

Player Expectations (Updated 2024)

Hard Work

1. Players should be at the rink **ready to start warm ups (not just arriving) exactly an hour before games.**
2. Players should be at the rink 20 minutes before practice. **In some cases players may be asked to be ready in the locker room 10 minutes before practice.**
3. **All efforts in Games/Practices/Mandatory Events are up for review by the coaching staff. Poor effort/no attendance can result in a loss of playing time in future events.**
4. **Players who are consistently off task or not focused during Games/ Practices/ Mandatory Events may be asked to leave the event. Players who are asked to leave the event will receive a minimum 1 period suspension, the severity of which can be increased at the coaches discretion.**

Dedication

1. It is the expectation of the coaching staff that players will attend **all practices, games, and mandatory events such as team meetings, fundraisers, Etc.**
2. An athlete may be excused from a Game/Practice/Mandatory event so long as it is communicated directly to the coach (In Person/Phone/Email) **at least 24 hours in advance, and is for one of the approved reasons as listed below:**
 - a. Sickness/Injury/COVID (a leniency will be given on the 24 hour rule)
 - b. Major Family events (Weddings, Funerals, Immoveable once in a lifetime events)
 - c. School/Continuing Education Event (Concerts, FAFSA, College Visits)
3. **Any absences not communicated with the coach, or absences for an unapproved reason from any Game/Practice/Mandatory Event will result in a minimum 1 period suspension, the severity of which can be increased at the coaches discretion.** This includes:
 - a. Hunting / Family Vacations
 - b. Work not pertaining to school (Jobs, Chores, etc.)
 - c. Other sports that are currently not in season
 - d. Any other activity not included in rule 2 sections A-C

4. **For Games/Practices/Mandatory Events that have had a date change within a week of the start time of the event, approved reasons for missing practice (rule 2, A-C) will be expanded to include work/previously scheduled appointments, so long as it is communicated with the coach 24 hours in advance.**

Class

1. 24 Hour Rule: Any problem or issue that arises during Game/Practice/Mandatory Event should not be communicated until 24 hours after the event to the coach. Give yourself time to think through the issue as well as for the coach to process the event.
2. For home games and **away games less than an hour away**, players are expected to wear a shirt and tie, their team jacket, and black dress pants and shoes
3. For away games **longer than an hour away**, players are expected to wear their team sweatshirt and team jackets. GBU hat optional.
4. **Any player who receives an unsportsmanlike conduct penalty will be given a one period suspension, which can be increased due to the severity of the penalty.** Players may also be through our team's discipline protocol.
5. Any players whose actions in the community would negatively impact the team's reputation may be asked to sit out full games, and can be put through our team's discipline protocol.
6. Any mistreatment of the Cornerstone facilities or any other guest facilities can result in suspensions and/or being put through the team discipline protocol.
7. **In order to meet the demands of a constantly improving team, amendments can be made to this sheet in order to better serve our team community. Any Improvements from this point forward will be stated clearly to the athletes, and an amended copy of the sheet will be shared with the parents through email/other popular team methods of communication.**