



Chestermere  
Lakers PW AA  
Team Operations  
Guideline



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## Team Operations

The Operations guideline is set out by the Coaches for the players to follow and use as a reference guide. Parents and players are encouraged to read through the Manual as it identifies what we are looking for when creating a strong team dynamic while creating a team identity for the inaugural Season for the PW AA Lakers.

### Guiding Principles

The following are five (5) Guiding Principles that all volunteers, players and staff will adhere to during their involvement with the PW AA Lakers.

#### Quality

Care and attention needs to be paid to those things that are presented to the athletes, coaches, trainers, referees, volunteers and parents in written or verbal form, throughout the Program of Excellence. It is the participant's right to be well informed in a positive and professional manner. Ethical treatment of the athletes and the development of their self-esteem must always be at the forefront of any program staff's personal philosophy.

"Build a Good Foundation"

#### Integrity

Consistent application of the program philosophy, objectives and expectations must be attempted at all times throughout the program. Our stated values must be held in the highest regard and not compromised for external rewards or individual bias.

"Walk the Talk"

#### Professionalism

In order for the best ever experience for all participants to be realized a positive environment must be created through consistent, open communications. The Lakers PW AA Program revolves around people and all of those involved should be valued for their experience and treated with respect. Each person in the program deserves a fair opportunity to contribute to the success of the program.

"Treat People Right"



## **Preparation**

Do the work, spend the time, find the answers, and care about the results. Detailed operational plans must be developed for each area of the program and shared with all program staff. Daily preparation and communication must not be compromised at any time. There must be focused commitment to ensure that all areas of the program are planned down to the finest detail. Nothing should be assumed nor left to chance.

“Leave No Stone Unturned”

## **Pursuit of Excellence**

A process oriented approach to being the best we can be is the fundamental issue in the pursuit of excellence. The philosophy of the program and or the rules of the game can never be compromised in the pursuit of excellence. Winning is an outcome of opportunity meeting preparation not a goal to be set.

“A Focused Approach on Process, Not Outcome

## **Lakers PW AA Mission**

To create a positive experience that lays a path and continues to build a legacy for the AA program and the players involved.

## **Lakers PW AA Coaching Staff’s Goals**

Goal # 1- To have the hardest working team in the league.

Goal # 2- To have a cohesive team dynamic that has a focus on being good roles models within the community representing the Lakers with pride and professionalism.

Goal # 3- To increase the hockey knowledge, confidence and abilities of each of our players.

Goal # 4- To create a fun and positive learning environment for each of our players.



## Players Team Goals for 2016-2017 Season

- To make it to playoffs
- to be able to work well as a team and win and lose as a team
- to be a strong team and hold our ground
- We build a real team
- to have a respectful team
- shots on net
- Have a fun and successful season
- To mature as a team and work hard and eventually succeed as a team
- Having a competitive team and a playoff spot
- Everyone is a friend and a teammate. We do anything for each other.
- To be able to communicate on the ice and make friendships
- to be competitive in the league and be a threat to other players
- To have good teammates and a fun year
- not as much penalty minutes
- To be the hardest working team
- For us to make a good legacy for all of Chestermere hockey association
- Hard working team, tough to play against, compete and make playoffs.
- Having a hard working team/ getting far this season
- I hope we have fun and win lots of games

## Parents Goals and Expectations for the Season

- To see a hardworking team
- Cohesive parent group
- Develop on ice skills
- Develop life skills
- Experience what it takes playing at a higher level
- Nutrition and Hydration education for players
- Compete every game
- Smiling Faces
- Developing Friendships
- Players learning to be leaders in community
- Respect on and off the ice
- Work hard every game and practice
- Get better with each skate
- Make the best of it
- Fair and reasonable ice time
- Well planned/organized coaching
- Good Communication
- Win and Lose as a team
- Each player knows their role on team



## Lakers PW AA Core Values

**Integrity** - We demand ourselves and others to the highest ethical standards. Our conduct as parents, coaches, and players will reflect the highest standards of integrity. We will demonstrate open, honest and ethical behaviour in dealing with each other, opposition, officials and administrators.

