

**STURGEON LAKE
MINOR HOCKEY ASSOCIATION**

Manual of Operations

APRIL 2025

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MANUAL OF OPERATIONS

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MANUAL OF OPERATIONS

The manual of operations is a document designed to be used in conjunction with the constitution of the STURGEON LAKE MINOR HOCKEY ASSOCIATION. The purpose of this Manual of Operations is, in general, to provide directions, and to facilitate the intent and spirit of the Constitution. Specifically, the contents relate to the conduct of players and team officials, which participate in STURGEON LAKE MINOR HOCKEY ASSOCIATION activities.

The Executive Committee may make and implement changes to the Manual of Operations between General Annual Meetings. These changes must be presented at a general executive meeting, discussed and passed by a majority of attending executive members. All such changes become resolutions of the Manual of Operations until the next Annual General Meeting, at which time these changes must be brought forward and voted on by the members in attendance. Failing a majority endorsement, the resolution must be rescinded. Once rescinded, the intent of the resolution may not be further implemented until passed by a majority vote at a subsequent Annual General Meeting. A resolution receiving the support of a majority vote becomes a bylaw, and becomes part of the Manual of Operations.

PREAMBLE

Through the various programs established by the Association, the STURGEON LAKE MINOR HOCKEY ASSOCIATION is attempting to give an opportunity for all participants to play at a level where the calibre of play is equal to their ability and provides a wholesome environment and an experience for personal growth and team play.

LEVELS

1- RECREATIONAL HOCKEY – INITIATION/HOUSE LEAGUE (HL)

The STURGEON LAKE MINOR HOCKEY ASSOCIATION will attempt to provide the grass roots development base for players. This level will provide an opportunity for fun and physical exercise in a team environment. Emphasis will be on improving skills, learning rules of the game and fair play. The HL will encourage equal ice time for all players and is open to all ages.

2 – THREE COUNTY HOCKEY LEAGUE

Three County teams will be composed of players who desire a higher level of competition and who wish/agree to travel outside the Association's boundaries for games. Emphasis will be on improving skills, team strategies and fair play.

These TC teams will be registered on electronic roster sheets and be allowed to play in the Three County Hockey League. Age groups, as defined by the OMHA/Three County Hockey League, will be allowed to ice teams as the coaching and player resources exist.

3 – REPRESENTATIVE HOCKEY – OMHA: VICTORIA DURHAM LEAGUE

OMHA teams will be composed of players who desire a higher level of competition and who wish/agree to travel outside the Association's boundaries for games. These players will participate in "tryouts" at the beginning of the season and the successful candidates will be chosen to represent STURGEON LAKE MINOR HOCKEY ASSOCIATION in the U9 through U21 age categories (as coaching and player resources exist).

These OMHA teams will be registered on electronic roster sheets and play locally in the Victoria Durham League (or as directed by OMHA) and will enter OMHA playdowns.

All players will abide by the rules and regulations of the Association and its governing bodies.

PHILOSOPHY

HOUSE LEAGUE

The philosophy of the STURGEON LAKE MINOR HOCKEY ASSOCIATION House League is based upon a recreational hockey theme. The Association will endeavour to provide recreational hockey with an emphasis on skill development and fair play. To that end, the Association will provide programs in which each participant may maximize their potential as an athlete and a person. The development of highly skilled hockey players is not the priority or goal of the recreational based program. It is hoped that through the various programs offered, players will develop, **who by choice**, can progress to the more competitive teams.

THREE COUNTY HOCKEY LEAGUE

The philosophy of the Three County (TC) Hockey League is based upon a recreational but competitive hockey theme. The Association will endeavour to provide recreational hockey with an emphasis on skill development and fair play. The mandate of the TC League is to provide a system of organized hockey for players of a developing calibre of hockey so they may get sufficient ice time to develop as better hockey players. Fair play under all circumstances will be one of the main objects of the TC League. To that end, STURGEON LAKE MINOR HOCKEY ASSOCIATION will affiliate with the Three County Hockey League and will provide programs in which each participant may maximize their potential as an athlete and a person. Three County teams will be composed of players who desire a higher level of competition and who wish/agree to travel outside the Association's boundaries. Emphasis will be on improving skills, team strategies and fair play.

Competition and success are integral parts of hockey. Player ice times should be as equal as possible up until the last five minutes of the game. At this time, player ice time is earned based on skill, performance, attitude, commitment and practice attendance, and will be allotted at the coach's discretion.

Coaches will strive to combine team progress with individual player development.

OMHA HOCKEY

OMHA teams will be composed of players, coaches and parents who desire a higher level of competition, who wish/agree to travel outside the Association's boundaries and will be chosen from the "tryouts" for that level.

