

Team Name \_\_\_\_\_

**2025-26**

## COMMITMENT

These team standards help players and families enjoy a positive, fun, and competitive season. They reflect FSMH's values of respect, development, and community.

## COMMUNICATION WITH PARENTS

Clear and respectful communication builds trust and sets the tone for the season.

- **First Point of Contact** – Parents with concerns should reach out to the **Team Manager** first.  
The manager will share information with the coaching staff, who will decide if a player/parent/coach meeting is needed.
- **24-Hour Rule** – Concerns will not be discussed immediately after games. A 24-hour cooling-off period allows everyone to reflect.

## ATTENDANCE

- If a player will miss a practice, game, or team event, families must update TeamSnap and notify the coaching staff.
- Consistent attendance builds team chemistry and supports skill development

## PRACTICES

- Players must arrive fully equipped. Missing required equipment (e.g., neck guard) means they **cannot participate**.
- Bring a **filled personal water bottle**. Sharing bottles is not permitted.
- Be **fully dressed and ready 10 minutes before ice time** to allow for team discussion or warm-up.



## GAMES

- Arrive **at least 30 minutes prior** with both home and away jerseys and socks.
- Show discipline on the ice and respect teammates, opponents, and officials.
- **Zero tolerance** for bullying, discrimination, or disrespect.
- If penalized, players must skate directly to the penalty box and avoid debating calls.
- Coaches, players, and parents will always speak to officials in a **calm, courteous manner**.

## DRESSING ROOM CONDUCT

- No roughhousing (pushing, wrestling, shooting pucks, throwing tape, etc.).
  - No spitting on the floor.
  - No inappropriate language, swearing, or discriminatory remarks.
- Breaches may lead to a parent/coach meeting and follow-up actions*

## CELL PHONES

- Cell phones and cameras are **not permitted in dressing rooms** or during team activities

## PARENTS

- Lead by example—show positivity and sportsmanship at all hockey events.
- Support team volunteers and coaches; your cooperation is key to success.
- Follow FSMH's **Parent Code of Conduct** and all FSMH and Hockey Alberta policies.
- Concerns should be raised through proper channels and within the 24-hour rule.



## **ACCOUNTABILITY**

By signing below, the player and parent/guardian agree to follow these FSMH Team Standards and understand that violations may lead to action in line with FSMH and Hockey Alberta policies.

**PLAYER NAME (Please print):** \_\_\_\_\_

**PLAYER SIGNATURE:** \_\_\_\_\_

**PARENT SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

