in this team manual will result in the following and will be in addition to any and all the MSHSL policies and Chisago Lakes HS Policies.**

- 1st offense - miss 1 game and have a player/coach meeting
- 2nd offense - miss 2 games and have a player/coach meeting
- 3rd offense - 3 strikes and you are out and will be dismissed from the team
- **We also reserve the right to release any player from the team at any time for MSHSL violations or HS Policy violations that we feel are detrimental to the team.**

➤ **Excused vs. Unexcused Absences:**

- Excused Absences - Religious Activities. Home sick from school, Staying after school for help with academics. \*Not detention or behavior related\* (must have a note from a teacher), Other Academic required events (must have a note from a teacher), and family emergencies, Coach Burgen must be contacted prior to the scheduled event for approval.

- Unexcused Absences - Failure to contact Coach Burgen prior to the absence and the following: Detention, In/Out School Suspension, other sports, appointments, Injured (unless you have a doctor's note stating cannot attend, or you are receiving treatment, or have an appointment related to your injury), and any other reasons not listed as excused.

### ➤ **Girls High School Hockey Lettering Requirements (Varsity Award)**

- Participate in (7) Varsity games by at least being on the Varsity Roster.
- Meet and obey all Minnesota State High School League Rules during the season. \*If you are in violation of any of the MSHSL Rules you will not receive a letter\*
- Attend and Participate in ALL in season fundraising activities.
- Complete the entire season.
- Managers need 2 years of service to letter.
- **Players must be an active participant in the Kitten Club mentoring program.**
- **Players must skate 2 practices, but no more than 2 with a youth team during the season.**
- Coaches reserve the right to letter any individual whose conduct and attitude contributes to the success of the team, regardless of the number of games she has played in during the season.
- Coaches also reserve the right to withhold letters from individuals who display conduct and attitudes detrimental to the success of the team, regardless if they meet the above criteria.

### ➤ **Participation Certificate Requirements (JV Award)**

- Meet and obey all Minnesota State High School League Rules during the season. \*If you are in violation of any of the MSHSL Rules you will not receive a Participation Certificate\*
- Complete the entire season.
- **Players must be an active participant in the Kitten Club mentoring program.**
- **Players will skate 2 practices, but not more than 2 with a youth team during the season.**
- Coaches also reserve the right to withhold participation certificates for individuals who display conduct and attitudes detrimental to the success of the team, regardless of meeting the above criteria.

➤ **Contact Information**

**Head Coach:**           **Dave Burgen**  
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**Associate Head Coach:**  
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**Assistant Coach:**   **Kim Gibson**  
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