**Details**- Focus on the details and get better each day.

**Fail Harder**- [We want players willing to Fail Harder.](#)

**Respect** - We will respect each other, parents, officials, coaches and administrators with the up most respect.

**Work Ethic** - We will not be outworked on or off the ice.

**Teamwork** - We want everyone to contribute to the best of their abilities. Teamwork sustains a spirit of excitement, fulfillment, pride and passion for our team. This pride and passion enables us to succeed both on and off the ice.

**Leadership** - Strong leadership advances teamwork by importing a clarity of purpose and a shared sense of goals and objectives that are clearly stated and outlined within the team. We will inspire leadership skills in our players, which will make them better leaders on and off the ice.

**Performance** - We strive for continuous improvement in our performance. When we commit to doing something, we will do it to our best, in the most efficient and effective way.

**Focused Approach - Only One –The Hockey Alberta Approach- AB Built will be instilled into the kids**

We will instill these philosophies into everything we do ensuring that we are all prepared and understand the importance of each of these philosophies.

**Friendship** - We will form friendships with one another, both on and off ice that will last for years to come.



## Lakers PW AA Player Attributes

Below are the following attributes that we are looking for as a coaching staff when selecting players for the PW AA Lakers.

**Hard Working-** Nothing beats a good work ethic.

**Team Player-** If you can't buy into a team dynamic on or off the ice, then there is no place for you on the PW AA Lakers.

**Hockey Smarts-** We want players who can think and understand the game.

**Attention to detail-** We want players who pay attention to the small details.

**Focused Approach-** We want players who are focused and goal orientated.

**Role Players-** We want players that can accept and embrace the roles that they will be put in during the Season. Players may be a goal scorer last season, but can they adjust to being a checking at the PW AA Level.

**Independent-** We are looking for players who are independent and don't need a lot of attention off ice.

**Feedback- Personal Growth-** We are looking for players who embrace feedback, and use the feedback to become better well rounded hockey players and people.

**Goal Setters-** We want players willing to set goals and willing to self evaluate after each ice time.

## Team Mid Season Goals

1. To play as a team each game.
2. To play discipline and have the least amount of penalties in the league.
3. To get stronger as individuals and a team every day.

## End of Season Goals

1. To make the playoffs.
2. To have the best goals against average in the league.
3. To be the least penalized team in the league.
4. To have experienced personal and team growth on and off the ice.



## Coaching Philosophies

### **Trevor Morgan- Head Coach**

To provide a positive atmosphere for learning the game of hockey using a strength based approach in which the players are challenged to be their best, yet held accountable at all times. Through hard work, perseverance, and structure, players are given the opportunity to experience, success and failure, coupled with team work, and leadership development which ultimately builds lifelong skill sets both on and off the ice.

### **Colin Sedon**

Have an environment that allows everyone an equal opportunity to learn and develop on and off the ice, to create a positive learning environment in good and bad situations and to learn how to work in a team environment rather than as an individual.

### **Nicholas Martin**

To create an environment in which each individual will grow to be the best athlete, scholar, and role model in the community as possible. I am not coaching to grow people just as hockey players, but to grow individuals into better people. With that said, as a coach I will strive to teach with high attention to detail, discipline, and intensity in order to cause the most progression for my players. But most importantly I want every player to feel like he is excited to come to the rink and play each day, and to still feel great passion for the game.

## Dress Code

All players and coaches are to wear dress pants or khaki's along with a collared shirt. Players are not allowed to wear hats to games with the exception of fedora's!!! Ties are optional. In certain situations the coaching staff will permit the players to wear their track suites to games, but this needs to be earned and these details will be sent out to the parent group.

For all off ice sessions and pre and post workouts players will wear their Lakers Shorts, shirt and or track pants.



## Practice and Game Time Lines

- Players must be at the rink and in the dressing room 70 minutes prior to their assigned ice time.
- Players need to be in their off ice gear, and ready to do a pre ice work out as a group 60 minutes prior to their assigned ice time. We are looking for leaders who step up and take charge of the pre ice workout routine. Players need to warm up for 10-15 minutes as group prior to each ice time.
- Players will be dressed, and have water bottles filled and ready to go 15 minutes prior to the ice time. Coaches will do a pre ice talk 15 minutes prior to each ice time.
- After each ice session the team will do a post work out cool down as a team for 15 minutes.
- All jerseys are to be hung up on a hook. No jerseys are to be put into bags and or put on the floor etc.

