



TRAVEL TEAM PHILOSOPHY

INTRODUCTION

The Northern Virginia Hockey Club (NVHC) has a program for youth that have the ability to perform at a higher level of competition and who wish to become a member of a travel team. Travel team participation will require a greater commitment of time and money by players and parents than is required for participation in the house program. It is felt that by teaching hockey properly, in a competitive structure, players will develop a true enjoyment of the game and will remain active in amateur hockey. NVHC will make every effort to put the most competitive team on the ice while keeping in mind the development of the skills of every member of the team. NVHC travel teams participate in the Capital Beltway Hockey League (CBHL), which is governed by the Potomac Area Valley Hockey Association (PVAHA) and the Southeastern District of USA Hockey.

The NVHC travel teams are overseen by the Travel Team Director who is elected to a one (1) year term as a member of the NVHC Board of Directors. It will be the Travel Team Director's responsibility to direct the travel team program in a manner consistent with the NVHC Travel Team Philosophy and Operating Procedures.

INFORMATION FOR PLAYERS AND PARENTS

1. Players who wish to try out for a travel team will be provided information about the travel team program.
2. Additional travel team information, including a copy of this document, will be provided to parents of each travel team player prior to the beginning of the playing season.
3. Playing on a travel team will require much greater commitment of time and money from parents and players compared to participation on a house team. The travel team season runs from mid-August through the first week in March and may be extended by CBHL and district playoff games. Games may be played in areas that are some distance from Northern Virginia, and parents must provide transportation to these games. Parents are asked to lend their full support to the coaches and managers of the teams.
4. As noted throughout this document, being selected as a member of a travel team carries with it a high level of player and family commitment to a number of program and team obligations. The most important of which is player attendance at all team practices, scrimmages, exhibition games, CBHL league games, and tournaments. It recognizes, however, that some absences are unavoidable and are considered to be

excused absences. Parents and players are asked to notify the coach in advance of a known absence. In instances where the coach has not been notified of an absence in advance, the player may be subject to disciplinary action.

a. Excused Absences. Examples of excused absences from any team commitment that are not subject to disciplinary action, are defined as follows:

- 1) Player's illness;
- 2) Religious commitments;
- 3) School commitments in which the player is directly involved;
- 4) Significant family commitments, i.e., serious family illness, weddings, and funerals.

b. Unexcused Absences. All other absences from team commitments will be considered unexcused absences and may be subject to disciplinary action by the coach. Disciplinary action may include game(s) suspension. Coaches will be instructed to be consistent and fair with all players when such action is deemed necessary.

c. Other. It is strongly recommended that a player may not be withdrawn from team commitments as a family disciplinary measure.

5. In accordance with Northern Virginia Hockey Club Rules and Regulations, players shall not use alcohol, tobacco of any kind or any substance defined by law as an illegal drug. Parents are expected to cooperate with the NVHC coaching staffs in helping players stay in training by aiding with this policy. They are also expected to support the NVHC Board of Directors and the coaching staff in the enforcement of this policy.

a. PENALTIES

1) First Violation – after confirmation of the first violation, the participant shall be suspended from active play or participation for a period of at least fourteen (14) days. The participant shall be required to perform at least eight (8) hours of community service as approved by the Board. The Board has the right to make arrangements for other acceptable conditions being met, either in addition to the community service or in lieu of. During the period of suspension the participant must participate in team practices and attend any home games unless determined otherwise by the Board.

2) Second Violation – after confirmation of the second violation, the player shall be suspended from further participation within the NVHC for a period of one (1) year. After a period of one year the participant must formally request re-admittance to the NVHC and must present the steps he/she has taken to address the substance use problem.

Suspension from the NVHC because of violation of this substance abuse policy will not be grounds for monetary refund.

b. INTERPRETATION – “Game” in this rule means regular league or playoff contest. Practice games or scrimmages cannot be counted in determining length of suspension.

TYPE AND COMPOSITION OF TRAVEL TEAMS

The NVHC Travel Program will field the following teams each year, presuming the availability of a sufficient number of players with the requisite levels of skill: Midget, Bantam, Pee wee, Squirt, and Mite.

The competition level for each of these teams will be determined by the CBHL pre-season Jamboree tournament. The competition levels break down is as follows:

National Division – AA level, represents the highest level of competition in the CBHL and will be composed of the highest rated players in an age division. Teams are eligible to represent the CBHL and PVAHA in the Southeastern District Tier II Level I Playoffs. If they qualify through the district tournament, they have the opportunity to represent the Southeastern District in the USA Hockey Tier II Level I National Championships.

Patrick Division – A level, represents the second highest level of competition and will be composed of the next highest rated players in an age division.