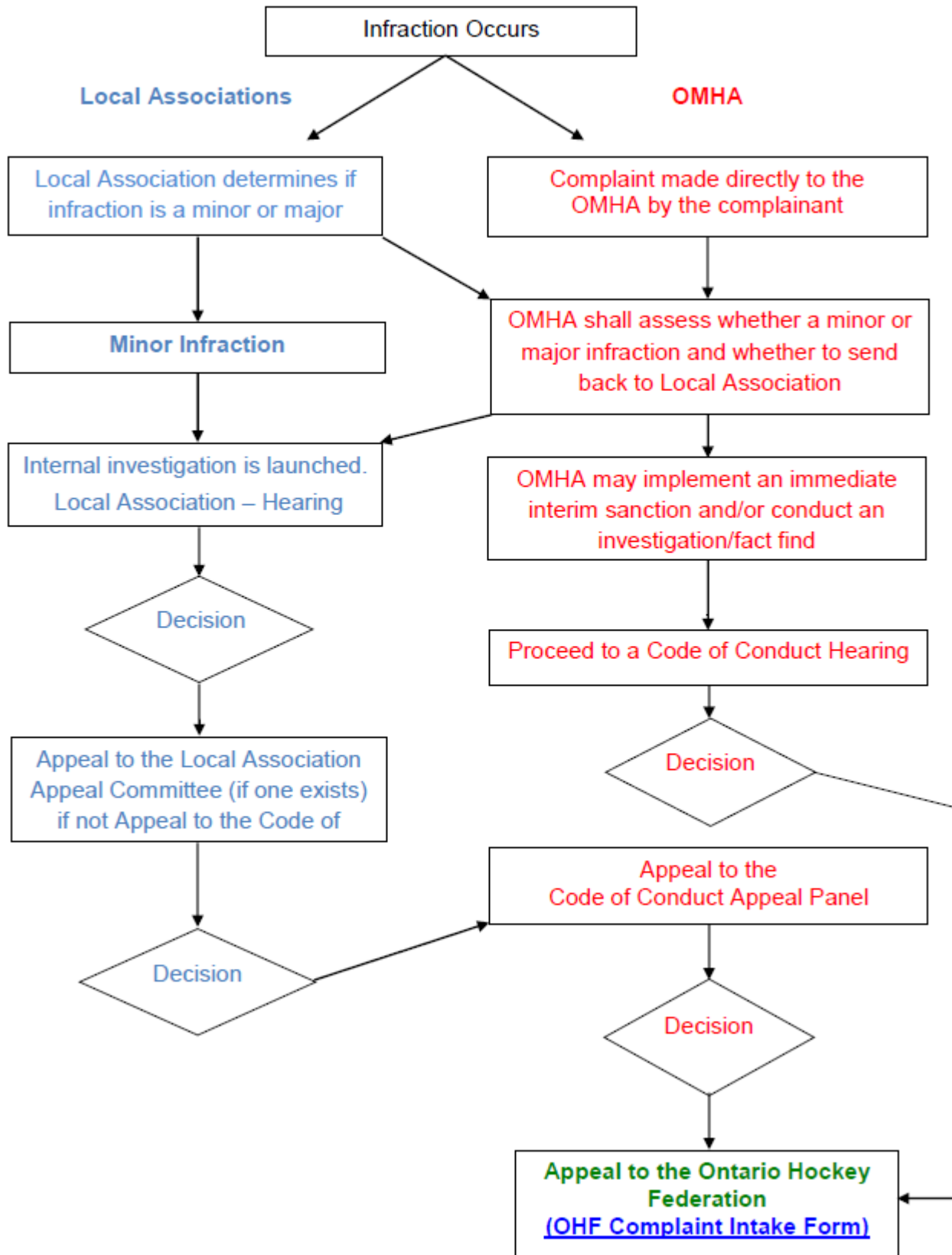
The Executive shall support dress codes as set by teams and will set financial obligations when required.

Competition and success are integral parts of OMHA hockey. Player ice times should be as equal as possible up until the last five minutes of the game. At this time, player ice time is earned based on skill, performance, attitude, commitment and practice attendance, and will be allotted at the coach's discretion.

Coaches will strive to combine team progress with individual player development.

All members (players, coaching staff, parents and spectators) participating in OMHA and Three County hockey understand that they represent STURGEON LAKE HOCKEY ASSOCIATION as well as members of the community at large. They must conduct themselves both within and without the boundaries of the Association in an exemplary manner.

OMHA DISPUTE RESOLUTION PROCESS



DEFINITIONS

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AP – Affiliated Player
HC – Hockey Canada
HL – House League
OHF – Ontario Hockey Federation
OMHA – Ontario Minor Hockey Association
OMHA Team – OMHA Representative Hockey
OMHA 2nd Entry – second OMHA team for an age division as defined by OMHA
SLMHA – Sturgeon Lake Minor Hockey Association
TC – Three County Hockey League

SECTION 1

CODE OF CONDUCT

ALL MEMBERS (including PLAYERS)

PURPOSE: To establish and maintain standards for members of the association and to inform members of the public using the services of the association. **The standards are comprised of, but not limited to, the following principles:**

- 1) Members must endeavour to respect the rights, dignity and worth of every human being and endeavour to provide everyone the equality of opportunity within the context of their activity.
- 2) Members have a responsibility to declare a high degree of commitment and perform to that level of commitment.
- 3) Members should communicate and cooperate with other sports organizations, non-sport organizations, medical practitioners and educational institutions in the best interest of its players.
- 4) Members should encourage directors, parents, players and officials to obey the rules and spirit of the sport, and to treat each other in a courteous and respectful manner.
- 5) Members should never advocate the use of performance enhancing drugs and/or banned substances.
- 6) During the course of all games and practices, all members shall avoid behaviour which brings the sport of hockey into disrepute including, but not limited to, abusive use of alcohol, non-medical drugs and use of alcohol by minors.
- 7) Members should be clear as to what is to be regarded as confidential information and not divulge any such information without expressed approval of the individuals concerned.
- 8) Members are expected to consistently display high personal standards both professionally and personally.
- 9) All reasonable steps should be taken to establish a safe environment in keeping with the regular and approved practices within the sport.
- 10) Members have a responsibility to themselves and the association to maintain their own effectiveness, resilience and abilities.
- 11) Members should not display any affiliation with any business or organization in a manner that falsely implies sponsorship or accreditation by that organization.
- 12) Members should not convey or distribute offensive, derogatory, libellous or defamatory comments about any other member including, but not limited to, players, parents, coaches, trainers, managers and officials, by way of electronic text, e-mail, message boards or other electronic medium which may be viewed or received by members of the public and/or a significant number of members of the Association.

COACH'S AND TEAM OFFICIAL'S CODE -[Coaching Staff Code](#)

All team officials shall:

- 1) Be a resource person able to assist the athlete to develop his/her athletic potential and self-dependency.
- 2) Recognize individual differences in athletes and always think of the athlete's long term best interests. Aim for excellence based upon realistic goals. The activity undertaken should be appropriate for the age and abilities of the players.
- 3) **LEAD BY EXAMPLE.** Teach and practice co-operation, self-discipline, and respect for officials and opponents and proper attitudes in language, dress and behaviour. Rules are mutual agreements, which no one should evade or break.
- 4) Make sport challenging and fun. Skills and techniques need not be learned painfully. Ensure that equipment and facilities meet current safety standards.
- 5) Be honest and consistent with athletes. They appreciate knowing where they stand.
- 6) Be prepared to interact in a positive manner with administrators, league officials and parents.
- 7) Be responsible people who are flexible and willing to continually learn and develop.
- 8) Encourage athletes to be fit all year, every year and not just for the season.
- 9) Follow the advice of a physician when determining when an injured player is ready to play again.
- 10) Set and monitor boundaries between a working relationship and friendship with their players. Team officials should realize that certain situations or friendly actions could be misinterpreted, not only by the player, but also by others motivated by jealousy, dislike or mistrust and could lead to allegations of misconduct or impropriety.
- 11) Never yell disparaging comments or ridicule a player. Turn defeat to victory by helping players work toward skill improvement and good sportsmanship.
- 12) Will not convey or distribute offensive, derogatory, libellous or defamatory comments about any other member including, but not limited to, parents, players, other coaches, trainers, managers and officials, by way of electronic text, e-mail, message boards, social media or other electronic medium which may be viewed or received by members of the public and/or a significant number of members of the Association.

