



D155 Predators Hockey Club

2020 – 2021 Handbook

Vision

PROMOTE THE GROWTH OF HOCKEY
TRADITION IS BUILT ON A FOUNDATION OF HARD WORK
EXCEPTIONAL TEAM SPIRIT

Mission

To provide a competitive Varsity and Junior Varsity hockey experience for the students, the parents and community of Crystal Lake Central, Cary Grove and Prairie Ridge High Schools in an environment that is healthy and safe.

Guiding Principles

The D155 Predators hockey teams are a non-sponsored high school sport. While the school does not oversee the operation of the club, playing under the D155 Predator name and logo requires that the club, members and players conduct themselves in a manner that reflects positively upon the schools and community.

Respect for the Individual: Treat all others as you would like to be treated.

Enjoyment: It is important for the hockey experience to be fun, satisfying, and rewarding.

Pursuit of Excellence at the Individual, Team, and Organization Levels: Each member of the organization, whether player, volunteer, or staff, should seek to perform each aspect of the game to the highest level of his or her ability.

Integrity: Work to promote honesty and fair play beyond mere strict interpretation of the rules of the game.

Sportsmanship: To learn a sense of fair play. Become humble in victory and gracious in defeat.

Loyalty: We aspire to teach loyalty to the ideals and fellow members of the sport of hockey.

Teamwork: We value the strength of learning to work together.

Coaches and Board Members

The D155 Predators Hockey Club coaching staff and Board of Directors are committed to providing a quality hockey program for D155 students. Please feel free to bring any questions or concerns to your team manager, coach, or any board member. In general, ice issues should be addressed to the team manager, while the Board of Directors address off-ice issues, such as club policy, fee payment, etc.

Code of Conduct

Codes of conduct for coaches, players and parents shall be posted on the D155 Predators website. All participants will be expected to comply with their respective code of conduct.

Fee Structure

2020 – 2021 Fall Season Fee's

Fees - \$3,000.00 Plus \$200.00 Registration Fee (Varsity and JV Teams)

Payment schedule details below and during registration.

In addition to normal team expenses this fee also includes, for new players, practice jerseys and track suits. All players receive a new set of Game Socks.

Payment Policy

Families will have the option to pay via Credit Card during the registration process or will have the option to pay by check. At registration a \$200.00 registration fee will be collected. Families will have the ability to pay in full the remaining (\$3,000.00) if they choose. For families opting for the payment plan the remaining \$3,000.00 balance will be broken into 6 installments of \$500.00 each with the first installment due on September 15th, 2020 and payable on the 15th of each month going forward with the last payment due on February 15th, 2021. Players will not be allowed to participate in practices, games, tournaments or team events if payments are not received on time. Parents needing additional time must make arrangements with the Treasurer.

Academic Eligibility

The principal, or designee, is responsible for checking the records of students at the beginning of the activity and at the end of each grade reporting period for which the activity is in progress and determine eligibility. The designee will notify the coach, or Hockey Director of ineligible students. All first-time ninth graders (freshmen) will be considered academically eligible at the end of their eighth-grade school year.

Varsity / Junior Varsity

The D155 Predators are fortunate to support 3 teams in the Illinois High School Hockey League North Central Division, One Varsity Team and two Junior Varsity Teams. The coaching staff will determine the number of players on each team. If you are a double rostered player, at the coach's direction, you may be required to participate at both levels.

The coaching staff determines ice time at the high school level. At the Varsity and Junior Varsity levels, equal ice time is not a requirement. At the JV Red team level, our primary objective is to develop players. The JV Red coaches will attempt to provide equal ice time. However, at certain points in any game such as power plays or a close game, equal ice time may not be provided. Any player, who would like to know how he/she might improve their level of play, is encouraged to discuss the issue with the coaching staff. Parents who wish to discuss such

issues are asked to speak with their team manager to set up an appointment to discuss with the coaching staff or to set up an appointment to discuss with the Board.

Equipment

The D155 Predators will provide practice jerseys and track suits to all new incoming players. All players will receive a new set of games socks before each fall season.

