



Calibri Bold



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**B****Heading 1**

Off-ice training is part of LAHA player development. Dryland training may include strength, mobility, conditioning, balance, injury-prevention habits, skill development, team systems, classroom/video sessions, and other activities appropriate for the team and age level.

- Dryland participation is required unless excused by the coach for injury, illness, safety, academic conflict, family emergency, or another reasonable basis.
- Players must arrive prepared with appropriate athletic clothing, shoes, water, and any team-required items.
- Players who do not participate in required dryland or who are not appropriately prepared may be held out of game rosters, tournament rosters, team activities, or other opportunities until expectations are met.
- No player should train through an injury or medical restriction. Families must communicate health limitations promptly so coaches can plan safely.
- Concussion protocol is firmly adhered to, and any player with a concussion will not be permitted to play until medically cleared (more information below).

Team placement, roster selection, and player roles

Team placement and roster decisions may be based on registration numbers, evaluations, tryouts, skill, positional needs, player readiness, attendance, conduct, financial good standing, eligibility, coach recommendations, and the competitive level of the team. The Board, coaches, and any designated hockey personnel may use a combination of objective and subjective factors.

Registration and payment do not guarantee selection for a specific team, specific roster level, specific position, specific line, game-day roster, tournament roster, state/national-bound roster, or equal playing time. LAHA will strive to communicate expectations clearly and to create a development environment that is fair, safe, and aligned with the competitive level of each team.