## Team Expectations, Rules and Guidelines

- Each player and parent will act in a professional and respectful manner at all times while representing the Lakers.
- We (parents, coaches and parents) will respect the facilities, opponents, officials and fellow team mates, coaches, and parents at all times.
- The dressing rooms are to be kept clean at all times. Once all the players have showered the players are responsible to ensure that the floor is clean.
- No shoes are allowed in the dressing room. Players are to take off their shoes and keep them together lined up outside the dressing room door with the exception of their warm up runners.
- Sticks are to be lined up along the wall in a neat fashion.
- Players are not allowed to have electronics on while in the dressing room (with the exception of music). This includes phones, gaming devices and Ipads. All phones etc must be turned off and kept out of sight prior to and after each ice session.
- Players are not allowed to use electronics/phones etc on the bus on the way to games.
- Players must sit with team mates on the bus at the back. At no time should they be sitting with a parent on the bus.
- The most important rule of all is to have fun and remember it's just a game.
- We are looking to build an identity for the PW AA Lakers that will last for years to come. We want all around good people on this team.
- If you can't make a practice or games please call a coach and or the manager 24 hrs. in advance. (Please have the kids phone to let the coaches know that they won't be at practice as this teaches life skills)
- Players who consistently miss games and or practices and fail to contact the coach and or team manager with a minimum of 24 hrs. notice will be given one written warning. After this warning if the issue continues the player will be sat for one period.
- Players who wish not to listen while on ice and or taking part in an off ice session will get one warning before being sent off the ice. Any player who is sent off ice because of behavioural issues will have to explain to his or hers parents as to why they are sitting out. The coaches are not responsible to sit with the player while they sit off ice.
- No alcohol is to be consumed on the bus to or from games.
- Parents are not allowed in the dressing rooms at anytime.



## Behaviour Guidelines

1. Behavior- Suitable behavior is expected at all times by all players, regardless of the venue, (i.e. arena, dressing rooms, classrooms, etc). All players are expected to be courteous and polite at all times to instructors, presenters, training staff, rink staff, etc. All players are expected to be on time for all activities/events. Each individual is responsible for knowing the schedule. Check daily for changes with your instructors.
2. General- There will be absolutely NO smoking or consumption of alcohol by any player at any time.
3. Arena Conduct- Proper conduct when in the arena must be practiced at all times. Do not litter or deface arena property in any way. Dressing rooms are to be left clean after each use, no tape, garbage or anything else will be left on the floors.
4. Fighting- No fighting is allowed on-ice or off-ice at any time during the camp.
5. Equipment- Proper equipment must be worn at all times on the ice during the camp. This means CSA approved helmet/face masks, goalie masks and throat protectors. NO EXCEPTIONS!

## Captains and Assistants

During the selection camp the Coaching Staff will be looking for players who have leadership attributes. We are looking for a team full of leaders who are committed to the process. Once the team has been selected the coaching staff will continue to watch for leaders, and Captains and Assistants will be selected.



## Alberta Built – Directly from the Team Alberta Program

Alberta Built is defined as:

**GOOD PERSON – Know Who You Are.**

**CHARACTER PLAYER – Believe in Yourself.**

**GRIT PLAYER – Thrive on Adversity.**

**LEADERSHIP – Treat Yourself & People Right.**

**STANDARD OF PERFORMANCE – Focused Approach on Process – ALWAYS COMPETE & EVERYDAYERS**

### 1. GOOD PERSON – Know Who You Are

- Integrity
  - You are either in or out. No such thing as in between, we must have players who will push the belief button and live ALBERTA BUILT 24/7
- Respectful
  - Doing your best, doing what is right and doing it for the right reason (all for the team)
  - The expectation on and off the ice with Team Alberta is that we will hold you accountable to excellence at the highest standard
- Genuine
  - Not a pretender. Honest, sincere and open in relationships with others
- Loyal
  - Faithful to ones commitments or obligations. No compromising or doubting on who or what you are
- Work Ethic
  - Our work ethic will be our foundation. Non-negotiable – nothing will work unless we do – no excuses / no passengers
  - Our goal is to be the hardest work team!