Mouth Guards and Neck Guards are required for all players and are not provided by the club; these items are the responsibility of the player. Players who step on the ice without mouth guards and neck guards may be asked to leave the rink by any coach or official.

The D155 Predators request that all players wear black helmets and black hockey pants/shells.

All other required hockey equipment is the player's responsibility.

Games, Playoffs and State

For the 2020 – 2021 season the D155 Predators will play in the Illinois High School Hockey League North Central Division. Typically, each team will play 22 games estimate from August ending in February with Playoffs and State starting in late February.

Team Practices

Each team will have one skills session with Scott Herbster on most Mondays and one individual team practice on most Tuesdays and Thursdays. Exact scheduled dates will be sent out soon. Tentative times are set below, however, these may change at the discretion of the Rink and Coaches. Due to Covid – 19 these days and times are not yet confirmed with the Crystal Lake Ice House. We are hoping to have confirmed dates and times as soon as possible.

Mondays

Varsity 3:50 to 4:50

JV Black 4:50 to 5:50

JV Red 5:50 to 6:50

Tuesdays and Thursdays

Varsity 5:00 to 6:00

JV Black 6:10 to 7:10

JV Red 7:20 to 8:20

Team Pictures

Team and individual pictures will be taken at a normal practice at a date to be announced by the team managers. The team picture will be put in the school yearbook. You will have the option to purchase team and individual pictures.

Parent Volunteers

We are asking each family for 6 hours of volunteer time per family. D155 Predators Hockey receives no funding from the D155 School District. All activities are planned by the board and volunteers and all activities are paid for by player fees and fund-raising activities. To help keep fees lower and to have a successful program, we need to have parent participation from each family. Each team will need volunteers in the positions below for the hockey season. Please take a few minutes to look over the positions needed. Because many of the positions are needed for specific teams, we will not fill positions until the teams are selected.

Team Managers

You are the main liaison and support between the coaching staff and the team and parents, to be sure the season runs smoothly. Team Managers are expected to:

- attend the Mandatory Coaches and Managers meeting at the beginning of the season;
- schedule the start of year meeting with all parents and players. This is a meeting where the coach sets expectations and generally discusses the upcoming season and answers any questions. This takes place within the first week or so of the season.
- act as a communication liaison for the D155 Board of Directors to all the families on a team. Managers will help communicate the team's ice times for practices and games to the players and will keep team records such as league standings, overall team records, and statistics with respect to team.
- retain, throughout the season, the official team roster, Waiver Forms, Consent to Treat Medical Forms, and a copy of each coaches CEP card. Manager are required to bring these to every game and/or tournament and return it at the end of the year to the Vice President.
- help designate, when the home team, a timekeeper and security monitor. The Team Manager shall perform this duty or assign it to a parent on the team.
- report scores of all league games after each game (you will be given instructions at the Mandatory Coaches and Managers Meeting).
- handle team travel arrangements for out of town tournaments.

Team Photographer

Take pictures of your specific team. We need a photographer for Varsity and Junior Varsity teams. Photos taken will be used throughout the season for the program, social media, picture boards and website. Photos may also be used for year-end video.

Security (Orange Jacket)

We need a Security Liaison for each team for both home and away games. This volunteer person will arrive 20 minutes early and attend all league games and identify themselves to other teams Security Liaison as the D155 Predators security liaison. Security Liaison will serve as an extra pair of eyes during the game to identify violations of the code of conduct, address any possible problems and handle accordingly and with assistance of local law enforcement if necessary.

D155 Predators Hockey Club Board

Duties of President, Vice President, Treasurer, Registrar, Rules and Ethics, Secretary, Communications Director and Members at Large are described in the club by-laws.

Volunteer opportunities exist for each of the events below

Golf Tournament

Alumni Game

Holiday Party

Senior Night

Fund Raisers

Club and Team Parties

D155 Predators Hockey Club

2020 – 2021 Policies

D155 Predators Hockey Club 2020-2021 Policies

The Board shall be responsible for the operations of the club, including approval of coaches, decisions on players' eligibility in terms of suspension, academics, and failure to comply with the rules and/or codes of conduct of the organization, by coaches, players, parents and other participants in the club.

