



**MEDINA HOCKEY PLAYER DEVELOPMENT PROGRAM
PLAYER COMMITMENT AGREEMENT**

The Medina Hockey staff created the Player Development Program (MHDP) to continue and strengthen our commitment to player development. The MHDP is a skill intensive program that will focus on different areas of development each week over the off-season, using both off-ice and on-ice sessions. Players will be given advanced notice of the upcoming weeks focus as well as tasks to be completed at home, on their own. This program will rely on the honor system as well as submitting forms/videos. To ensure player development progress, there will be three testing sessions throughout the program.

For the MHDP to be a success, it requires a commitment from each player to the program as well as to strive to improve and become better. All participating players must agree to the following:

- I will attend all sessions, on and off ice, to the best of my ability. I have been given the schedule in advance and will do my best to schedule activities (social, family, work, etc.) around it the best I can.
- I will arrive to all sessions on time and completely prepared (water, shoes, gear, etc.).
- I will completely read the upcoming weeks Memo and understand the skill development focus area. Memos will be sent out on Wednesday for the following Monday session.
- I will complete the assigned task(s) for the week as well as submit any forms or videos as required.
- I will set personal goals and commit to achieving them, including improving testing data.
- I understand the importance of a team. I will push my teammates to get better by maintaining a positive attitude, always trying my best, and working to get better. Poor or disrespectful behavior will not be tolerated as you represent Medina Hockey during this program.
- I understand clear communication is important. I will notify the coach as soon as I know if I will not be able to attend a session, including why I will not attend. I will ask questions if I do not understand a drill, skill area, etc. until I completely understand what I am being asked to do.
- I will do my best to try everything to the best of my ability. I will not be embarrassed if I fail a drill, cannot complete a task, or do not understand something. I will strive to improve. I will get up and try again.
- I will hold myself and my teammates accountable to the program.

Player Name

Player Signature