



# N. R. M. H. A.

The Executive of North River Minor Hockey would like for all coaches, parents and players to have a fun and enjoyable experience within North River Minor Hockey Association for the upcoming season. This booklet is to let managers, coaches, parents and players know what their responsibility is to the Association and what the Association's responsibility is to them.

The Association respects and encourages your feedback and ideas.

## **WE BEFORE ME**

**“Some people skate to the puck.  
I skate to where the puck is going to be.”**  
Wayne Gretzky

## **Association's Responsibility to you.**

North River Minor Hockey's "Code of Conduct" places an emphasis on respect:

- Respect the game.
- Respect the rules.
- Respect the opponents.
- Respect the Coaches, Officials, Parents, Executives, Players, Arena Staff, Volunteers and their decisions.
- Respect the facility.
- Maintain self-control at all times.

North River Minor Hockey Minor Hockey has a screening process in place which includes:

- Coach Selection Process
- All volunteers will be required to complete the "Speak Out" program. This program has been designed to educate one about the abuse and harassment in sport - in particular minor hockey and how to address and ultimately prevent this behavior from occurring.
- Police checks are required on all Coaches
- Season surveys completed by the parents and players

As such, any excessive profanity, harassment, bullying, or aggression directed at a game official, executive member, team official, parent, child, arena staff, or volunteer will not be tolerated and appropriate disciplinary action will be result from these actions.

If at any time you feel your child or anyone else is being threatened or harassed, remove yourself from the situation, and immediately contact any member of the N R M H A Executive. They will inform you of the proper procedure to initiate a complaint.

This booklet endeavors to answer most of the questions that are asked on a regular basis. Hopefully this will help. If you have any question please feel free to bring it to your Coordinator. The executive wishes to make both you and your child's experience an enjoyable one. Information for this booklet has been gathered from several minor hockey web sites, the Hockey PEI and Hockey Canada, and we thank them.

We also hope to have our own information system in place this season, in cooperation with the APM Centre communication system. This hopefully will keep all informed of all events.

In addition to any NRMHA Policies in this booklet, All coaches, managers and players must adhere to the Hockey PEI and CHA Rules and Regulations.

**The NRMHA annual meeting is held every spring. You are encouraged to attend.**

## **Communication ..... Communication ..... Communication .....**

Not a very big word, but it's an extremely important one. 95 % of all problems associated with running a team, and an association, can be solved by communicating. Here are a few, I'm sure you can think of others.

- before the team is picked (down to about 25 players), you should have a detailed meeting of what the team plans on doing, see an estimated budget and get approximate costs associated with playing with the team, game times etc
- after the team is picked, another meeting should take place to ensure that a manager and assistant manager, a safety person (trainer) is in place, tournaments are confirmed, fund-raising, budget is confirmed etc.
- coaching philosophy
- regular parent / manager meetings
- a monthly memo of events and how things are going
- developing a system of getting messages to the players quickly ie phone call list.
- school activities/ sports can affect your time and energy. Which team has priority? This may limited what level of hockey your child can play for.
- exams and school dances. Both are important, but for different reasons. Teams will always make changes to allow for studying and exams, if they have sufficient notice. Dances however, another matter and are at the discretion of the coach and the league schedule.
- in Rep - birthdays, its too cold, don't feel like it, it's too early, I'm tired, parents are busy, I want to go to the movies, I want to see my friends etc are not acceptable reasons for missing practice or games. Coaches are well within their right to bench a player for not having permission to miss time.

### **Playing REP is a Privilege not a Right.**

- In House - a player should attempt to make all sessions. It is understood that players play house for a variety of reasons. Time commitments is one. This should be discussed at the start of the season and set up the protocol for missing time.

Coaches **do not** have the right to bench a player who has given sufficient notice for not being able to attend. Coaches **do** have the right to bench a player who did not call and give sufficient notice to the manager.

Well, you've paid your registration. Now what?