PARENT'S (GUARDIAN'S) CODE - [Parent contract](#)

1. Do not force an unwilling child to participate in sports.
2. Remember children are involved in organized sports for **their** enjoyment, not yours.
3. Encourage your child to always play by the rules.
4. Teach your child that honest effort is more important than victory so that the result of each game is accepted without undue disappointment.
5. Turn defeat to victory by helping your child work towards skill improvement and good sportsmanship. Never ridicule or yell at your child for making a mistake or losing a competition.
6. Remember that children learn best by example. Applaud good plays by your team and by members of the opposing team.
7. Do not publicly question the officials' judgement and never their honesty.
8. Support **ALL** efforts to remove verbal and physical abuse from children's sporting activities.
9. Recognize the value and importance of volunteer coaches. They give their time and resources to provide recreational activities for your child.
10. **Set an example by supporting and respecting your child's coach.** Should problems arise, communicate on an individual basis. Public comments are not appropriate.
11. Will not convey or distribute offensive, derogatory, libellous or defamatory comments about any other member including, but not limited to, coaches, players, other parents, trainers, managers and officials, by way of electronic text, e-mail, message boards, social media or other electronic medium which may be viewed or received by members of the public and/or a significant number of members of the Association.
12. When an issue occurs and a member (player/parent/coach) has a resulting complaint to make or issue to be resolved, they are asked to wait 24 hours, then put the issue in writing and submit it to the appropriate party. Whether this issue is labelled as coaching error, teammate issue, parent conflict or any other of a number of possible situations, it is very important that all parties involved take the full 24 hours to remove or decrease the emotional element so that the actual issue can be resolved quickly, in a civilized manner, and to everyone's satisfaction.

PLAYER'S CODE - [Player Contract](#)

- 1) Play for the “fun of it”, not just to please your parents or coach.
- 2) Play by the rules.
- 3) Never argue with the officials’ decisions. Let your captain or coach ask any necessary questions.
- 4) Control your temper – no “mouthing off”, no abusive language, no tantrums, no breaking sticks, no throwing gloves or other equipment.
- 5) Work equally hard for yourself and your team – your team’s performance will benefit and so will your own.
- 6) Be a good sport. Cheer all good plays, whether your team’s or your opponents’. Learn to lose “well” and win “well”.
- 7) Treat all players as you, yourself would like to be treated. Don’t interfere with, bully or take unfair advantage of any player.
- 8) Remember that the goals of the game are to have fun, improve your skills and feel good. Don’t be a show-off or always try to get the most points or penalties.
- 9) Cooperate with your coaches, teammates and opponents, for without them, you don’t have a game.
- 10) Remember that you are representing yourself, your parents, your team and your community, association and sponsor **at all times**, including to and from the arena.
- 11) Follow guidelines for dress code that may be set out by the team officials or the association.
- 12) Will not convey or distribute offensive, derogatory, libellous or defamatory comments about any other member including, but not limited to, coaches, players, parents, trainers, managers and officials, by way of electronic text, e-mail, message boards, social media or other electronic medium which may be viewed or received by members of the public and/or a significant number of members of the Association.

SPECTATOR'S CODE

- 1) Remember that children play organized sports for their own fun. They are not there to entertain you, and they are **NOT** miniature pro athletes.
- 2) Be on your best behaviour. Don't use profane language or harass players, coaches or officials.
- 3) Applaud good plays by your own team **AND** the visiting team.
- 4) Show respect for your team's opponents. Without them there would be no games.
- 5) Never ridicule or scold a child for making a mistake during a game.
- 6) Condemn the use of violence in all forms.
- 7) Respect the officials' decision.
- 8) Encourage players to always play according to the rules.

The following poem says it all!

He is Only a Boy

- | | |
|--|--|
| 1) Please don't curse that boy down the ice, He
is my son, you see;
He is only just a boy you know
And he means a lot to me. | 4) The game belongs to them you see, And
you are just a guest,
They do not need a fan like you, They
need the very best. |
| 2) I did not raise my son, sports fan, For
you to call him names.
He may not be a superstar, But
it's only just a game. | 5) If you have nothing nice to say, Please
leave the boys alone,
And if you don't enjoy the game, Why
don't you stay at home. |
| 3) Please don't curse the boys down the ice,
They do the best they can.
They never tried to lose the game,
They're boys and you're a man. | 6) So, please don't curse those boys down
there, Each one's his parents' son;
And win, or lose, or tie, you see; To us ---
they're NUMBER ONE ! |

DISCIPLINE COMMITTEE

Committee Objective The Discipline Committee, hereafter referred to as the Disciplinary Committee, has been established by the SLMHA to enforce SLMHA Code of Conduct, SLMHA discipline guidelines for parents, players and coaches, as well as other unacceptable conduct deemed detrimental to the game of hockey and/or at odds with SLMHA mission, philosophy and core values.