The Hockey Director oversees the entire hockey program.

By signing up to play with the D155 Predators Hockey Club, players and parents understand that the placement of players on teams is the sole responsibility of the Hockey Director and coaches and such placement on specific teams is based on a variety of considerations, which may include a player's or parent's attitude, performance, and behaviors both on and off the ice.

The Head Coaches and Hockey Director have the authority to suspend a Player(s) for one game for a documented reason. Hockey director will communicate their decision with Rules and Ethics and to the player(s) parents. The Hockey Director and Head Coaches may suspend a Player(s) for one additional game for a documented reason, to be forwarded immediately to Rules and Ethics and the Board, and notification to the player(s) parents. Immediate attention to this matter will be given by Rules and Ethics to uphold, modify or reject the suspensions.

The Hockey Director and coaches run the ice. This includes tryouts, selecting the roster, what team you play on and the amount ice time each player receives. This is not a debatable situation. Ice time can and will change from game to game.

The Varsity team is a high school varsity team. Its purpose is to compete at the highest level. The JV Black Junior Varsity team is designed to develop players capable of moving up to the Varsity level and playing competitively. The JV Red Junior Varsity team exist for the purpose of developing players to move up to the JV Black and/or Varsity levels and playing competitively. Varsity and JV Black Players may be moved up or down based on the evaluation and needs of the Coaches and skills of the players. Any movement of players is done specifically within the guiding rules of AHIA, USA Hockey, and Illinois High School Hockey Association.

The hockey director and coaches will provide appropriate feedback to the players, pointing out areas a player may need to improve his or her skills and competitiveness on a case by case basis.

Locker rooms will be closed to all but the players, coaches and approved screened individuals. If the coach needs another individual in the locker room, they will be invited. D155 Predators Hockey will abide by USA Hockey's policy regarding Locker Room Supervision and Co-Ed Locker Rooms.

The team coach or approved adult will allow no female players in the locker room until all male players are appropriate.

The coaches will determine the timetable for players to be dressed and ready for games as well as before practice sessions.

Players must attend all practices and games. You must notify your coach if you are going to miss a practice, game or team event, within the time frame outlined by your coaches. Injured and suspended players must still attend all practices, games and team events, as required by your coaches.

Off-ice training, weightlifting, watching film may be scheduled from time to time. Some may be optional, others mandatory.

The Club will not prohibit players from playing high school or other outside sports during the high school hockey season. There will be provisions when conflict occurs. All conflicts must be handled between the individual player and their Head coach.

Situations come up which may force you to miss a game/practice, but habitual absences will result in the loss of ice time. Hockey is a team sport and we need everyone at practices and games. You must be committed to your team and teammates.

SMOKING/VAPING AND USE OF ALCOHOL/DRUGS/TOBACCO PRODUCTS WILL NOT BE TOLERATED. All players will be required to read and acknowledge, by signing, the D155 Predators Drug and Alcohol Policy. Fighting, or any form of bullying, whether physical or verbal, will not be tolerated.

Conduct on and off the ice, during games, practices and while representing the Club, is very important. Backtalk, inappropriate language, hand gestures, and overall negative and bad attitudes towards coaches, referees team/league officials, including representatives from other teams, other players, parents, and teammates will not be allowed.

Any violation of D155 Predators Code of Conduct will be subject to disciplinary actions, which can include suspension and removal from the team.

The Board of Directors and/or Coaches have the authority and discretion to impose additional game suspensions based on the nature of the infraction.

Players will follow team dress code as directed by the coach.

If a player has questions about their play, ice time or any other issue they should discuss the matter with their coach. If the player is not comfortable with the coach's response, then the player can request a meeting with the Hockey Director to discuss.