Wales Division – B level, represents the third highest level of competition.

SELECTION OF TRAVEL TEAM COACHES

It is the philosophy of the NVHC to select the best-qualified persons as the head coach and assistant coaches. The Travel Team Director shall recommend Travel team coaches to the Board of Directors for approval. When recommending coaching candidates to the Board, the Travel Team Director shall present the relevant experience of each candidate, to include USA Hockey certification level and completion of background checks. Where conflicts arise over multiple qualified coaching candidates applying for a specific coaching position, the President may call the candidates for that position to appear before the Board of Directors for an interview. The Board then will vote for the most qualified candidate. Assistant coaches for each team will be nominated to the Travel Team Director by each team Head Coach; the Travel Team Director has approval authority, and shall inform the Board of Directors of the approvals. NVHC will lend preference to a qualified non-parent to coach over a qualified parent coach.

RESPONSIBILITIES OF THE TRAVEL TEAM COACHES

1. Travel team coaches will abide by the travel team regulations of the NVHC, the Travel Team Philosophy and Operating Procedures and the rules and regulations of the governing district in which our travel teams compete. These directives will be provided to the travel team coaches by the Travel Team Director at the coaches meeting prior to the beginning of each season.

2. Travel team coaches will have a parent meeting as soon as possible following travel team selection. Items which must be discussed include:

- a. Goals and objectives of the travel program
- b. Organization of the travel team program
- c. Transportation
- d. Fundraising and finances
- e. Expectations and responsibilities of players and parents
- f. Tournaments and tournament play

3. The NVHC stresses to coaches the importance of their position in working with young people. Coaches are role models for all young people and are expected to maintain high standards of behavior, not only while coaching, but at all times. Failure to maintain such high standards may result in suspension from coaching duties. If a coach violates any of the following rules, the coach will be temporarily suspended from coaching for not less than two (2) weeks. The NVHC Board on an individual basis will determine the exact length of each suspension.

- a. A coach will not physically or verbally abuse players, other coaches, referees, officials, parents, or other spectators.
- b. Coaches will not use alcohol or illegal drugs before or during a practice, game, or scrimmage.
- c. Coaches will ensure there is adult supervision for the full duration of all practices, games, or scrimmages, as well as in and around the arena.
- d. A coach is not permitted to use tobacco of any kind during practice, games, or scrimmages.

5. Player participation and equitable ice time. To the extent that team members fully participate in all team events to the best of their abilities (attendance and effort) and exhibit a positive attitude and spirit of teamwork, then it is the coaches' responsibility to ensure those players are treated fairly and equitably in games regarding playing time. Coaches do retain a degree of discretion to play certain player combinations based upon situations in certain games (e.g., a penalty killing line, a power play line in a league or tournament game with a close score); however, it is the coach's responsibility to redress the resultant inequities in ice time for players so affected in subsequent games. This policy is not intended to require coaches to ensure absolutely equal ice time. It is part of the philosophy of the NVHC Travel Program to field successful teams. Some discretion must be given to the travel coaches, although all coaches are encouraged to develop all of the players on their rosters. It is strongly recommended at the Squirt level that there be no distinct power play unit or penalty killing unit as this level is still a developmental age and all players should be taught the skills of the game. If a player or parent has a concern regarding the application of this policy, they should first discuss the concern with the team's coach. It is expected that such a discussion will result in a resolution of the concern; however, unresolved concerns may be brought to the attention of the Travel Team Director. In the event

that this policy continues to be violated after the Travel Team Director was involved in achieving an initial resolution of a concern, it could, upon further examination, result in the temporary suspension of the coach as provided in this Philosophy and the NVHC rules.

OTHER INFORMATION

1. In accordance with USA Hockey Southeastern District Rules and Regulations, fighting, other forms of violence or profanity by players or coaches in the NVHC travel program will not be tolerated. During games or scrimmages, referees have the authority to penalize for misconduct. Parents, players, and coaches must support the officials.

a. CBHL League Games. Another player on the same team to serve the major penalty shall replace any player who receives a major and a game misconduct penalty in the penalty box. The game misconduct penalty automatically disqualifies the player from participating in the balance of the current game, the next USA Hockey sanctioned game, and the next regularly scheduled CBHL game. The consequence of this penalty will be reported by the referee to the coach during the game and subsequently to the CBHL. It is the responsibility of the Head Coach to ensure that their players adhere to USA Hockey suspensions.

b. Other Games / Scrimmages. If the infraction occurs in a game not under CBHL jurisdiction, the player will not be allowed to play in the following game and may be subject to further suspension or termination from the program for the remainder of the season. In such cases, USA Hockey, PVAHA, CBHL, and NVHC, rules will be applied.

c. Disciplinary action for fighting penalties beyond those described in the preceding 2a and 2b will be handled in accordance with applicable USA Hockey, PVAHA, CBHL, and NVHC rules.