1. The Discipline Committee shall consist of: (i) The President, or their designate, as Chairperson, (ii) Supervisor of Coaches, Players, and Managers, or their designate; (iii) the Referee-in-Chief, or his/her designate; (iv) OMHA representative, or their designate if the player is a member on an OMHA level team; (v) Three County representative, or their designate if the player is a member of a Three County level team; (vi) Secretary of the Executive, or their designate
2. All persons affiliated with a hockey team of the Sturgeon Lake Minor Hockey, whether as player, coach, manager or otherwise, are subject to the discipline process.
3. In all cases where a person is ejected from a game, is suspended, or may be guilty of conduct unbecoming a person affiliated with the Association, the Referee, Referee-in Chief, Convenor or Coach responsible shall forthwith refer the matter to a member of the Discipline Committee who shall thereupon report the matter to the President or the Vice President. Notwithstanding the foregoing, an incident involving persons within Sturgeon Lake Minor Hockey shall be dealt with by the Discipline Committee only if such incident is referred to the Discipline Committee by the President or by any member of the Executive Committee. The President, or in his/her absence, the Vice-President, shall thereupon promptly convene a hearing before the Discipline Committee to review the matter.
4. A member of the discipline committee, shall notify the person concerned in advance by letter, email, or telephone of the date, time, place and subject matter of the hearing.
5. The procedure to be followed at hearings shall be determined by the Discipline Committee and a quorum for all hearings shall consist of at least three members of the Discipline Committee. The hearing shall be conducted informally. The person concerned may attend with representation. The Committee may proceed in his or her absence. The Committee shall receive all reasonably reliable information. The Chairperson may, in his or her discretion, adjourn the hearing for the purpose of obtaining additional information.
6. At the conclusion of the hearing, the Committee shall forthwith deliver its decision. The Committee may impose additional penalties or relief against penalties already imposed in accordance with the rules, regulations, and guidelines of Sturgeon Lake Minor Hockey.
7. All suspensions may be adjusted by or appealed to the Discipline Committee. If the Discipline Committee imposes a suspension of 7 games or more, the person concerned may appeal to the Executive at the next regular meeting or one scheduled for that purpose. The decision of the Discipline Committee is stayed pending that appeal. The Directors who participated in the hearing before the Discipline Committee shall not participate in the appeal. A quorum shall consist of a majority of the Executive Members eligible to participate in the appeal.
8. In an appropriate circumstance, the President or Vice-President may, without a hearing, impose an immediate suspension of up to 7 days pending a hearing of the Discipline Committee.
9. The results of the hearing and appeal, if any, shall be recorded by the Secretary in a book for that purpose. If the person concerned is suspended for one year or more, the Secretary shall inform the Registrar, and the records noted accordingly.
10. Any suspensions, and/or conduct unbecoming to the association will be dealt with on a case by case basis and can be subject to a meeting with that person. If the person is a player the player is requested to have a parent or an assigned representative for the player which could be a guardian or coach.

VOLUNTEER SCREENING

The process for the Vulnerable Sector Checks will be centralized and conducted by the Ontario Hockey Federation (OHF) for all Team Officials and Team Personnel for the 2024-25 season. This is in addition to the screening of all On-Ice Officials that has been in place for the past number of years.

EVERYONE WHO WILL BE ROSTERED TO A TEAM FOR THE 2024-25 SEASON, MUST SUBMIT A VSC (FROM THE 2022-23 SEASON OR NEWER) ALONG WITH THE OHF DECLARATION THROUGH THE OHF VSC REGISTRATION.

The following individuals who are associated with the OHF, Members, Senior, Junior, Minor, and Female Hockey (Associations, Teams, Clubs) must adhere to the OHF Screening Policy and submit to the OHF:

- Team Officials (including but not limited to Head Coaches, Assistant Coaches, Trainers, Managers and overall Team volunteers);
- On-Ice Officials; and
- Anyone else who, through their duties on behalf of the OHF, a Member, Senior, Junior, Minor and Female Hockey (Associations, Teams, Clubs) may work with children (included but not limited to on ice volunteers, skills coaches, third party skills coaches and dressing room supervisors).

Eligibility to Officiate & Coach. It is imperative for all Team and On-Ice Officials to ensure their Vulnerable Sector Check is complete to be eligible for programs on and off the ice. This includes a valid Vulnerable Sector Check and the OHF Screening Declaration Form.

Eligibility to Coach

It is imperative for all Team Officials to ensure their Vulnerable Sector Check is complete to be eligible for programs on and off the ice. This includes a valid Vulnerable Sector Check and the OHF Screening Declaration Form.

Before entering the OHF Screening Submission Portal, please ensure you are ready with the necessary documentation. You will need your:

- Hockey Canada Registry (HCR) Number; AND
- Vulnerable Sector Check (PDF) AND [OHF Screening Declaration Form \(PDF\)](#); OR
- Receipt of Vulnerable Sector Check (PDF) AND [OHF Screening Declaration Form\(PDF\)](#);

Please Note:

1. All documents must be in PDF format to be accepted.
2. For the 2024-25 season, the OHF will be accepting copies of a Vulnerable Sector Check from 2022-23 or 2023-24 AND OHF Screening Declaration Form (PDF).

Full Screening process details are available at <https://ohf.on.ca/risk-management/ohf-vulnerable-sector-checks/>

Below are links to our [**OHF - Centralized Screening Process Library**](#) where you can access more information by clicking on the links below:

- [**OHF Letter Requesting a Vulnerable Sector Check**](#)
- [**OHF Screening Declaration Form**](#)
- [**OHF Centralized Screening Process FAQ**](#)
- [**How to Link Your Spordle and HCR Account**](#)
- [**Instructions on OHF Screening Process Submission**](#)

STURGEON LAKE MINOR HOCKEY ASSOCIATION CANNOT UPLOAD THESE DOCUMENTS FOR YOU AND EVEN IF YOU SUBMITTED A NEW VSC FOR THE 23-24 SEASON, YOU WILL NEED TO SEND THESE DOCUMENTS TO THE OHF IN ORDER TO PARTICIPATE IN THE 24-25 SEASON.

SECTION 2

ELIGIBILITY AND REGISTRATION

- 2.1 Participation is open to all persons upon payment of the prescribed registration fees and in compliance with registration requirements including provision of proof of age. Membership entitlement is limited to those persons who have met residency requirements as defined by the OMHA.
- 2.2 All applicants must be registered on a designated registration form as decided by STURGEON LAKE MINOR HOCKEY ASSOCIATION. At registration, a parent or legal guardian must sign the registration form or other forms as applicable.
- 2.3 First time players must produce proof of age (Birth Certificate or other acceptable certified affidavit) at registration.
- 2.4 A registration form must be filed with the Registration Director, accompanied by the appropriate fee, before any player can participate in any activity sponsored by STURGEON LAKE MINOR HOCKEY ASSOCIATION. The Executive Committee is empowered to prohibit any player from practicing or playing until the fees are paid in full.
- 2.5 If a player terminates his participation after the STURGEON LAKE MINOR HOCKEY ASSOCIATION season starts, his refund, if granted, will be based on the guidelines set out in the constitution or by-laws.
- 2.6 No refunds will be given should a member be suspended or precluded from STURGEON LAKE MINOR HOCKEY ASSOCIATION activities for disciplinary reasons.
- 2.7 No refunds will be given for cancellation of ice after December 31st for any reason beyond the control of the Executive Committee.
- 2.8 Ages per division will be those set by the CHA, OMHA & THREE COUNTY. From year to year some players may be moved up/down a level with their parent's/guardian's approval.
- 2.9 The Executive Committee will establish registration fees for all divisions and age groups on a yearly basis.
- 2.10 "Final Team Rosters" must be registered and received by the STURGEON LAKE MINOR HOCKEY ASSOCIATION according to the requirements of the OMHA and THREE COUNTY HOCKEY LEAGUE.
- 2.11 The Executive Committee will establish registration procedures and dates for the upcoming season.

