

Team Rules

1. **NO BULLYING WHATSOEVER!!!**
2. **Act like young men, show character!**
4. Practice how you play during the game!
5. If for some reason you are going to miss a practice or game, make sure you let the coaches know the day before. If you are sick and can't make it to the game/practice, let us know right away in the morning.
6. **Respect your teammates, coaches, parents, and refs:** Eye contact when a coach or teammate is talking on/off the ice, No talking back to the refs, eyes below the boards during games/practice, and clean-up the locker room every time.
7. **No phones out** when coaches are in the locker room!
8. You must be at practice, **ON TIME**, if you miss practice, you miss one period of the next game. (Coaches discretion) *Miss school means no practice/game*
9. Be prepared for games and scrimmages: Arrive 40 minutes early, always wear team jacket, and bring both jerseys. If late without a call, or forget jacket/jerseys, you miss one period of that game.
10. **Make memories!**
11. **Give 100 percent and always, have FUN!!**

"Dream, Believe, Achieve & Succeed"