Parents

The D155 Predators Hockey enforces the USA Hockey zero tolerance policy for parent conduct at games. If a parent has a concern or a complaint, report the matter to our Rules and Ethics Coordinator. It will be reviewed, and you will receive an appropriate and timely response once the matter has been investigated. D155 Predators Hockey will not tolerate abusive behavior towards the coaches or players. This includes games, practices and team events. Disciplinary action can and will be taken by the Board. Failure to adhere to any disciplinary actions issued to a parent will allow the Hockey Director to issue a suspension against the parent's player or removal of the player from a team.

ZERO TOLERANCE POLICY

In an effort to make ice hockey a more desirable and rewarding experience for all participants, AHAI has a very simple definition of Zero Tolerance and it will not be tolerated. The definition is: Any lack of Respect or Unsportsmanlike conduct will not be tolerated and will be a violation of AHAI's Zero Tolerance Policy. This campaign is designed to require all players, coaches, officials, team officials and administrators, parents and spectators to comply with the Zero Tolerance Policy. Each organization, player, coach, officials, team officials and administrators, parents and spectators are expected to enforce this Policy. In addition, AHAI has instructed the Officiating Program to adhere to certain points of interest to enforce this Policy in all USA Hockey sanctioned games. Thus, the following points of emphasis must be implemented by all On-Ice Referees and Linesmen:

PLAYERS

A minor penalty for unsportsmanlike conduct (*Zero Tolerance*) shall be assessed whenever a player:

1. Openly disputes or argues any decision by an official.
2. Uses obscene or vulgar language at any time, including any swearing, even if it is not directed at a particular person.
3. Visually demonstrates any sign of dissatisfaction with an official's decision. Any time that a player persists in any of these actions, they shall be assessed a misconduct penalty. A game misconduct shall result if the player continues such action.

COACHES

A minor penalty for unsportsmanlike conduct (*Zero Tolerance*) shall be assessed whenever a coach:

1. Openly disputes or argues any decision by an official.
2. Uses obscene or vulgar language in a boisterous manner to anyone at any time.
3. Visually displays any sign of dissatisfaction with an official's decision including standing on the boards or standing in the bench doorway with the intent of inciting the officials, players or spectators. Any time that a coach persists in any of these actions, they shall be assessed a game misconduct penalty.

OFFICIALS

Officials are required to conduct themselves in a businesslike, sportsmanlike, impartial and constructive manner at all times. The actions of an official must be above reproach. Actions such as “baiting” or inciting players or coaches are strictly prohibited. On-ice officials are ambassadors of the game and must always conduct themselves with this responsibility in mind.

PARENTS/SPECTATORS

The game will be stopped by on-ice officials when the parents/spectators displaying inappropriate and disruptive behavior interfere with other spectators or the game. The on-ice officials will identify violators to the coaches for the purpose of removing parents/spectators from the spectator’s viewing and game area. Once removed, play will resume. Lost time will not be replaced and violators may be subject to further disciplinary action by the local governing body. This inappropriate and disruptive behavior shall include:

- Use of obscene or vulgar language in a boisterous manner to anyone at anytime.
- Taunting of players, coaches, officials or other spectators by means of baiting, ridiculing, threat of physical violence or physical violence.
- Throwing of any object in the spectators viewing area, players bench, penalty box or on ice surface, directed in any manner as to create a safety hazard.



D155 Predators Hockey Club Anti-Bullying Policy

All players, parents, coaches, and Board members should have a clear understanding of what is considered bullying. Coaches and Managers shall ensure that all players and parents are provided a copy of this D155 Predators Anti-Bullying Policy and discuss the important points of the policy each year during the respective Parent/Coach Meeting. All players and parents should understand how to report incidents involving bullying. All coaches and Board members should be familiarized with the D155 Predators Anti-Bullying Policy each year and be made aware of the procedures to follow when bullying is reported.

D155 Predators take bullying seriously. Players and parents should be assured that they will be supported when bullying is reported. Bullying will not be tolerated at any practices, games, or other D155 Predators sanctioned events.