SECTION 3

EQUIPMENT AND UNIFORMS

- 3.1 The STURGEON LAKE MINOR HOCKEY ASSOCIATION will supply 2 sets of sweaters to all OMHA and Three County teams and 1 set to all House League teams. All OMHA and Three County teams will wear only the team sweaters as prescribed and provided by the Executive Committee. The colours of the jerseys of the Association will be predominantly Black away jerseys and White home jerseys with red/white/black trim. No sweaters will be purchased or provided by STURGEON LAKE MINOR HOCKEY Juvenile player bearing the number 5. All OMHA and Three County teams will be provided with 1 set of game socks.

- 3.2 Sweaters and Equipment, when issued to the team will be the responsibility of a team official as agreed to by the coach and the team official. No player or team official may wear or allow the wearing of any team sweater in a non-sanctioned STURGEON LAKE MINOR HOCKEY ASSOCIATION event. OMHA and Three County teams may not use sweaters for practices. No player may take a sweater to be used for a non-sanctioned event without the express written permission of the Executive Committee. No sweater or equipment that is the property of STURGEON LAKE MINOR HOCKEY ASSOCIATION may be altered without the express written permission of the Executive Committee.

The application of the letters C and A to the sweaters worn by the team captains and assistant captains will be permitted. This application must be done in accordance with the procedure described by the Equipment Director or Supervisor of Coaches & Managers.

- 3.3 Goal Equipment Policy – STURGEON LAKE MINOR HOCKEY ASSOCIATION will provide goaltenders (up to and including the age of U11) with leg pads, body armour and gloves as mandated by the OMHA, HC and Three County League.
- 3.4 All players, during games and practices, must wear the proper protective equipment as follows: (this list to be updated as required by the Equipment Director or the Executive Committee)
1. Approved OMHA facemasks with full-face protection and C.S.A. approved headgear including properly fastened chinstrap.
 2. Approved athletic support and cup or “Jill”.
 3. Approved hockey gloves
 4. Approved hockey shin pads
 5. Hockey pants
 6. Shoulder pads
 7. Elbow pads.
 8. A regulation hockey stick must be used for all league play and/or exhibition games
 9. Neck guard
 10. Mouth guard
 11. Matching hockey socks (for games as supplied by SLMHA)
 12. CSA approved hockey skates
- 3.5 Goalkeepers must wear, in addition to the above equipment, a HC facemask and C.S.A. approved helmet, chest pad, goalie gloves, goalie pads, throat protector and must use a regulation goal stick.
- 3.6 Equipment must be as per requirements of HC, the OMHA or any group with whom the STURGEON LAKE MINOR HOCKEY ASSOCIATION may be affiliated.
- 3.7 All team officials must wear C.S.A. approved helmets while on the ice during practices that are also properly fastened. This will be enforced, and team officials failing to adhere to this will be suspended at the discretion of the Supervisor of Coaches, Managers and Trainers.
- 3.8 For any function involving a STURGEON LAKE MINOR HOCKEY ASSOCIATION team, i.e. Tournaments, Exhibition and/or League games, the sweaters issued to each team and socks issued or recommended must be worn.

SECTION 4

TRYOUTS AND PLAYER MOVEMENT

- 4.1.1 The intent of the Association will be to form the best possible OMHA Rep teams, using the best eligible players available. All players should be encouraged to play at the level of their ability.

- 4.1.2. Players wishing to play for any OMHA, OMHA 2nd Entry, Three County tiered team or Select Team must attend tryouts held for that team. Exceptions must be addressed and approved by the Executive Committee. (Possible exceptions may be illness or injury as verified by a doctor's note). The Executive Committee will rule on all exceptions and their decision will not be appealable.
- 4.1.3. The STURGEON LAKE MINOR HOCKEY ASSOCIATION will notify all registered members (and previous year's members not registered) of the contacts and try-out times for all OMHA teams.
- 4.1.4. The STURGEON LAKE MINOR HOCKEY ASSOCIATION will post contacts and try-out times for the OMHA 2nd Entry and Three County teams (if required) at their discretion.
- 4.1.5. All players must be registered with the STURGEON LAKE MINOR HOCKEY ASSOCIATION, all forms completed, all fees paid (or post-dated cheques on file as outlined in the fee payment schedule) **BEFORE ANY PLAYER WILL BE ALLOWED ON THE ICE** to participate in any tryout or practice.
- 4.1.6. All players must be registered in good standing before playing any game.
- 4.1.7. The Executive Committee shall determine the number of players to sign to each OMHA roster. The Executive Committee's decision in this matter is final and cannot be appealed. Coaches will be informed by the Executive Committee during tryouts as to the number of players to be selected per team. Conflict of interest guidelines as outlined in the Constitution must be clearly followed. 4.6.1. No player may play for more than one team except those who are "affiliated" as defined by the HC/OMHA/TCHL.
- 4.2. A player, on the invitation of the coach of a team, one age bracket higher than they would normally play for, and having approval of their parent(s) or legal guardian can "tryout" for the said team, providing the following criteria are met:
- The player must be ranked as one of the top 6 players on the team for which he/she is trying out. (Should a dispute arise as to the ranking of the player, the Coaches Selection Committee will make the final decision.)
 - The final decision as to whether to sign the player must be made known on or before the conclusion of the higher team's second tryout for OMHA teams.
 - Goalkeepers are not to be considered as part of the above, but are looked on as a separate entity. A Goalkeeper will be allowed to try-out for a higher team providing his/her movement does not deplete the team and or division from where they would normally play, from having adequate goalkeeping. (that is 2 goalies per team)
 - No player can be dislodged from playing hockey in the SLMHA, which would be caused by any such movement of a player. Should this occur the movement would become NULL and VOID.
 - No team can lose more than 1 player through such movement as outlined above.
- 4.3. Any player requesting the opportunity to try out as an underage player for a Rep Team must concurrently try out in his/her own age group. An OMHA Coach must apply in writing to the Coaches Selection Committee for approval of underage selection.
- 4.4. Any players affiliated (AP) by another team must fulfil their responsibilities of attending games and practices of the team they are registered with. Any coach wishing to use an AP, must make prior arrangements with the coach of the team the player is registered with and the affiliated player's parents. Should any dispute arise on this, the 1st Vice President, 2nd Vice President and Past President will make the final decision.
- 4.5. Prior to using an AP, OMHA and Three County coaches **MUST** complete all necessary paperwork and ensure that it is approved, to prevent unnecessary suspensions. A player can only be affiliated to one other team. (i.e.: if a player is affiliated with the AAA Wolves, then s/he cannot be affiliated with any SLMHA team; if a U13 TC player is affiliated to the U13 OMHA team, s/he cannot be also affiliated to the U15 TC

team). All AP forms are to be reviewed and approved by the Supervisor of the Coaches, Players, and Managers before handed in for approval by the OMHA or Three County Rep. This is to ensure that all teams have the opportunity to have necessary support as needed.