Minor hockey traditionally starts the 3<sup>rd</sup> weekend of October and ends the middle of March. There are conditioning camps and/or tryouts in all divisions but Tykes. Please refer to the ice time schedule posted, just inside the rink on the Association's web site @ <http://www.northriverflames.ca/>

You should refer to the posted schedule, in the rink, on a regular basis as ice times can and do change.

**DO NOT ASSUME ANYTHING!**

What does my registration pay for?

Part of your registration goes toward the insurance of Players, Coaches, and Volunteers registered with the Hockey PEI through NRMHA.

Part of your registration goes to development, such as coaching clinics, trainers (Safety Person) and speak out courses, the development of the minor hockey room and video library.

Part of your registration covers administration costs and purchase of equipment and sweaters.

Part of your registration pays for ice time and minor officials (refs and scorekeeper). Each team is allocated 20 one hour game times, which are supplied with referees and a scorekeeper (we are one of the few that offer this service), and 10 hours of practice time over a 22 week period. A house team usually shares practices with another team to give them 20 shared practice times over this period while Rep teams, who often practice by themselves pay a rep team fee to the Association to cover the extra cost of practicing alone.

Some house teams may prefer to practice alone, but that means having only 10 practice times all year. The Association mandates that this does not happen and for the two teams to work together. Practices are more important than games. In a game a player plays an average of 10 - 15 minutes and may have the puck on their stick for 2 - 3 minutes. With practices, players are on the ice for an hour and have a puck on their stick for most of it. **DO THE MATH! USE PRACTICE FOR PRACTICES - NOT SCRIMMAGES**

Why do we have to pay extra for Conditioning Camps and Tryouts?

These camps are used to get players on the ice early and for the Rep team coaches to pick their teams. Not all registered players wish to play Rep and do not show up until the 1<sup>st</sup> day of minor hockey. It would not be fair to them to take these hours off their totals to give others more time, and if we did hockey would end in February.

This is a user pay system, with players paying about \$7.00 +/- per session. Players get very good coaching and it's more cost efficient than a hockey school. Conditioning camps are open to all ages and cuts can start on the 1<sup>st</sup> tryout. Players cut from AAA go to AA. Players cut from AA go to A (house).

### Where does the money from Conditioning Camps go?

Money goes to the teams to help pay for the ice time and any minor officials used during this time. Any money that is left stays with the teams to help with expenses. Should a team not pay these costs, associated with conditioning / tryouts, by December 1, it will be deducted from that time allotted to them by the Association.

### Is all my ice time at the APM Centre?

Depending on the number of teams, your home games should be at the APM Centre, weather permitting. Due to limited ice time at the APM Centre (we are not the only users of the facility - Figure Skating, Public Skates (family and adult), Cornwall Thunder, North River Junior C, IWHL, Adult Rec Hockey, Tournaments, Special Events, etc) and ice times cancelled due to Inclement Weather all teams will be scheduled to practice in both Crapaud and the APM Centre.

It costs the association extra money to play a game in Crapaud. Only NRMHA authorized league games will be permitted in Crapaud. Any league / make-up games played in Crapaud must have approval from the executive, or the teams will pay any and all extra costs associated with it. Teams choosing to play exhibition games, in Crapaud, will pay any costs associated with it.

In 2006/ 2006 North River had the Cornwall Thunder, Island Excavator's Minor Junior, 5 Midget teams; 4 Bantam teams; 5 Pee wee teams; 5 Atom teams; 5 Novice teams and about 4 Tykes teams.

### What is the difference between AAA, AA and A?

#### **Male:**

**AAA** is the highest level of Rep Hockey in PEI and is found in the Atom, Pee wee, Bantam and Midget divisions. Players who make this team usually practice a minimum of once a week with a home and away game. They often purchase extra ice time for extra practices. Players who make these teams are required to be there for all games and practices. Depending on the Division they are in, players can be expected to play in 3 or more Island tournaments and 1 or more off Island.

