

Minnetonka Girls'



Hockey – Information

**Packet
2018-2019 Season**

Varsity Coaches – HC Eric Johnson, AC Adam Kragthorpe, AC Christina Lee-Balloy

Junior Varsity Coaches – HC Kim Abrahams, AC Marit Zelinsky,

Var/JV Goalie Coach – John Zitur

Mom/Mgr Beth Bresnahan

Online Registration:

MHS winter sports registration is online only. To register go to:
www.tonkaactivitiesregistration.com . Note the following *required procedures with this new online registration:

If you have not registered for fall sports or activities yet this school year, you will need to create a **NEW family login and password**. Once you have created this, the online registration will connect you to your middle and high school students for you to choose which student you wish to register.

1. **SPORTS PHYSICALS.** All MSHSL sanctioned sports athletes are required to have a sports physical on file dated within 3 years that **must remain current throughout the sports season** they are participating in. ***NEW THIS YEAR:** If your student does not have a current sports physical on file with the MHS Activities Office, or it will expire during the season, **you will not be able to register them for winter sports until a current one is on file.** To see what date is currently on file, go to your student's SSO|Student Skyward and under their Health Information choose "Physical" to see what date is on file.
2. You will be asked to provide your student's 6-digit school ID# (noted as "Other ID" in Student Skyward).

***IMPORTANT:** If you are a **transfer student, foreign exchange student** or **requesting a scholarship:** **Prior to registering, you must first complete the respective form located under High School Files and Links located on the right hand side of the online registration homepage.**

The MHS Activities Office is open Monday through Friday from 7:30 a.m. - 4:00 p.m. We are accepting online registrations only. If you are not able to register online at home, we have laptops available for your use in the MHS Activities Office.

Questions regarding registration? If you have difficulty creating your family log-in or registering, please click on the "Need Help?" option at the top of the registration homepage. There is also a "Contact Us" option if you have any registration questions for the Activities Office Staff.

STUDENTS CANNOT TRYOUT IF THEY ARE NOT CLEARED BY THE ACTIVITIES DEPARTMENT PRIOR TO THE FIRST PRACTICE /TRYOUT!

1. **Fee** for playing hockey is \$247 plus a participation fee of \$75. Fall sport participants need not pay this \$75 participation fee again as they have already done so.

2. **Tryouts** will begin on Monday, October 29 and will conclude on Thursday November 1. Players will be provided a tryout jersey. Teams will be posted in the locker room at the end of Thursday's session. Players that wish to meet with the coaching staff after the team postings may set a time on Thursday or Friday.
3. **Cuts-** will be determined based on the number of players that try out. Final rosters for the Varsity and JV teams combined will consist of approximately 28 skaters and 4 goalies.
4. **Equipment** – provided after the rosters are established. Each player will be provided a helmet, gloves, hockey pants, game jerseys & socks, practice jersey & socks, and hockey bag. Players are financially responsible for any lost or stolen equipment.
5. **Game & Practice Schedule** can be viewed at www.tonkagirlshockey.com
6. **Fundraising** – Our booster club is made up of our high school hockey parents, along with interested supporters of Tonka Hockey. All participation is strictly voluntary. However, players and parents are strongly encouraged to participate in team fundraisers during the season and off-season. Funds raised by the booster club are used to provide payment for: additional coaching staff not covered through the school budget / transportation, lodging, & food for the team during out-of-town games / alumni game / senior night / youth hockey night / video equipment / and other team needs.

Players may be assessed a fee if funds raised don't cover all team expenses.
7. **Practices** – When the team practices at Minnetonka A or B, players are responsible for their own transportation.
8. **Lettering Criteria** – To earn a varsity letter, a player must begin the season and end the season on the varsity roster. Coach Johnson may waive these requirements if he believes that a player's contribution to the team merit a varsity letter. Team managers that begin the season and end the season on the team will earn a varsity letter.
9. **Rosters** – 13-15 skaters and 1-2 goalies will dress for varsity games and 13-15 skaters and 1-2 goalies will dress for JV games. Coaches may move players from JV to Varsity and Varsity to JV at any point in the season.
10. **Playing Time** – players will earn playing time based on skill, work ethic, and attitude.