### 2. CHARACTER PLAYER – Believe in Yourself

- Execution
  - Strive for perfection, consistently achieve excellence, attention to detail (pride in the process)
- Consistency
  - Not convenient, we want players who hate to lose at everything / anything, and will bring “it” no matter where, when, why, or how
- Passionate
  - Expressing a strong, intense desire and feeling towards a common goal or objective
- Preparation
  - A habit that doesn't change whether you are winning or losing (even kiel), business-like approach, razor sharp focus – on a mission and nothing will get in our way, humble and hungry, requires maturity, attention to detail, commitment and principle centered leadership (walk the walk)



### 3. GRIT PLAYER – Thrive on Adversity.

- Relentless
  - Promising no reduction in severity, intensity, strength or pace. Commitment to consistently pushing the limit
- Skill / Hockey IQ
  - Playing with speed, tempo, and pace, and executing at a high level. Push yourself to be better. The ability to follow and stick to a game plan, adjust and think on the fly, and make the right decisions (read / react)
- Mental Toughness
  - The edge that allows you to consistently perform at an elite level under pressure. It requires self-confidence, desire, focus and composure. Mental toughness is not letting anyone break you. Thrive on adversity, getting motivated when others get intimidated or frustrated. Toughness has nothing to do with individual size or strength, it is a mindset.

### 4. LEADERSHIP – Treat Yourself & People Right.

- Professionalism
  - Approaching all aspect of the game both on and off the ice with a focused, purposeful and determined manner. The way we act, dress, compete and respect the places and people we come in contact with will be done at the highest standard.
- Excellence
  - If we want to be the hardest working team, we have to be the best conditioned team. The responsibility is on you, the athlete. You must also have the ability to follow and stick to a game plan, adjust and make the right decisions. Excellence is not an option.

### 5. STANDARD OF PERFORMANCE – Focused Approach on Process

#### ALWAYS COMPETE & EVERYDAYERS

- A process oriented approach to being the best we can be is fundamental. Pushing and challenging yourself and others in a safe environment to raise the overall standard of performance. Standard of performance is an outcome of perfect practice meeting preparation. Do the work, spend the time, find the answers and care about the results, EVERYDAY!



## Only One Overview – Directly from Hockey Alberta

The Only Ones is a vision of the Team Alberta Program. The goal is to win double GOLD on home soil. The Only Ones is the vision grounded in a belief system that will lead us in our actions and will transcend from our administration staff to the coaches to the support staff and ultimately the players.

### 2015-2019 Outcomes

PLAYER Focused | We will be known for providing the most comprehensive programs, services and support to all players in Alberta based on a dedication to the long term player development philosophies.

COACH Driven | We will be known for ensuring our coaches have the access to the newest and most innovative information, tools, resources and mentorship in which they need to support the Alberta player.

RELATIONSHIP Builders | We will be known for seeking out and pursuing relationships in constant drive to reach our goal.

EXCELLENCE Performers | We will be known for our performance and execution in raising the bar.  
Belief system

### Our Anchors:

TEAM | Our number one asset is people. Recruit good people and take care of them, challenge them, support them, believe in them and build them.

ALWAYS COMPETE | Deliver professional, high quality and positive hockey experiences through living our guiding principles in all that we do.

NO PASSENGERS | Focus our efforts on supporting each other and being great teammates. No room for excuses just solutions.

BE FIRST | If we are not first then someone else is...period!

### Our Style:

GRIT | It is an attitude – a personal creed that you can conquer anything if you just put your mind and body to it. It is the unwavering purpose and the resilience to stick to that purpose whatever the outcome. Finding a way...always.

### Our Beliefs:

IT IS ALL ABOUT PEOPLE | EVERYTHING & EVERYONE MATTERS | BE HUMBLE

CENTRAL THEME & Environment

EVERYDAYERS | You are either in or out. If you are in then it is a daily commitment to the belief system.



## Lakers PW AA Team Operations Manual



EVERYDAY COUNTS | Defines our environment – today we will do what others won't, so tomorrow we can accomplish what others can't.

This is the ONLY ONE Philosophy and if we commit to the belief system, live the central theme and create our desired environment our performance on and off the ice will consistently be the ONLY ONES. As we don't want to be the best we want to be the Only One.