This season, North River, South Side, Kensington and Rustico have amalgamated to create the Matrix. This is for AAA hockey only and hopefully will make us more competitive in the AA and A divisions. The Matrix governing body is made up of representatives from each association and will act as a separate and distinct entity, with its own policies and rules.

The Bantam and Midget teams will alternate out of Kensington and the APM Centre, while the Atom and Pee wee will alternate out of Crapaud and Rustico. Parents will be required to help fund-raise, sell 50/50 tickets and volunteer as needed. These teams pay rep fees to the Matrix Association along with team fees to the team. The Matrix AAA can affiliate with up to 19 players from all four Associations. Player who make the Matrix this year and don't next year go back to their home association. No release is needed.

**AA** is the next level of rep. All associations have AA team or partner with another association to have one. Players who make this team usually practice a minimum of once a week with a home and away game. They often purchase extra ice time for practices. Players who make these teams are expected to be there for all games and practices. Depending on the Division they are in, players can be expected to play in up to 3 Island tournaments and 1 off Island.

Parents will be required to help fund-raise, sell 50/50 tickets and volunteer as needed. These teams pay rep fees to the association along with team fees to the team upon making the team. We have AA teams in Novice, Atom, Peewee, Bantam and Midget. Novice are not permitted to play in any tournaments or games off as set down by the Hockey PEI.

**A** is really house league. All associations have an A team. Players who play on this team usually have a shared practice once a week and play up to two games per week. Players who play on these teams are encouraged to be there for as many games and practices as possible. Depending on the Division they are in, players can be expected to play in up to 3 Island tournaments and 1 off Island.

Parents are often called upon help fund-raise, sell 50/50 tickets and volunteer as needed. We have A teams in Novice, Atom, Peewee, Bantam and Midget. There is also a division called Tykes, which is developmental.

#### **Female:**

**AA** is the highest form of Female Rep Hockey on P E I and is found in the Atom, Peewee, Bantam and Midget divisions. Players who make this team usually practice a minimum of once a week with a home and away game. They often purchase extra ice time for practices. Players who make these teams are required to be there for all games and practices. Depending on the Division they are in, players can be expected to play in 3 Island tournaments and 1 or more off Island.

Parents will be required to help fund-raise, sell 50/50 tickets and volunteer as needed. These teams pay rep fees to the association along with team fees to the team upon making the team. Last season we did not have any AA teams, but shared players with Charlottetown instead.

**A** is the next level of rep. Most associations have an A team, but not in all divisions. Players who play on this team usually practice a minimum of once a week with a home and away game. Players who make these teams are expected to be there for all games and practices. Depending on the Division they are in, players can be expected to play in up to 3 Island tournaments and 1 off Island.

Parents will be required to help fund-raise, sell 50/50 tickets and volunteer as needed. These teams pay rep fees to the association along with team fees to the team upon making the team. We currently have A teams in Atom, Peewee, Bantam and Midget. We hope to include Novice this season.

### Should my child play rep?

It is important that you understand what a rep team expects from you, how it will affect school, other sports, holidays etc. This decision should be made together. Ask questions. Find out what the expenses will be, the time commitment and is your child ready to play at this level. Not everyone is suited or prepared to play AAA. Maybe your child belongs in AA or in A. Ask questions, get answers. Remember it's the child who is playing rep not you, the parent.

#### Sample Question:

I wanted to play AAA, but my friend got sent to AA. I made the AAA team, but now I want to move back to AA. Is this possible.?

#### Answer:

It's not always that easy. What happens if the AA team has been picked, no one will move up to AAA and the coach is happy with his numbers? Your child goes to A.

The association will not permit a child to be cut, to make room for another player, once the team has been picked. The coach would have to keep you as an extra player. Most teams will not do this and the association will not force them to.

