



## **RIGGERS HOCKEY ACADEMY**

### Player Expectations

- I will make every effort to attend all practices and games.
- I will arrive at practices and games on time and prepared. I understand that it is my responsibility to have all of my equipment packed and ready for practices and games.
- I will wear all my equipment as required.
- I will always leave the change room clean and in good condition, both at my home rink and away.
- I will listen and follow the directions of the coaching staff and officials.
- I will work as hard in practices as I do in games.
- I will do my best to eat healthy and get enough rest, especially on game days.
- I will follow the team's dress code for games.
- I will not take a cell phone, tablet or camera into the dressing room.
- I will respect my coaches at all times and listen carefully to their instructions. I understand that they are giving their time to make me a better hockey player.
- I will support and respect my teammates and opponents at all times. I will not tease, ridicule, put down or make fun of any players on my team or the opposing team, at any time.
- I understand that my behaviour reflects on my teammates, my coaches and the RHA program. I will always be on my best behaviour at games, practices, hotels and other team events.
- I will not complain about penalties or calls made by the officials and I will respect the referees at all times. I understand that they are in charge of enforcing the rules of ice hockey.
- I will show good sportsmanship at all times, both when winning and losing. I will always congratulate the other team and wish them good luck.
- I understand that there is zero tolerance for bullying and physical violence.
- I understand that my conduct on and off the ice has consequences. Mouting off, taking excessive penalties, or disrespectful behaviour could result in disciplinary action.
- I understand playing for RHA is a privilege, not a right.
- I will be committed to developing as an all-around hockey player and someone with good character.