

Our Coaching Philosophy - Atom Matrix 2011/12

1.) Our coaching philosophy is to give the players fair ice time as much as possible. A team cannot win in the long run with only six or seven players logging most of the ice time. However, **the Matrix Board has granted all Matrix coaches the permission to coach the last five minutes of a close game as they see fit.**

If there is a game on the line in the dying minutes, we will play the players who have played well that particular game or games leading up to that point, to give us the best chance to win. During regular season games this option will not likely be used. However, in tournaments parents should expect to see this option used on a regular basis.

2.) **Players must treat coaches, teammates and opponents with respect at all times.** Bad attitudes or negative comments towards coaches, teammates or opposing teams will not be tolerated. Players who fail to follow this rule are subject to missing shifts, being benched, suspended or even removed from the team. Foul language will not be tolerated from any player or coach at any time.

3.) Players are asked to be at the rink no less than **45 minutes** before a game and be ready to go on the ice no less than **15 minutes** before a game. They are also asked to be ready **10 minutes** before a practice so we can go over drills and utilize our ice time. We realize that there are circumstances where this may be difficult, but we ask that you try to comply as much as possible and let us know, in advance, if you can not comply.

4.) One of the most important skills that we want to teach the players this year is proper mental preparation before a game. Therefore, we ask that all parents refrain from being in the dressing room **15 minutes before or after each ice time.** There will be a team official or designated parent in the room at all times with the players.

The **players should be more than capable of getting dressed and undressed on their own** at this age. If they are having trouble with a piece of equipment we want them to ask one of their team mates for help first before asking an adult. We understand that some of the players are not comfortable with tying their own skates yet, but want to encourage them to start trying. If necessary, we may ask two parents, on a revolving schedule, to come into the dressing room each ice time to help players who cannot get them tightened on their own.

5.) Practices are the most important part of any sport. It is where players develop the skills they need to achieve success. Learning team systems, breakouts, special teams etc. are extremely important for a player. With all players on the same page, it makes the flow of a game easier for everyone on the ice.

We realize that there are certain times throughout the year when a player or players are unable to attend a practice due to unforeseen circumstances. **If the player has a valid reason for being absent from a practice, please be sure to let either the manager or a coach know, NOT another parent or player on the team.** Failure to do so could result in that player missing shifts or a portion of a game.

- 6.) **Players are expected to take short shifts** as directed by the coaching staff. If they do not come off when expected they will miss shifts. Average shift length will be 45 - 60 seconds.
- 7.) Players who take penalties that are deemed to be bad by the coaching staff will **miss shifts** for a period of time at the discretion of the coaches depending on the situation and the frequency of the occurrences.
- 8.) **Passing is an important part of the game.** Players will be encouraged not to just pass the puck away for the sake of passing, but those who constantly fail to pass to teammates will be corrected verbally and will miss shifts to drive home the importance of team play.
- 9.) If a team comes to the rink looking serious, then they are taken serious both on and off the ice. **Appropriate attire is mandatory for all league games and collared shirt and ties are mandatory for tournaments.** If team jackets are decided upon, they will be worn to all games as well (zippered).
- 10.) In the event of an incident that a player/parent is not happy with some aspect of the management or coaching staff decisions, **please note that the staff will not accept any phone calls from parents within 24 hours of the incident.** This will give the parties involved a chance to cool down and think about what happened before speaking. After that time has passed, the coaches will be happy to speak to you about your child only. We feel that this will make the season run a little smoother and help everyone get along much better. All questions or concerns should be directed to the team manager first and he will try to provide a response to you. If you are unhappy with the response or course of action taken you should then take your concerns to the Matrix Board.
- 11.) We completely agree with cheering from the stands, but yelling negative things from the sidelines at your children or the referees, helps nobody, and if nothing else, may embarrass your child. **Encourage, don't discourage.**

Donald (Duck) MacDonald - Head Coach

Robert Vickerson - Ass. Coach

Shane MacDougall - Ass. Coach

Greg Wilson - Manager