



## **Piedmont Predators 2015-2016 Team Rules**

❖ **Be on time to practices and games.**

Plan to arrive 30 minutes before ice time on practice days and 60 minutes before ice time on game days. Be dressed and ready 10 minutes before ice time on game days for chalk talk.

❖ **Game day attire.**

Predators warm-up - T-shirt and tennis shoes for all the games.

❖ **Call the coach or Team Manager if you can't attend a practice or game.**

Know your schedule. Missing Team events may result in less ice time during games.

❖ **Listen when the coach speaks.**

Stop what you are doing, or take a knee when you are on the ice.

❖ **Always be, a good sport.**

ZERO TOLERANCE will be applied concerning "trash talk" on, or off the ice.

No retaliation or unprovoked penalties will be allowed.

❖ **Be a team player and respect your teammates.**

Hockey is a team sport. Good hockey teams win as a group, not on the effort of only one player.

Never criticize your teammates, give them positive encouragement.

❖ **Respect your parents, coaches, teammates, officials and opponents.**

No trashing the locker room, the team is responsible to leave the locker room clean.

Everyone picks up trash on the way out.

❖ **Never argue with an official's decision.**

Never show disrespect to an official on or off the ice.

Accept the fact that sometimes, "call" will go your way and other times they won't!

Let the coach deal with the referees.

❖ **Full concentration on drills.**

We play the game the way we practice, therefore give 100% effort on every drill.

❖ **Work hard and have fun!**

STRIVE FOR EXCELLENCE.