### What are Rep Team Fees and Player Team Fees?

#### Rep Team Fees

The association bases your primary registration cost on those that are associated with your child playing house league and having a shared practice.

If your child chooses to play on a Rep team there are extra costs associated with the running of these teams by the association. ie a rep team gets to practice by itself once a week for an additional cost to the association of \$1,100 or they require additional ice time to cover their hour and a half games for an additional cost of \$1,100 or they require a higher level of referee for an additional cost of \$400. This amount is then deemed to be the Rep Team fee that must be paid to the association prior to December 1. This Rep Team Fee amount varies by the team, level and division your child plays in.

### Player Team Fees:

These fees are paid to the team to pay for tournaments etc as shown in the example budget below. These fees can be paid in various ways.

**- sweater sponsors    - pay cash    - fund-raising**

Teams are allowed one major fund-raiser and that must be approved by the Executive of the NRMHA. The idea here is not to fund-raise for more than you need. The association does not agree with the paying back of money to the parents. This money was raised in good faith for the running of the team and any extra money is to remain with the team for the following year.

In 2006 all teams may be asked to submit a \$100.00 (refundable fee) to the association to ensure that all sweaters are returned cleaned and on hangers. Failure to do so will result in forfeiture of that portion of the fee required to clean and/or replace sweaters. The team Manager or Coach is responsible to ensure that all sweaters passed out are recorded and returned cleaned and in good shape.

## **“SWEATERS ARE NOT TO BE WORN IN PRACTICE”**

A budget(similar to the one shown on the next page) must be forwarded and approved by the Executive prior to Dec 1, 2005. At the end of the season the team will present the actual revenue - expenditures document to the executive by mid April of each year. The executive reserves the right to conduct an audit of your teams revenue and expenditures, so keep your receipts and good records.

Included in your budget should be gas money for the coaches; purchase of jackets for the coaches; making the team party; end of the year party, with pictures for the players, coaches and sponsor. These should be discussed in detail at the start.

Any large expenditure not specified in your original budget, must be approved by the executive. ie we are going to buy track suits from money we have raised.

<b>PROPOSED 2006 - 2007 BUDGET</b>		
<b>PROPOSED REVENUE</b>		
Rep Team Fees - Due December 1/06	\$ 2,600.00	
Money from tryouts	\$ 600.00	
50/50 Monies	\$ 500.00	
Player Team Fees / Fundraising	\$ 5,000.00	
	<b>TOTAL</b>	<b>\$ 8,700.00</b>
<b>PROPOSED EXPENSES</b>		
Tournament Registration off Island (1)	\$ 450.00	
Coaches Rooms (2), gas money, meal money etc	\$ 750.00	
Sweater Deposit	\$ 100.00	
Island Tournaments (3)	\$ 1,200.00	
Jackets for the Coaches (if they do not have one)	\$ 400.00	
Team Pictures/ Plaques, year end etc	\$ 500.00	
Ice times for tryouts (4)	\$ 428.00	
Photo Copies/Mail/Pucks/Telephone/Etc	\$ 150.00	
Gas Money for Coaches (3) - payable at Christmas	\$ 300.00	
Rep Team Fees - set by the association prior to Oct 22	\$ 2,600.00	
Pizza/team functions etc	\$ 400.00	
Bus Trips up west (3)	\$ 1,350.00	
	<b>TOTAL</b>	<b>\$ 8,678.00</b>
	<b>TOTAL REMAINING</b>	<b>\$ 72.00</b>

When we go away for a tournament, what do we supply to the coaches?

Off-Island Tournaments

- Meal expense per day \$30 per coach
- One or two coaches one room for each night
- Three or four coaches two rooms for each night
- Cost of the gas for one car
- Cost of the bridge/ferry for one car

If a parent is coaching the team or if a coach wishes to take their spouse, then the expenses are usually 50 % of above. ie team pays for one night and the coach pays for the other. This is a team decision and every situation is different. This should be voted on by the parents. ie what happens if there is an over nighter on the Island - Mill River?