- 4.6 With cooperative communication between the Three County League and OMHA Coaches, Affiliated Players are encouraged to practice or play at the OMHA or Three County level (as permitted by the OMHA/TC). Coaches should not object to their players practicing or playing with their associated teams when there is no conflict with their commitment. Coaches are encouraged to invite their affiliated players to attend their practices.
- 4.7 No player may be transferred without the approval of the Executive Committee. No player/parent may be contacted until such time as the Executive Committee has discussed a permanent player movement with the respective parties.
- 4.8 If an OMHA player leaves his/her team of his/her own volition after registration but prior to Dec. 1st, s/he can only play for a Three County team IF an opening exists. In addition, he/she must meet the approval of the TCHL and he cannot return to the OMHA team for the balance of the season.
- 4.9 Any player wishing to return to SLMHA as a player after being registered with an AAA/AA/A center may only do so at the discretion of the Executive Committee.
- 4.10 ONLY AP's or older players (at least 2 age groups older) acting as instructors, may be invited to attend practices.
- 4.11 Only coaching staff that are approved by either the OMHA or TCHL, and approved volunteers (names submitted to the Supervisor of Coaches prior to October 31st) are permitted on the ice for any practices.
- 4.12 If a new player moves into the territory under the association's control as defined by the "Boundaries and Territories" after the OMHA team selections have been made he/she may be granted a ten-day try-out in his/her designated age classification, up until December 15th. Such registration is subject to the Rules and Regulations of the HC and the OMHA and the TCHL. Final approval for placement is at the discretion of the Executive Committee.
- 4.13 The responsibility for the release of any member from the SLMHA is vested with the SLHMA Executive Committee. All releases must be signed by the President and Secretary of the Association in order to be valid.
- 4.14 Local League Team composition.
After tryouts have completed and there is a situation where there will be more than one Local League team at any age group the following parameters will be followed:
 - 1) the goal of the selection committee is to create even teams while distributing players.
 - 2) in the event that registrations at that level exceed the amount of coaches available, players will be selected by registration date to participate. We will do everything we can to provide spots to our members.
 - 3) players can request to play with "one" other player on the same team. The request has to come from both families. If only one family makes the request the decision will be made by the player selection committee.
 - 4) in the event the requests causes multiple families to be involved all final decisions will be that of the Player Selection committee

5) Players that have requested to play together and have averaged over 5 minutes in penalties a game and/or multiple suspensions and/or a match penalty and/or indefinite suspension with the same team in the previous season, those players will not be permitted to participate on the same team unless the amount of players warrants them to be on the same team. All decisions will be made by the player selection committee and their decision is final.

6) If there are too many players for one LL team and not enough for two teams or there is only one goalie, then the team will be composed of the first 17 returning SLMHA players and 1 goalie based on registration date. This may also depend on the availability of a coaching staff. We will do everything we can to provide spots to our members. All decisions will be made by the player selection committee and their decision is final.

SECTION 5

CONDUCT AND DISCIPLINE

- 5.1 Any Association member, Class of Member, Executive Committee Member, Board Member, Committee Members, Coaches, Managers, Trainers or Players shall be subject to:
- Suspension from the Association's activities if he/she contravenes in any way the Constitution, By-Laws, Codes of Conduct or the Regulations of the SLMHA.
 - Disciplinary action and/or suspension for conduct not befitting the intent or objectives of the SLMHA. Such action will be administered by the SLMHA Executive or Discipline Committee.
- 5.2 Any member of the SLMHA coach, manager, trainer or player who deliberately damages or defaces facilities used by SLMHA, or equipment of the SLMHA, shall be suspended from the SLMHA. The suspension will continue until the cost of repair or replacement of the damaged equipment has been paid in full. In addition to the suspension and the payment of damages, the offending individual may be subject to further disciplinary action and/or suspension at the discretion of the Discipline Committee or Executive.
- 5.3 The use of alcohol or non-medical drugs at any SLMHA sponsored function, or in any arena or other facility used for such function, by any coach, manager, official, trainer or player affiliated with the SLMHA, will not be tolerated. It may lead to suspension, without refund (where applicable), for the balance of the season. Exceptions can be considered during a duly licensed event under the Liquor License Board of Ontario Special Occasions Permit sanctioned by the SLMHA.
- 5.4 All coaches are required to publish a list of team rules to the players and their parents prior to the start of the season. Those rules are subject to the approval of the Supervisor of Coaches and Managers and the Executive Committee.
- 5.5 Any coach who deems disciplinary action to be necessary against an individual player or coaching staff member on his/her team, for any reason, must inform the Supervisor of Coaches/VP and OMHA/TC Contact and give a full explanation of actions and proposed suspensions, following the Risk Management manual as outlined by the OMHA.
- 5.6 If a coach decides that the circumstances warrant immediate suspension (ie: disciplinary problem of a serious, violent or drug/alcohol nature) then the suspension may be immediate, but the issue must be brought to the Supervisor of Coaches/President and OMHA/TC contact within 24 hours of the incident.
- 5.7 Any player who wilfully plays, or any coach or manager who allows a player to play, who is found to be ineligible or under suspension shall be subject to disciplinary action and/or suspension.
- 5.8 a) Any SLMHA player or member who takes part in a physical altercation before, during or after a game, on an arena property, or in the parking lot of an arena property, is automatically indefinitely suspended

subject to review by the Discipline Committee. The suspension is effective immediately upon notification. The matter being brought to the attention of an executive member who in turn is obligated to inform any or all members of the Discipline Committee in the timeliest fashion will constitute notification. A review will be conducted within 48 hours of notification.

b) Any SLMHA player or member that initiates physical or verbal abuse toward any team official, member, or player, prior to the 24hr rule or otherwise, in person or via e-mail, text or social media, shall be suspended immediately indefinitely, until reviewed by the Discipline Committee. The individual(s) (members and/or players) will be required to leave the cold (open to ice surface and dressing rooms) viewing area and not return until the suspension is considered served.