Signs and Symptoms: A child may indicate he or she is being bullied through various signs and symptoms. While some children are prone to report bullying to their parents, coaches or adults, others will not, due to fear, intimidation, or other factors. Coaches and parents should be aware of the following possible signs indicating that bullying may be taking place prompting them to investigate further and/or share their concerns with coaches or Board members. Some of these possible warning signs include:

If a child is frightened or unwilling to attend practice, doesn't care to associate with team members, asks to be picked up promptly from practice, changes their usual routine, fakes illness prior to practice or game time, becomes withdrawn, anxious, or lacking in confidence, is frightened to say what's wrong, and/or gives improbable excuses for any of the above.

These signs and behaviors could indicate other problems, but bullying should be considered a possibility and should be investigated.

Player Education: Players should be consistently supported and reassured that no consequences will result to them for coming forward. Coaches are encouraged to discuss the problems of bullying openly with their players to promote a "Telling Atmosphere". Players should be encouraged to do the following to stop and discourage bullying tactics:

- Players should tell their parents.
- If a player is bullied at hockey practice/games, they should be encouraged to immediately tell their team coach.

- If players are concerned or nervous about coming forward, they should be encouraged to talk with a friend or teammate. Team captains and assistant captains should be encouraged to intervene in any bullying situation.
- Players should be encouraged to not fight back when confronted by a bully. They should calmly tell the player to stop or say nothing and walk away. Again, they should report the incident to their team coach.

Procedures for Parents, Coaches and Board Members

- Parents should report bullying incidents to the team coach, hockey director, manager, or any D155 Predators Board member. In cases of bullying, the coach or board member who was contacted shall submit a written report outlining the reported bullying behavior to the D155 Predators Board. If necessary and appropriate, police may be consulted.
- In all cases of reported bullying, parents of the player who was bullied shall be informed immediately and may be asked to meet with the respective team coach to discuss the incident. In all cases, strict confidentiality shall be maintained.
- The bullying behavior or threats of bullying must be investigated, and the bullying stopped immediately. The parents of any player who is reported to be bullying will be contacted immediately by the respective team coach or board member and asked to meet to discuss the incident. Depending on the severity of the situation, the parents may be asked to meet with representatives of the D155 Predators, as appointed by the President.

Consequences of Bullying

In a first offense situation involving bullying, an attempt will be made to encourage the bully (bullies) to modify their behavior for their benefit, for the benefit of the person bullied and other team members. The bully (or bullies) will be asked to genuinely apologize to those players affected, including all team members. An attempt will be made by the coach, manager, or parent to reconcile the situation between the players (Age and level of maturity and or severity of offense must be considered). Other consequences or disciplinary alternatives to stop the bullying may also be considered by the D155 Predators Board once reported by the parent, coach, or manager.

If the bullying persists, disciplinary action against a player may be taken by the team coach and/or D155 Predators Board which may include, but are not limited to, immediate suspension from participation in the hockey practice or game(s) for a period of time. The Board reserves the right to suspend or otherwise discipline any player for bullying in addition to any action taken by the coach. In severe cases or multiple offenses, the Board reserves the right to

prohibit further participation in the hockey program by any player deemed to be involved in the bullying other players.

After the incident/incidents have been investigated and dealt with, the situation and participants will be continued to be monitored by the respective team coach and player parents to ensure repeated bullying does not take place.

Any and all incidents of bullying, whether first offense or other, deemed minor or severe, will be reported to an D155 Predators Board Member immediately and in writing within 24 hours.



D155 Predators Hockey Club Attendance Policy

To strive for maximum team success and development at the individual and team level, it's important that all players attend every practice, scrimmage, game, and tournaments. When signing up to play for D155 Predators Hockey Club, the player is committing to this attendance policy. The Attendance Policy for the 2020 – 2021 season is as follows:

- Enforcement of the attendance policy will begin August 24th, 2020.
- Players are required to attend ALL games, scrimmages, and practices, whether in or outside of Illinois. Tournaments are included in this policy.
- Excused absences include religion, school activities, current fall sport game or practice, illness, and family emergencies.
- Holidays and family vacations will not be considered excused absences.
- It will not be considered an unexcused absence if a player misses a team practice or game that was scheduled within 7 days of notification.