Travel Fees for 2007-2008

NVHC Board voted not to increase fees this year. Total \$1,700

The season begins 2 weeks earlier this year. Practices begin mid

Tryout	First payment Due May 1 st , 2007	Second Payment Due July 1 st 2007	Final Payment Due August 1 st 2007
\$ 40	\$500	\$600	\$600

August to get ready for CBHL Jamboree.

Please Register and Pay on-line.

All players are in the system, but you do have to register again. This time for the specific team.

If you would like to pay by check you can send it to:

NVHC P.O. Box 150215, Alexandria, VA 22315



NORTHERN VIRGINIA HOCKEY CLUB
PARENT PARTICIPATION PROGRAM
AGREEMENT AND ACKNOWLEDGMENT FORM

The NVHC Board of Directors has adopted a resolution requiring that all NVHC parents or guardians that have a child involved in travel youth hockey sign this form that acknowledges their agreement to the following:

Parent's Code of Conduct:

Attendance at sanctioned NVHC events is a privilege, not a right. As with all privileges, there comes the responsibility to maintain that privilege. Parents are expected to conduct themselves in a way that reflects positively on themselves, their children, NVHC, and the game of hockey. In order to maintain the integrity and high standards of the NVHC, all parents of the NVHC are expected to abide by the following set of guidelines:

As parents of a Northern Virginia Ice Dog player and, thus, a representative of Northern Virginia Ice Dogs Hockey Club, I agree to support the following Code of Conduct:

Adhere to USA Hockey governing rules, regulations, policies, and procedures, as well as rules, policies procedures of the Northern Virginia Hockey Club

Children are involved in organized sports to learn life skills, to learn the game, and to enjoy their experience. Hockey is a game—help make it fun!

Remember that you serve as a role model for your children as well as the other children in the program and on the opposing teams and that your child often exhibits your attitudes on and off the ice.

Know and study the rules of the game and support the officials on and off the ice. This approach will help in the development and support of the game.

Applaud a good effort in both victory and defeat and enforce the positive points of the game.

Remember that hockey is for those who play it and everyone else should be a supportive spectator.

If you enjoy the game, learn all you can about hockey-and volunteer.

Encourage your child to play by the rules.

Respect the coaches and coaching staff and leave them to do the coaching and do not coach from the stands.

Do not embarrass your child by yelling at him or her, other players, coaches, or officials

Support your child and his/her teammates by providing encouragement and showing interest in his/her team.

Understand that winning is desirable, but winning at any cost defeats the purpose of the game.

Recognize the importance of volunteer coaches and support them. They are important to the development of your child and the sport.

Understand that hockey, as in life; you should treat others, as you would have others treat you.

Recognize the value and importance of teamwork and of being a “team player” even as a parent.

Demand a drug- and alcohol-free sports environment for your team and abide by the Ice Dogs’ Substance Abuse Policy.

I UNDERSTAND THAT A VIOLATION OF ANY PART OF THIS CODE OF CONDUCT OR ANY ACTION WHICH IS DETRIMENTAL TO THE CLUB, IF DEEMED NECESSARY, MAY BE BROUGHT TO THE CLUB’S DISCIPLINARY COMMITTEE FOR ACTION AND MAY RESULT IN MY SUSPENSION OR TERMINATION FROM ANY OR ALL NORTHERN VIRGINIA HOCKEY CLUB ACTIVITIES.

Player Name: _____

Signatures of both parents (where applicable) required:

Signed: _____ Date: _____

Printed Name: _____

Signed: _____ Date: _____

Printed Name: _____

Adapted from USA Hockey Code of Conduct and adapted to meet the specific needs and goals of Northern Virginia Hockey Club



NORTHERN VIRGINIA HOCKEY CLUB
PLAYER PARTICIPATION PROGRAM
AGREEMENT AND ACKNOWLEDGMENT FORM

The NVHC Board of Directors has adopted a resolution requiring that all NVHC travel players sign this form that acknowledges their agreement to the following:

As a player and, thus, a representative of Northern Virginia Hockey Club, I agree to support the following Code of Conduct:

Play for the enjoyment of the pure sport of ice hockey and be proud to skate for the Ice Dogs!

Learn the rules of ice hockey and play by them at all times, this means:

Always be a good sport, win or lose, and set a positive example for other, particularly younger players.

Learn to win and lose with the same amount of sportsmanship and dignity

Work HARD everyday to improve my skills!

Be on time and be mentally and physically prepared for practices and games.