- 5.9. Discipline and suspension for players, coaches, trainers and managers will be governed by the HC, OMHA, TCHL and SLMHA playing rules. The OMHA Manual of Operations states the minimum number of games. Any player or coaching staff member who is suspended by the OMHA and/or under the SLMHA rules may, at the discretion of the SLMHA executive, have his/her suspension reviewed by the SLMHA for further action. Each situation will be reviewed for its severity, occurrences, and situation. The Disciplinary Committee reserves the right to alter any guidelines, decisions, and/or suspensions based on the above and an investigation of the situation. Meetings with Coaches, Parents, Executive, and Disciplinary Committee may be required at any point.
- 5.10. Any suspension under items 5.6 through 5.9, including major penalties, misconducts and game misconducts shall be served in scheduled regular season, tournament games and play-off games, as per OMHA regulations. Suspensions received in tournament play will be served during the tournament. If the length of the suspension is longer than the remaining games in the tournament for that team, then the balance of the suspension will be served in the next scheduled league or play-off game(s).
- 5.11. Reporting of suspensions to the SLMHA OMHA/TC Contact will be the responsibility of the team manager. This is to be done within twenty-four hours of the conclusion of the game.
- 5.12. In no case will a team be allowed to reschedule a game after suspension has been assessed in order to lessen the severity of a suspension. For any suspension that cannot be completely served in a given season, the remainder of the suspension will carry over into the following season.
- 5.13. Any player, coach, trainer or manager who is suspended by the OMHA, TCHL and /or under the SLMHA rules may appeal, at the discretion of the SLMHA, for further action. It is the parents/guardian's responsibility to write a letter of appeal to the President/Supervisor of Coaches to review, prior to being forwarded to the appropriate league officials. If an appeal deposit is required, it is the parents/guardian's responsibility.

BODY CHECKING

- 5.16. The TCHL and the OMHA will determine "body checking" for STURGEON LAKE MINOR HOCKEY ASSOCIATION Teams. There will be no "body checking" in the Introduction to hockey program. (INITIATION PROGRAM), Local League or House League.

PLAYING IN OTHER LEAGUES

- 5.17. All players registered in the STURGEON LAKE MINOR HOCKEY ASSOCIATION may not be rostered or registered with a second hockey team in the same season at the competitive level as governed by the Ontario Hockey Federation (Regulation E4, pg. 11 of the OHF Playing Regulations 2025-26), with the exception of High School hockey and AAA affiliation.

- 5.18. Those class members should notify their coach that they are playing High School hockey and/or have a AAA affiliation. Any player playing High School Hockey, and /or has a AAA affiliation must first meet the obligation of his/her STURGEON LAKE MINOR HOCKEY ASSOCIATION team.
- 5.19. Those players who disobey this rule are subject to disciplinary action, including suspension without registration refund in whole or part.

SITUATIONS

- 5.20. Situations arising during the season that are not covered under the rules, resolutions and/or By-Laws of the Constitution or Manual of Operations will be referred to the Dispute Resolution Committee for their ruling.
- 5.21. Any rule change affecting OMHA or HC teams made by those bodies before or during the season shall be in force immediately and included in the next revision of STURGEON LAKE MINOR HOCKEY ASSOCIATION By-Laws as required.

SECTION 6

TEAM OFFICIALS: COACHES, MANAGERS, TRAINERS

SELECTION OF COACHES

Refer to coach's application -[OMHA Application](#) -[TC Application](#)

- 6.1.0 The Coaching Selection Committee shall be empowered to appoint a coach, provided the Executive Committee has granted approval. The appointee may be a qualified Executive Committee Member, however all applicable conflict of interest policies shall be in force during any Executive Committee discussion and/or voting procedures.
- 6.1.1. Coaches or managers who disregard their responsibilities shall be liable to disciplinary action.
- 6.1.2. Head coaches are responsible for their team's affairs. The head coach shall address discipline in team matters.
- 6.1.3. OMHA, TC and HL coaches must have the appropriate certification as per the OMHA Team Official Qualification Requirement chart for the current season. A trainer for any OMHA, TC or HL team must have a minimum of HTCP Level 1. All teams must have a certified coach and trainer on the bench. All coaching staff members must have completed a RIS –Activity Leader or completed a Speak Out clinic and must also have completed the Gender Identity and Expression online Course.
- 6.1.4. All team officials should, where possible, seek ways of improving their abilities and credentials.
- 6.1.5. Only 2 team officials (per team/per year) will be certified, and registered with the OMHA, with STURGEON LAKE MINOR HOCKEY ASSOCIATION funds. Additional officials may be registered but that team will bear the additional financial responsibilities.
- 6.1.6. Spouses should not be involved on the same OMHA or TC team as coaches, managers or trainers.
- 6.1.7. The STURGEON LAKE MINOR HOCKEY ASSOCIATION will have the responsibility to sponsor or purchase seats in trainers and coaches clinics each year, where possible.

RESPONSIBILITIES OF COACHES

It shall be his/her responsibility to:

- 6.2.1. Ensure the proper observance of the Constitution and By-Laws of STURGEON LAKE MINOR HOCKEY ASSOCIATION.
- 6.2.2. Acquaint their team members with HC, the OMHA, TCHL and STURGEON LAKE MINOR HOCKEY ASSOCIATION Rules and Regulations.
- 6.2.3. Exercise control in the conduct of their players and themselves. They must endeavour at all times to prevent disorderly conduct before, during and after any games or practices, on or off the ice, or in any arena or while taking part in STURGEON LAKE MINOR HOCKEY ASSOCIATION activities.
- 6.2.4. Ensure the eligibility of all players for every game.
- 6.2.5. The head coach will select the team's remaining team officials subject to the approval of the Coach Selection Committee.
- 6.2.6. OMHA head coaches shall select the number of players communicated to them by the Coach Selection Committee and will receive approval of selections from said committee if required.
- 6.2.7. Attend or assign a team official to attend all associated scheduling meetings.

