



St. Joe's Prep Ice Hockey Player Rules



- ❖ Call or e-mail the Head Coach if you cannot attend a practice or game, or, if there is a chance that you might be late. If you are not able to notify the Head Coach, then notify any other coach as soon as possible.
- ❖ All players should be appropriately attired upon arriving for games.
- ❖ Players are responsible for filling water bottles for games and practices.
- ❖ Tape and trash must be cleaned up prior to leaving the locker room.

Time Management is a Necessary Skill

- ❖ We've made a huge commitment to the Penn Rink, don't abuse it.
- ❖ Players should be ready to get on the ice when practice starts, or be ready for the pre-practice training session.
- ❖ On game days, every effort should be made to get to the rink 1 hour prior to the game. That leaves plenty of time to eat, talk and to think about hockey.
- ❖ If you are not dressed 15 minutes before the game, you are late.

Failing to Plan is Planning to Fail

- ❖ Check all equipment before getting to the rink.
- ❖ No Jewelry is to be worn on the ice.
- ❖ Report all injuries to the Head Coach as soon as possible.
- ❖ Injured players are still a part of the team and are required to attend all games and practices.
- ❖ **Mouthpieces are Mandatory Equipment for Games and Practices. If you don't have a mouthpiece, you won't be practicing that day.**

You Won't be Able to Play Hard if you Don't Study Hard

- ❖ Be a good teammate.
- ❖ Respect your opponent and the referees. Play hard, but play clean.
- ❖ The Captains and Assistants will shake hands with the opposing coaches before the game.
- ❖ After the game, PREP players will wait at the bench until sent to the locker room by the coaches.