## **Managers Responsibilities**

- Hold parents meetings at the first of the year, as required by the team and keep the parents informed.
- Distribute and collect all players, coaches and trainer's cards. There should be at least one goalie card for each team as well as at least three coaches cards for each team.
- Submit completed cards to Hockey PEI prior to November 15<sup>th</sup> or prior to your first league game.
- You must make sure that your team has a trainer - if nobody has the course then you should make sure that somebody registers and attends the first course Hockey PEI offers in the fall. NRMHA will pay for the course and encourages a parent(s) to attend.
- Your coaches should have the appropriate coaching level for the division and level they are in. It is the responsibility of the manager to make sure that if there is no one at that level, that your coaches attend the first available clinic in the fall. NRMHA will pay for the course and encourages all coaches to attend.
- No one is allowed on the bench that has not signed a card and is registered with NRMHA. All coaches, managers and trainers must also be on cards. Players not playing, are not permitted on the bench unless they are wearing a helmet. NO suspended player is permitted on the bench.
- Ensure that schedules are passed out and parents/players are notified of all changes. Develop a phone call list, e-mail or other method of getting messages out quickly.
- Teams must have a minimum of two coaches on the bench at all times, the trainer can be on the bench or in the area close by, where they can react quickly.
- Ensure that parents receive a copy of the budget for the year
- Complete a North River Minor Hockey Medical Form ( see attached) for each player and coach.
- Complete a Hockey Canada Injury Report on any Player or coach who was injured participating in a sanctioned event.
- All ice times that are not required must be processed in the following way:
  - contact other managers and make trades
  - contact the ice coordinator to let them know of change. He will assume it's still your time and charge you for it.
  - if a game time then cancel the referees and book referees for the new scheduled time
  - let parents and coaches know of the changes

-If you cannot make the change then you should contact the ice coordinator and let them know that you will not need the ice time. You must give at least one weeks notice if you don't want to lose your time.

If your team fails to show up at a scheduled ice time, you did not make a trade and you did not give sufficient notice to the ice coordinator to try and move it, your team will be charged for two ice times. These will not be returned to your team.

## **Use it .... Trade it .... or Lose it ....**

-Referees are booked at the first of the year for all game times. If you are practicing on a game time then you must let the referee-in-chief know. If you do not cancel them they will show up and your team will be charged. As well if you are playing on a practice time you must book the referees.

-Financial Statements must be provided at least once during the year and at the end of the year. This must show where the money that was collected was spent.

-At the first of the year your budget as well as your fund raising activity must be submitted to the coordinator. NRMHA has the right to perform an audit of your team, so keep all receipts.

-Manager is responsible for booking all tournaments. You must inform the ice coordinator of what tournaments you are in and what you are doing with your ice time.

-Ensure that travel permits for all off island permits are signed by appropriate individuals and are with you when traveling off island - as well should have verification of all players eligibility from Hockey PEI.

-Ensure that all players receive a sweater, that the number is recorded and that at the end of the year the sweaters are collected, repaired, cleaned and returned to the equipment manager on hangers.

-in the event of a storm or inclement weather and you can not make your scheduled ice time at the APM Centre or Crapaud rink you must notify both the rink and the ice coordinator as soon as possible. If you have an early morning practice and they are calling for a storm, call the night before. That way staff will know what to do also.

There is an old saying that if a team can make the ice time in front of you and after you, the association will be charged for the ice. Whether or not your team will be charged will be determined by the weather and your actions. We believe in safety first for the players, not for the sake of convenience.