Varsity team primary aim is to put the most competitive team on the ice in all games. Playing time is not equal. Varsity players may be asked to play a role or position that is new or unfamiliar to them – whatever the coaches think is best for the team.

Junior Varsity primary aim is a balance between putting a competitive team on the ice and developing future Varsity players. Playing time is not equal in each game, but over the course of the whole season all athletes will have an opportunity to develop. Most development takes place in practice, with the average player skating 60 minutes and touching the puck for 20 minutes, versus in the game (skating 15 minutes and touching the puck for 30 seconds).

Focus on Controllables Effort / Attitude / Discipline

ROLES:

Coaches are expected to: (1) develop/improve the team as a whole over the course of the season, and (2) help the players improve as individuals (hockey skills & life skills).

Coaches will hold two individual meetings with each player, during the season, to discuss the player's strengths, as well as areas for improvement.

Coaches will discuss "hockey matters" with players and "personal matters" with parents.

Players are expected to: (1) Think of the team first (2) accept their role on the team (3) Focus on hockey when at the rink (4) Put forth their best effort in every practice & game (5) Remember that the coaches are evaluating the play, not the person (6) Bring any hockey questions/concerns directly to coaches to gain understanding/resolution

Parents are expected to love, support, and encourage their child. Parents are expected to role model good sportsmanship & team first attitude. This means respecting referees, opponents, and supporting the coaching staff in all decisions. Parents are expected to play the role of parent, not role of coach. If a player has questions regarding a "hockey matter" (for example playing time or role on the team), we expect the **player** to talk to the coach. All communication will come through the player. If the player/coach meeting has occurred and the parent still requests further information, then a meeting with the player, coach, and parent(s) can be arranged.

At the high school level we (parents & coaches together) are trying to empower the players with communication skills they will need to take into college and the work world.

Priorities

1. Family / Religion
2. School
3. Hockey

Rules

Playing Hockey for Minnetonka High School is a privilege, not a right.

Excused Without Penalty	Sit One Period
<p><u>Family Emergency</u> <u>Sickness</u> – Call coach to inform at least 1 hr before practice. Player must attend a minimum of 3 classes per day to be eligible for game or practice. <u>Injury</u>- player must attend all practices and games. If a player is attending practice late due to doctor / trainer appointment, the player must call the coach beforehand and bring a note to practice. <u>School</u>- make up test/work after school only excused if player brings a note from the teacher stating that after school was the teacher's only option for this make-up work. Player will attend remainder of practice. <u>Band/Choir Concerts</u> – Notify coach before <u>Church/Religion</u> – Notify coach before</p>	<p>Miss practice day before a game due to sickness Not contacting coach 1 hr before late or absence Late for practice or game, for any reason – including: "Car Trouble" "Make up work" after school without giving coach a "heads up at least 1 hour before practice, and from teacher stating zero hour not possible "trainers office" without heads up to coach at least 1hr prior Missing practice or game for any reason other than the Excused list. Unexcused absences include: Vacation Family Reunion/Party Wild or Gopher Game Missing equipment for practice or game Not having 2 taped sticks on bench at games Sharpening skates at away games (forgot to do before)</p>

Team Bus – all players must ride the team bus. If a parent wants to drive their player home after an away game, the parent must sign their player out with the coach and have a transportation form on file with the coach – this form will be issued at the parents meeting.

Academic Eligibility – minimum cumulative GPA requirement above 2.0 – MHS Girls Hockey Rule

Alcohol/Drugs – we will follow the Minnesota State High School League guidelines.

Jewelry – we will follow the Minnesota State High School League guidelines.

Cell Phones/Pagers – turned off at all times at team functions – team will establish consequence.