Listen, pay attention, ask questions, and watch others to see how I can improve.

Recognize the value and importance of teamwork and of being a team player.

Practice teamwork, sportsmanship, discipline, and respect.

Respect coaches, teammates, parents, opponents, and officials.

Demonstrate mature behavior on and off the ice.

Restrain from emotional outbursts such as stick slamming, throwing of equipment, retaliation against an opponent, or other aggressive acts.

Never argue with an official's decision.

Participate, with grace; in end of the game hand shake tradition.

Respect and act accordingly in all ice rink facilities, including public areas and locker rooms.

Any behavior that reflects poorly on the team during any official team function will result in disciplinary action as decided by the coaches and/or Executive Board.

Unexcused tardiness or absence may result in automatic benching.

Communicate any schedule needs with your coaches in advance.

Understand that winning is desirable, but winning at any cost defeats the purpose of the game.

Understand that in hockey, as in life, you should treat others, as you would have others treat you.

Demand a drug- and alcohol-free sports environment for your team and abide by the Ice Dogs' Substance Abuse Policy.

I UNDERSTAND THAT A VIOLATION OF ANY PART OF THIS CODE OF CONDUCT OR ANY ACTION WHICH IS DETRIMENTAL TO THE CLUB MAY RESULT IN AUTOMATIC BENCHING BY THE COACHES AND, IF DEEMED NECESSARY, MAY BE BROUGHT TO THE CLUB'S DISCIPLINARY COMMITTEE FOR ACTION AND MAY RESULT IN MY SUSPENSION OR TERMINATION FROM ANY OR ALL NORTHERN VIRGINIA HOCKEY CLUB ACTIVITIES.

Signed: _____ Date: _____

Printed Name: _____

Adapted from USA Hockey Code of Conduct and adapted to meet the specific needs and goals of Northern Virginia Hockey Club

**USA HOCKEY
CONSENT TO TREAT**

This is to certify that on this date, I _____, as parent or guardian of _____ (athlete participant), or for myself as an adult participant, give my consent to USA Hockey and its medical representative to obtain medical care from any licensed physician, hospital, or clinic for the above mentioned participant, for any injury that could arise from participation in USA Hockey sanctioned events. If said participant is covered by any insurance company, please complete the following:

Name of Insurance Company:

Address:

Policy Number:

Signed:

(parent/guardian or adult participant)

Relationship to Athlete:

Home Address:

Phone: (_____) _____ Date: _____

Excess accident insurance up to \$25,000, subject to deductibles, exclusions and certain limitations, is provided to all USA Hockey registered team participants. For further details visit www.usahockey.com or call USA Hockey at 719-576-USAH.

(over, please)

MEDICAL HISTORY FORM

(COMPLETION OF THIS SIDE OF THE FORM IS OPTIONAL)

Name _____ Date: _____

Address: _____ Birthdate: _____

Daytime Phone: _____ Evening Phone: _____

WHO TO CONTACT IN CASE OF AN EMERGENCY?

Name: _____ Relationship: _____

Daytime Phone: _____ Evening Phone: _____

Physician's Name: _____

Daytime Phone: _____ Evening Phone: _____

Hospital of Choice: _____

PLEASE COMPLETE THE FOLLOWING:

If the answer to any of the following questions is or was yes, please describe the problem and its implications for proper first aid treatment on a separate piece of paper.

Have you had (or do you presently have) any of the following? Circle One

Head injury (concussion, skull fracture) Yes No

Fainting spells Yes No

Convulsions/epilepsy Yes No

Neck or back injury Yes No

Asthma Yes No

High blood pressure Yes No

Kidney problems Yes No

Hernia Yes No

Diabetes Yes No

Heart murmur Yes No

Allergies Yes No

Please specify: _____

Injuries to:

Shoulder Yes No

Knee Yes No

Ankle Yes No

Fingers Yes No

Arm Yes No

Other: _____

Impaired vision Yes No

Impaired hearing Yes No

Other: _____

Have you had a recent tetanus booster? _____ If so, when?

Are you currently taking any medications? _____ What?

Why? _____

Has the doctor placed any restrictions on your activity? _____ Explain:

USA HOCKEY

2007-2008

CONSENT TO TRAVEL

The undersigned, as parent or legal guardian of the player listed below, hereby gives permission for his/her child to travel within the United States or Canada. It is understood that this child may accompany other team parents or representatives and that reasonable caution will be taken by those in charge to prevent damage and injury. The undersigned agrees that neither those in charge nor the directors or sponsors shall be held responsible in case of damage or injury.

Name of Player_____

Signed (parent or guardian)_____

Relationship to athlete_____

Home Address_____

Phone_____

Date_____