**“The influence a coach has on his/her players goes way beyond wins and losses.” -  
Cassie Campbell**

**“As the coach of a hockey team, you have a number of young, impressionable players watching your every move and listening to your every word” - Hockey Canada**

## **Coaches Responsibilities**

### ***Develop Trust***

Remember that you don't necessarily have to be liked in order to be effective. Although it is very human to seek approval, sometimes a coach must make difficult decisions that will not benefit everyone on the team. If players truly learn to trust their coach, even the difficult decisions will be accepted

### ***Affect Individuals in Order to Affect your Team***

As a coach, do not forget that teams are made up of individuals coming together to work toward a common goal or objective. As such, remember to spend time with individuals, and not just the team.

### ***Model Expected Behavior!***

It has been said that a team assumes the personality of its coach. No one can expect you to be perfect but just as you have high standards for your players, so too must your standards be set at a high level. Remember, your team is looking at you all the time.

**"It's the attitude of the players, not their skills, that is the biggest factor in determining whether you win or lose." - Harry Sinden**

## Fair Play Code .... Coaches

- ! I will be reasonable when scheduling games and practices, remembering that players have other interests and obligations.
- ! 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 also agree to abide the rules, regulations and decisions as set by the NRMHA, the Hockey PEI and CHA
- ! I will work in cooperation with officials for the benefit of the game.
- ! Ensure that players have proper equipment (neck guards, helmets etc.) and that they wear them at all times on the ice.
- ! Ensure that players do not wear the team jerseys at practices.
- ! Ensure that no player goes on the ice without a certified coach in place.

## **Fair Play Code .... Officials**

- ! I will make sure that every player has a reasonable opportunity to perform to the best of his or her ability, within the limits of the rules.
  
- ! I will avoid or put an end to any situation that threatens the safety of the players.
  
- ! I will maintain a healthy atmosphere and environment for competition.
  
- ! I will not permit the intimidation of any player either by word or by action. I will not tolerate unacceptable conduct toward myself, other officials, players or spectators.
  
- ! I will be consistent and objective in calling all infractions, regardless of my personal feelings toward a team or individual player.
  
- ! I will handle all conflicts firmly but with dignity.
  
- ! I accept my role as a teacher and role model for fair play, especially with young participants.
  
- ! I will be open to discussion and contact with the players before and after the game.
  
- ! I will remain open to constructive criticism and show respect and consideration for different points of view.
  
- ! I will obtain proper training and continue to upgrade my officiating skills.
  
- ! I will work in cooperation with coaches for the benefit of the game.

## Fair Play Code .... 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.
- ! I will do my part to clean the up dressing room before we leave.
- ! Be respectful to the arena staff and the Facility. Any damage to the rink or how dirty you leave the room is a reflection on the association. It will not be tolerated. You damage it you will pay for it.

Using the Alphabet as a guide - as in A to Z equals 1 to 26

KNOWLEDGE = 96 %      and      HARD WORK = 98%  
but ATTITUDE = 100%

## Fair Play Code ... 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 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 / event.
- ! 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 competition.
- ! I will never ridicule another player for making a mistake or losing a competition.
- ! 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 official's judgement or honesty in public.
- ! I will support all efforts to remove verbal and physical abuse from children's hockey activities.
- ! I will respect and show appreciation for the volunteer coaches who give their time to provide hockey experiences for my child.

**“Please do not criticize others if you are not willing to take their place.”**

## 10 Ways to Become a Good Hockey Parent

- ! Get involved with your son or daughter's team in a positive way.
- ! Let your son or daughter know you enjoy having them involved with the game
- ! Don't lose perspective, emphasize the values associated with the game.
- ! Be supportive and don't let expectations become a burden to your son or daughter.
- ! Model respectful behavior for your son or daughter.
- ! Be there for your child whether they win or lose.
- ! Make safety, respect, fair play and fun a priority.
- ! Support your child emotionally
- ! Encourage your child to participate but avoid pressuring them to play the game.
- ! Communicate with your son's or daughter's coach in a professional effective manner

**“Listen to yourself next time you're at the rink. Hockey's too important to take too seriously”**

-

*Hockey*

*Canada.*

## **Parents Responsibilities**

- To follow the “Fair Play Code for Parents”
- Ensure that all coaches/managers rules are agreed upon followed.
- Attend and give your input during parents meetings
- Discuss issues with coaches or managers not with children and other parents.
- If items can't be resolved by discussion with coach or manager discuss with coordinator.
- All issues / complaints are to be forwarded in writing to the executive if they can't be settled at the team level. If it is not put in writing and signed, the executive will not deal with it.
- Some coaches do not like parents in the dressing room, when they are getting ready for a game or after. In most cases there is no reason for parents to be in there. Establish the protocol.

