

Team Rules
Oklahoma Sooners Mite A
Mite (Born 1995, 1996)

The coaching staff wants to make sure that we're all on the same page. By putting these rules out, our hope is that all will be familiar with them, and help enforce them with your kids.

Disregard for team rules can result in the following:

1. Limited or No playing time.
2. Punishment – such as pushups, skating laps, etc.
3. Being relieved from the team.

What's different about travel?

1. There is no guarantee of equal playing time.
2. We coach to win. Not at all costs, but we teach winning and competitiveness as well.
3. Fun and development of your child are important to us. However, the team comes first.
4. There is an expectation of character, appropriate behavior, and team play from your child.
5. Coaches will not treat players like rookies, or 5 year-olds. They will not be coddled; they will be expected to be 'tough'.
6. The kids play A LOT.

Commitment –

1. Practices are not optional. Unexcused absence or excessive excused absence will hurt your child's position with the team, and impede his progress. You must notify a team coach as soon as possible of an absence. There is a strong correlation between practices made and playing time.
2. Games are not optional. There are few reasons that would be excused when missing a game. You must notify a coach 48 hours before a road weekend of an absence.
3. We will be stressing team, character, integrity and work ethic to your son. Behind family and school, the team has to be a priority.
4. Players must report to the game venue ONE HOUR before scheduled game start.
5. Players will be in the room as soon as possible, or not later than 30 minutes prior to the game.
6. Parents will have assisted their child with their dressing, and depart the room 15 minutes before game start. Hint: complete the lower half of the gear first, and get the skates on and tied. The child can complete the rest.
7. Have your equipment needs taken care of before game time – not in the dressing room.
8. There shall be no swimming between games. Swim after we're done for the day.

Equipment –

1. It is the responsibility of the player, with the oversight of the parents to make sure the player is properly equipped. A player without all required gear will not play. Check, double check, and check again BEFORE you leave home.
2. Proper gear includes: (All is required)
 - a. An approved helmet, with all straps and pads in good working order. This includes the chin strap as well as the cage straps. A full face shield is required.
 - b. An approved neck protector.
 - c. Shoulder pads.
 - d. Elbow pads.
 - e. Gloves – cannot have holes in the palms.
 - f. Stick – legal curve. Two identical sticks are strongly recommended.
 - g. Pants
 - h. Shin guards
 - i. Team socks
 - j. Team Jersey
 - k. Jock with cup.
 - l. Skates
 - m. Mouth guard. It must attach to the cage.
 - n. Water – there will be no water breaks - Bring it on the bench.
3. Players will be required to have a dark (Red, blue, BLACK), and a white practice jersey.
4. Maintain an adequate supply of tape, extra laces, sticks or blades, socks, foot treatments, etc. if your son requires them. They will be playing and practicing a lot – if it can break or wear out, it will.
5. After dressing the kids will be required to clean up their area, zip their bags, and place them neatly under or next to the bench. Warm ups and such shall be neatly hung, on hangers in the stall.

Parents:

1. The coaches and the team manager are responsible for the team. If you would like to help, let us know. There are a great many things you can do. You cannot however, be on the bench or on the ice for any game or practice. The association, USA Hockey and insurance require certification to be on the ice or the bench.
2. All team members will be required to stay with the team in the same lodgings.
3. Please do not ‘coach’ from the stands. Please do not confuse your child, or worse contradict what we’re asking him to do.
4. Please keep a positive attitude. Do not expect your child to do so if you can not. We will not be using much, if any negative reinforcement. We would request that you do not either. If they worked their hardest, leave the rest to us.
5. If you have something constructive to say, or concerns about YOUR child, there is a proper place and time to approach the coaching staff. Please approach them in a constructive fashion at the proper time. During a game or practice is Never appropriate.

6. Be positive. If your child does not get to play center every time... Or plays defense a lot when he has his heart set on forward, there is a reason. Your child has a lot of playing ahead of him... We try to accommodate the kids... But the team comes first.
7. Please depart the room at the required time. If we would like you in the room, manning the penalty box, etc. We will ask you to do so. Do not approach the bench during the game.
8. Please control your temper while at the games. Yelling at the refs, coaches, or kids during the game will not be tolerated. If anyone is to 'appeal' to the refs, it will be the coaches.

Behavior

1. Profanity will not be tolerated.
2. Abuse of the coaches or refs will not be tolerated.
3. The children, and parents, will be expected to act their ages, and in a manner flattering to Oklahoma Travel Hockey.
4. Fighting, checking from behind, or other major penalties will draw additional punishment from the coaching staff. This is in addition to the league's assessed penalties.
5. Horseplay is not allowed in the room. The room shall be a place of preparation and be kept in an orderly fashion.