



Valkyries Hockey

Policies and Procedures

I. Team Identity

A. Mission Statement:

"Valkyries Hockey — Building confidence and character through discipline, respect, teamwork, and humility, for success on and off the ice."

B. Core Values

1. Discipline
2. Respect
3. Teamwork
4. Humility

C. Player Development:

1. Building confidence in each player is the foundation of our program.
2. Our coaches are dedicated to players improving the mental skill and physical development of the game, encouraging players to view challenges as opportunities for improvement.
3. Coaches will encourage communication amongst players.
4. Coaches will be prepared for practice with practice plans that encourage both team and individual skill development.

II. Team Rules

A. Practice

1. Players should be at the rink dressed and ready to participate 10 minutes prior to scheduled activity start time (dryland, on-ice, chalk talk etc.).
2. Players should be mentally prepared to listen, work hard, and have fun.
3. Parents will ensure coaches are made aware of players attendance for scheduled practices. This can be done by RSVP'ing through the team app or informing the team manager.

B. Game

1. Players should be at the rink 60 minutes prior to the scheduled start time, dressed and ready for warmups.
2. All players will arrive at games in designated team apparel.
3. Team Warm-Up (10-15-minutes)
 - a. Athletic Attire
 - b. Tennis shoes
4. Dress, Prepare for Game (20-minutes)
5. Coaches' Pre-Game Chalk Talk (10-minutes)
 - a. Full equipment, except for helmet and gloves
6. Post-Game Review
 - a. Following the game, players will remove only their helmet and gloves and will participate in a Post-Game Review with all coaches present.

C. Playing Time

1. Coaches will make every effort to ensure equal playing time for all players; except in more competitive situations such as the following scenarios that may have an impact on playing time:
 - a. Penalty kills or power play situations that require the use of special teams.
 - b. Game situations within the last 5 minutes of the game may impact the outcome of the game. These would include tie games, down by 1 goal, or overtime scenario.

D. Captains

1. Captain and Assistant Captains will be voted on by the team for 14U and older divisions.
2. Captains will lead dryland activities.
3. Captains will ensure players are on-time to Warm-Up and ready for the Pre-Game Chalk Talk.
4. Captains will be positive and encouraging and will set an example of a strong work ethic.
5. Captains will be responsible for communicating with the referees at the 14U and older levels unless tournament rules indicate otherwise.

E. Locker Room Protocol

1. At the completion of a practice or game (after Post-Game Review) players will have 10 minutes to exit the locker room.
2. The TEAM is responsible for picking up garbage and leaving the Locker Room in a clean condition, regardless of the initial state found.
3. Cell Phones / Electronic Devices.
 - a. A female SafeSport certified locker room monitor will be assigned for each event.
 - b. Locker Room time is TEAM time.
 - c. No cell phones will be on in the Locker Room.
 - d. No photos, videos, texting or chatting will be done on any cell phones in the locker room.
 - e. Cell phones used for music must be okayed by the locker room monitor.

F. RSVP/Absences/Late Arrival

1. Parents should RSVP through the communication app of the players attendance at practices & Games.
2. If a player is going to be absent or late, the parent must inform all Coaches and the Team Manager, via the communications app or by phone, of the situation with as much advanced notification as possible.

III. General Team Policies:

A. Safety:

1. The safety of our players is our top priority; Coaches will teach proper body contact within the rules of the game.
2. Parents will ensure their players have the appropriate equipment to ensure safety on the ice.
3. Coaches and Team Managers will complete a yearly Concussion Protocol training online with CDC (Centers for Disease Control) Heads UP.
4. Valkyries Hockey has a ZERO TOLERANCE for abuse and misconduct. All coaches will complete USA Hockey's SafeSport training.
5. In the event of a medical emergency, Coaches will follow the guidelines within the Valkyries Hockey emergency Medical Plan.

B. Communication:

1. Coaches will make every effort to communicate with players when a change is made during game situations.
2. All electronic communication between a coach and player is discouraged. If electronic communication is necessary, a parent or guardian will be included in the communication.
3. Coaches are discouraged from connecting with players through social media unless it's part of the official team communication.
4. Valkyries Coaches encourage open communication with their players and parents.
 - a. If a player is discouraged or unhappy about a game situation, they are encouraged to talk to their coach first, then their team manager and/or program administrator.
 - b. If a parent is discouraged or unhappy about a game situation, they are encouraged to talk to the coach and /or program administrator.

Code of Conduct:

To accomplish the objectives of the Valkyries Hockey organization all participants— players, parents/guardians, and coaches are expected to support a positive team attitude, display good sportsmanship and conduct themselves in a manner that reflects positively on the game and the team in all of our activities and events at all times. Not only are the expectations of conduct important for the development of these values in our players, but they are also important because they reflect on our organization. In consideration of your daughter playing for the Valkyries you and her agree to abide by the rules and the code of conduct set forth herein. These rules extend to all activities and events the Valkyries participate in, including but not limited to practices, games, travel to and from events, tournaments, or camps. Violation of the following rules may be subject to disciplinary action as deemed appropriate by the coaches and/or Valkyries Board of Directors and may include loss of playing time for a player, removal from practice, or sent home from tournaments or games.

A. Parents

1. Be Positive. Refrain from criticizing anyone during games or practices. Use your influence as a parent and role model to build team spirit and values for your player and his teammates.
2. Support the Coach.
3. Your daughter is the player on the team, for questions about playing time, positions, game strategy, tactics or topics that are related to the team please refer to the Section III-B in the Policies and Procedures document - If there is some significant concern, address it respectfully with the coach away from a practice or game and when the players are not present.
4. Please respect the Referees, off-ice official, both teams coaches, and let the Coach address them as necessary.

I acknowledge receiving a copy of the Valkyries Policies and Procedures to include the Code of Conduct and agree to abide by the terms of this document.

Parent Name

Parent Signature

Date

Updated: 8/4/2025

B. Players

1. I will accept responsibility for my actions during all Valkyries sponsored activities, including practices, scrimmages, games, tournaments, and/or out of town travel.
2. I will treat teammates, coaches, opponents, facilities, fans, referees, and the game of hockey with respect.
3. I will not verbally, physically, or mentally abuse other players, coaches, team managers, officials or parents nor will I encourage or support others that engage in such behavior. I will report inappropriate behavior to my coach or team manager.
4. I will listen to, and respect the authority of, my coaches and officials.
5. I will take necessary safety precautions related not only to my physical and mental health, but the physical and mental health of others and I will let my parents and coaches know if I am not feeling well, if I'm injured, or if I become injured during play.
6. I will be on time for practices and games, dressed and ready to participate.
7. I will be "Coachable" willing to learn, pay attention, follow instructions and be open to constructive feedback.
8. I will practice and play games with energy and enthusiasm but always under control and within the rules and guidelines of fair play.
9. I will emphasize team success over individual accomplishments.
10. I will handle winning with class and losing with grace. I recognize a player's true character is demonstrated by how we handle both success and adversity.

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Player Name

Player Signature

Date