Consequences of missing a practice, scrimmage, or game:

- Each player is allowed 3 unexcused absences to be used at their family's discretion. These three absences were added to the attendance policy to help families plan for vacations and holidays during the hockey season.
- Players missing a game/practice/scrimmage session due to an unexcused absence (beyond the prementioned three) will be required to sit 1 game period per practice/scrimmage session missed. Unexcused absences result in the player sitting during the next scheduled game.
- If multiple kids are affected, it is the coach's discretion as to when, not if, they sit. If a player has to sit two or more games in a row, he/she is not required to sit back to back games.



Locker Room Policy

In addition to the development of our hockey players and enjoyment of the sport of hockey, the D155 Predators High School Hockey Club ("D155 Predators") is committed to the safety and protection of our participants. D155 Predators adheres to USA Hockey's SafeSport Program as a means to help protect its participants from physical abuse, sexual abuse and other types of misconduct, including emotional abuse, bullying, threats, harassment and hazing.

D155 Predators has predictable and limited use of locker rooms and changing areas (generally 30-45 minutes before and following practices and games). This allows for direct and regular monitoring of locker room areas by our coaching staff. Coaches are regularly checking that players have arrived to the arena and are acting appropriately in the changing areas.

To maintain personal privacy and help prevent abuse or misconduct from occurring in our locker rooms, D155 Predators adopts the following locker room policy.

- D155 Predators hockey players must act respectfully and appropriately in all locker rooms, restrooms and shower facilities, adhering to the D155 Predators policy and that of the Crystal Ice House or away rink. Players are representing our club at all times, which means they will act respectfully of each other and the facilities they are using.
- Female players will dress in a separate locker room when available. All players (male and female) will convene in a single locker room before the game once the coach has deemed it an appropriate time for all players to enter. Players will be notified upon entering a rink if this option is unavailable and players must use restrooms and/or take turns to change.
- **Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras, are not permitted to be used in the locker rooms.** If phones or other mobile devices must be used, they must be taken **outside** of the locker room.

D155 Predators players, employees or volunteers may be subject to disciplinary action for violation of these locker room policies or for engaging in any misconduct or abuse that violates the USA Hockey SafeSport Policies.



D155 Predators Social Media Policy

The D155 Predators High School Hockey Association Social Media Policy applies to all D155 Members, including any person directly involved in activities of the organization, such as, coaches, team managers, team support staff, players, parents, guardians, and administrative staff. This policy further applies to any online service, platform, or site that allows users to share information, ideas, comments, events, or media (including pictures, video, and audio). This policy is designed to protect all parties from harassment, bullying, stalking, inappropriate contact or behavior, however they are initially intended.

Participation in activities and teams associated with and playing within IHSHL is a privilege. As such, the use of social media by a player, parent, coach or manager considered to be inappropriate of IHSHL may result in discipline including suspension or removal from the team or Club. Consistent with IHSHL's mission statement, policies, and those of USA Hockey some examples of behavior in online social networking mediums that may be prohibited include, but are not limited to:

- member's personal information, contact information, medical conditions, injuries, and other sensitive matters pertinent to D155 Hockey and its membership;
- posting photographs, video or comments that harass, threaten, demean or intimidate other members of IHSHL;
- posting photographs, video, or comments that promote immoral conduct, criminal behavior, or indecency, such as, but not limited to: drug use, alcohol abuse, public intoxication, sexual exploitation, smoking, etc.
- postings that violate standards of honesty and ethical relationships; and
- posting any inappropriate, derogatory, racist, or sexist comments contradictory to D155's policies on these matters.

Members are expected to demonstrate discretion and respect over the use of social media sites; if a photo or comment would be inappropriate for all other forms of media, then it should be considered inappropriate for online social networking sites. Any material, comments or actions through these portals deemed inappropriate will be reviewed by the D155 Rules & Ethics Committee and may result in an in-person hearing. Failure to appear and/or adhere to the findings of D155 Predators may result in suspension or removal from the D155 Predators Hockey Club.

Coaches and managers are encouraged to sanction and follow any social media use, created by any player, parent, coach or manager that includes the D155 team name, logo, a D155 member school name, or IHSHL reference.