**“For every minute you remain angry,  
you give up sixty seconds of peace of mind”** - *Ralph Waldo Emerson*

## **Fair Play Code .... Spectators**

- ! I will remember that participants play hockey for their enjoyment. They are not playing to entertain me.
  
- ! I will not have unrealistic expectations. I will remember that players are not professionals and cannot be judged by professional standards.
  
- ! I will respect the officials' decisions and I will encourage participants to do the same.
  
- ! I will never ridicule a player for making a mistake during a game. I will give positive comments that motivate and encourage continued effort.
  
- ! I will condemn the use of violence in any form and will express my disapproval in an appropriate manner to coaches and league officials.
  
- ! I will show respect for my team's opponents, because without them there would be no game.
  
- ! I will not use bad language, nor will I harass players, coaches, officials or other spectators



# North River Minor Hockey Association Medical Form



*Please complete all sections of form .*

**PLEASE PRINT**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Day Month Year

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Facsimile: \_\_\_\_\_

Provincial Health Card Number: \_\_\_\_\_ Ht: \_\_\_\_\_ Wt: \_\_\_\_\_

Manager's Name: \_\_\_\_\_

Coach Name: \_\_\_\_\_

Coach Name: \_\_\_\_\_

Coach Name: \_\_\_\_\_

Trainer's Name: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Business Number: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Business Number: \_\_\_\_\_

Person to contact in case of accident or emergency, if parents are not available:

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Address: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Dentist's Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

**Please circle the appropriate response below pertaining to your child.**

- |     |    |  |
|-----|----|--|
| Yes | No | Previous history of concussions  |
| Yes | No | Fainting episodes during exercise  |
| Yes | No | Epileptic  |
| Yes | No | Wears Glasses  |
| Yes | No | Are lenses shatterproof  |
| Yes | No | Wears contact lenses   |
| Yes | No | Wears dental appliance   |
| Yes | No | Hearing problem  |
| Yes | No | Asthma   |
| Yes | No | Trouble breathing during exercise  |
| Yes | No | Heart Condition  |
| Yes | No | Diabetic   |
| Yes | No | Has had an illness lasting more than a week in the past year                                     |
| Yes | No | Medication   |
| Yes | No | Allergies  |
| Yes | No | Wears a Medic Alert Bracelet or Necklace   |
| Yes | No | Does your child have any health problem that would interfere with participation on a hockey team |
| Yes | No | Surgery in the last year   |
| Yes | No | Has been in hospital in the last year  |
| Yes | No | Has had injuries requiring medical attention in the past year                                    |
| Yes | No | Presently injured.   |

**Please give details below if you answered "Yes" to any of the above items**

**Medications:**

**Allergies:**

**Medical Conditions:**

**Recent Injuries:**

**Last Tetanus Shot:** \_\_\_\_\_ **Date of Last Physical:**

**Any information not covered above:**

**\* Any medical condition or injury problem should be checked by your physician before participating in a hockey program.**

**I understand that it is my responsibility to keep the team management advised of any change in the above information as soon as possible and that in the event no one can be contacted, team management will take my child to hospital/MD if deemed necessary.**

**I hereby authorize the physician and nursing staff to undertake examination, investigation and necessary treatment of my child.**

**I also authorized release of information to appropriate people (coach, physician) as deemed necessary.**

**Date:** \_\_\_\_\_ **Signature of Parent or Guardian:**