



Casco Bay Mariners Travel Teams Program Summary and Expectations

PROGRAM SUMMARY

Schedule:

- **Practices:** Practices typically start the first week in October. Practices will be 2-3 times per week and a combination of half-ice, full ice, dedicated skills and dryland fitness sessions. Outside instructors are utilized to supplement the regular coaching staff and teach weekly on-ice skills sessions and off-ice dryland fitness sessions.
- **Games:** Teams will compete in the Maine Amateur Hockey Association (MEAHA, www.MEAHA.com) travel league. League games typically begin in late October and end in late February. The MEAHA regular season typically consists of 18-24 games. MEAHA teams typically cover a geographic area from Bangor to the north, to Rockport to the east, to Biddeford to the south. Teams will likely travel 1-3 times to each MEAHA opponent's rink for games. Travel to Bangor and Rockport will usually include two games in the same day.

The MEAHA schedule will likely be supplemented with non-league games against MEAHA teams, Casco Bay girls travel teams, and/or out-of-state teams. The goal is a total game schedule, including tournaments, of approximately 40-45 games. Travel is usually limited to Northern New England and nearby Canada, usually within a 5-hour drive. Travel of more than 2 hours will not be made for a single game.

- **Tournaments:** Teams typically participate in one or two invitational tournaments. Specific tournament locations are determined by the coaching staff and travel director in the fall or during the season. Tournament locations are typically in New England, Quebec, or New Brunswick. The cost of the tournament(s) is covered as part of the Casco Bay fee, but each family does incur the additional cost of the hotel room, food, etc. Tournaments are often scheduled around holidays, but players may have to miss part or all of a school day in order to attend all of a tournament.

State Tournament: Depending on the team's regular season record, they may participate in the MEAHA State of Maine Tournament. Tournament entry fees are covered as part of Casco Bay player registration fees. Not all MEAHA teams are guaranteed to make the state tournament, as it is a function of the number of teams in MEAHA for a given division/season. The State tournament is usually in late February or early March. The location varies.

Regional Tournament: Top finishing team(s) in the MEAHA State Tournament may earn spots in a New England Regional or Sectional Tournament, usually in March.

Fees:

Fees are typically in the \$1500-\$1700 range. Fees are set by the Board of Directors during summer meetings. Fees cover the following:

- Practice ice
 - +/- 26 half ice practices
 - +/- 9 full ice practices
 - +/- 17 skills sessions including skating & goalie instructor fees
- Dryland training at Foreside Fitness (Falmouth) with certified trainer, 1 hour per week
- Home game ice and referees, typically 12-16 home games
- Tournaments
 - 1-2 outside invitational tournaments
 - MEAHA State Tournament (if team qualifies)
- Apparel – team warmup coat and pants (U10 and U12 only)
- Game jerseys and socks (2 sets), CB logo hockey pant shells
- Practice jersey

Goals & Objectives:

- Our goal as an *organization* is develop sound, fundamental hockey skills and life lessons that transcend hockey. We will emphasize the importance of hard work, perseverance, unselfishness and teamwork.
- Elements of our coaching philosophy include:
 - Practice like you Play, Play like you Practice
 - The puck moves faster than any player (i.e.-passing is key)
 - 95% of hockey is moving without the puck
 - Winning a 1x1 battles, with and without the puck, is key at any level
 - Team Play – players should understand they are part of a unit that works together to achieve a common goal.

Team Rules & Expectations

- 1. Attendance:** We strongly encourage players to try other activities outside of hockey. Players will not be penalized for missing hockey to honor commitments to fall sports teams, or other similar commitments. Once fall sports end and we kick the hockey season into high gear, full team attendance at practices and games is imperative. The expectation is that travel hockey takes precedence over middle school hockey and other winter sport activities. We recognize there will be unavoidable conflicts, such as preplanned family vacations, illness, etc., however we ask you do your best to plan accordingly and make all reasonable efforts to attend all team events. We need the full roster to run effective practices and compete at the highest level in our games. Please communicate foreseen absences to the coaches.
- 2. Practices:** Please try and have your player at the rink and fully dressed 10 minutes before each practice to review the practice plan.
- 3. Games:** Please try and have your player at the rink at least 45 minutes (60 minutes preferred) prior to each game. Players are expected to be dressed and ready to play 15 minutes before game time to review the game plan. We also will often run the kids through a dryland warm up before putting on gear, especially before road games where the kids have been stationary in the car for an extended time.
- 4. Hockey Etiquette** - A single, isolated event can cause a sports program to get a bad reputation. Coarse, impolite or negative language should never be used at the rink or in front of players at any time for any reason. It is important to respect our players, opponents, referees, other parents and the game of hockey. These expectations apply to players, coaches, and parents/fans. Selfish behavior on or off the ice will not be tolerated.
- 5. Players will treat each other like best friends.** Mean or insulting behavior will not be tolerated at any time. This includes any interactions on social media. Teammates should always stick up for each other.
- 6. Effort/Attention** – The expectation is each player will provide full effort during each practice and game, and full attention when a coach is speaking. Physical mistakes will be tolerated (actually encouraged in practice), but a lack of attention or effort will not. When a coach blows the whistle, players will be expected to skate full speed to the coach (without shooting pucks) to learn about the next drill – ice time is limited so we want to make the best use of it by staying focused. Players will be expected to remain still and quiet when a coach is speaking, both on the ice and in the locker room. Players will be asked not to remove any equipment beyond their helmets and gloves after games until the coaches have provided appropriate post-game feedback. The sound of tearing Velcro is very distracting to both the speaker and listeners.

7. **Positions and Playing Time:** Travel hockey is competitive by nature. While not the primary or only goal, winning hockey games is one of our objectives. We expect players and parents to support all our objectives. Playing time will be at the discretion of the coaches considering effort, attitude, commitment, and performance. Similarly, playing positions will be determined by the coaching staff considering the interests and development of the individual, and the best interests of the team. While we welcome feedback from the players regarding preferences, we expect the players (and parents) to accept the coaches' decisions and give maximum effort with a "team first" mentality.
8. **Uniforms:** Players are responsible for the care of team issued uniforms, including white and orange game jerseys/socks, hockey pants/shells, and practice jerseys. We do not have extras of these items, so if a player forgets to bring appropriate parts of his uniform to the rink, he will go without and may not be able to participate. Practice jerseys are different colors and will be distributed according to a player's position and line, and therefore may change from time to time. Game socks and jerseys are to be worn only for games, and should be carefully cared for. A jersey or garment bag is strongly encouraged. Players are expected to wear their matching wind pants and team coats to all games.
9. **Music:** Music will be allowed in the locker room while players are dressing. The coaching staff reserves the right to change this policy at any time, especially if the music is inappropriate, loud or just stinks (i.e.-not Sinatra).
10. **Post-Game:** After each practice and game, we ask parents to please allow five minutes for the coaches and players to have a team meeting and allow us to provide positive feedback. Our goal is to treat the players as serious athletes and to foster a sense of belonging on a team. It is extremely difficult to talk to the players if the locker room is full of parents and siblings. The five-minute rule is not intended to be a "secret meeting." We merely want to foster a team feeling and seek to keep the locker room distractions to a minimum.

Thank you

Thank you for choosing Casco Bay Hockey, and your commitment to the travel program! Please remember that Casco Bay is a not-for-profit organization run by volunteers, including coaches. There is a lot of work behind the scenes, but we do it for the love of the game and the kids. We are super excited to get on the ice and begin working with this group of young athletes. We will do our best to teach this great game in a positive environment that fosters growth on and off the ice. We have high expectations.....mostly to have a lot of FUN!