RESPONSIBILITIES OF MANAGERS

It shall be his/her responsibility to:

- 6.3.0. Ensure the care, keeping and return of all STURGEON LAKE MINOR HOCKEY ASSOCIATION equipment used by their team during the season.
- 6.3.1. Ensure the efficient operation and decorum of their teams throughout the season. The manager shall ensure the By-Laws of the SLMHA and regulations of the OMHA and TC are strictly followed. S/He shall ensure that carded team officials only shall be on the bench during games and practices. S/He shall have the option to remove people, not related to the team, from the dressing room.
- 6.3.2. Provide a completed, signed game sheet to the game Timekeeper (must assign a parent/volunteer) prior to commencement of the game.
- 6.3.3. Keep and maintain a record and account of the team's financial affairs. This duty may be assigned to a Parent rep at the discretion of the Head Coach. A zero balance financial statement **MUST** be submitted to the Treasurer by August 31st showing all income and expenses.
- 6.3.4. Ensure that anyone associated with the team approaches sponsors or fundraisers in accordance with SLMHA policy.
- 6.3.5. Assist and support any fundraising promotions as determined by the SLMHA.
- 6.3.6. Understand and follow the procedures for underage player movement, affiliated player usage and permanent player movement.

RESPONSIBILITIES OF TRAINERS

It shall be his/her responsibility to:

- 6.4.0. Supervise the health and incidents of injury of the players on his/her team. Trainers are to request that a player provide a medical certificate from a qualified medical professional if that player sustains an injury (regardless of whether it occurs within a hockey event or outside of hockey) that requires medical attention. This applies to injuries that result in the player being unable to attend/participate in practices and/or games. For further information please consult the Memorandum dated 12/21/2012 provided by the HDCO (Hockey Development Center Ontario) and HTCP (Hockey Trainers Certification Program)
- 6.4.1. Ensure that the team parent group is familiar with procedures involving the emergency action plan (EAP) for all games and practices.
- 6.4.2. Ensure that the trainer's kit, including all player & staff medical forms is available at all games, practices and team events.
- 6.4.3. Injured players on the bench for games/practices will follow rules as outlined in either Hockey Canada, OHF, or OMHA. We are governed specifically by OMHA so any rules outlined by the OMHA will supersede Hockey Canada or OHF unless otherwise noted by OMHA.

COACHES AND TEAMS

- 6.5. At the OMHA team level, a player (and his/her parents) should be given a choice as to whether he/she plays less time on an OMHA team or moves to TCHL.
- 6.6. The coach will make every attempt to ensure that every player dressed for a TCHL game be given an equal amount of ice time over the course of the game, with the exception of the final 5 minutes. Blatant disregard of this rule will result in an investigation by the Supervisor of Coaches/ the Dispute Resolution Committee.
- 6.7. No player will be allowed on the ice or bench without being dressed in full hockey equipment, and having registration paid in full, and a member of the coaching staff being in attendance.
- 6.8. All coaches must adhere to OMHA coach's guidelines.
- 6.9. Safety precautions must be taken during all games and practices, as well as the doors onto the ice surface.
- 6.10. The SLMHA Executive will hold the coach responsible for player conduct. As coach, you are responsible for player conduct on the ice, on the bench and in the dressing room. Emphasis should be placed on fair play between all players.
- 6.11. Coaches, their managers and trainers will not smoke, swear or be under the influence of alcohol while in the presence of their players (i.e.: while on the ice, bench or in the dressing room)

COACHES AND PARENTS

- 6.12. OMHA and TC coaches and managers must meet with the parents before the team is finalized, throughout the season and at the end of the season.

- 6.13 These meetings are used to explain:
- Coaching Philosophy
 - Team Operations
 - Playing Times
 - Team Budget Including Tournaments
 - Team Rules
 - Responsibilities of Coaches, Players and Parents
 - And, any other points that either group wishes to discuss.

❖ It is essential to keep the lines of communication open.

TEAM BUDGETS AND FINANCIAL STATEMENTS

- 6.14 Team Budgets and finances are the responsibility of each team manager or parent rep.
- 6.15 All bank accounts must be opened in the name of the team with a minimum of 2 authorized signing names. No spouses may have signing privileges.
- 6.16 The Team Official's Representative and the Executive's Treasurer must approve every team's budget to ensure revenue and expenditures are reasonable and just.
- 6.17 The Executive Committee must approve all fund raising projects by individual teams. Each individual team is responsible for forwarding 10% of their fundraising project revenues to the SLMHA Treasurer to be deposited in the SLMHA general account.
- 6.18 All teams that become involved in fundraising, receive parental contributions and/or possess a bank account, must submit the following to the Executive Committee and parent group:
- A zero balance financial statement MUST be given to the Treasurer by August 31st following the hockey year showing all income and expenses.

The SLMHA will not be responsible for debts incurred by any team or team official. Any team or individual incurring debts in the name of the STURGEON LAKE MINOR HOCKEY ASSOCIATION without prior written approval shall be liable to suspension from the Association.

- 6.19 If a player quits his/her team prior to the end of the season any stake in the team funds is forfeited.

SECTION 7 FUND-RAISING

- 7.0 No STURGEON LAKE MINOR HOCKEY ASSOCIATION teams will be allowed to operate or participate in any team fundraisers unless the Executive Committee has granted approval. Notwithstanding 7.0 a team may fundraise within the arena during practice or game time. The event may commence ½ hour prior to the ice time and must be completed ½ hour prior to the conclusion of the teams' ice.
- 7.1 From time to time the STURGEON LAKE MINOR HOCKEY ASSOCIATION may sponsor a fundraiser and it is expected that all teams will be invited to participate in those fund-raisers.
- 7.2 The Executive Committee will have the ability to grant/not grant approval for any fundraising initiative. The Executive Committee will have the ability to revoke approval for any fundraising initiative at any time giving reasonable notice. The Executive Committee's decision in respect to any fundraising issue is final and cannot be appealed.

SECTION 8 TOURNAMENT FUND-RAISING

- 8.0 Teams may fund-raise for the duration of their tournament, however all events must comply with section 7.0 and must be confined to the arena.
- 8.1 The host team's parents are responsible for the following:
- To work in the canteen during their son/daughter's home tournament.
 - To work the time clock for all games throughout the day(s).
 - To serve lunch (paid by & approved for by the Executive Committee).
 - To provide desert for the visiting teams (the host team is responsible for the cost).
 - To assist the tournament convenor with the distribution of trophies, setting up and cleaning up the facility at the end of the day.
- 8.2 A financial statement from the funds raised from your tournament must be forwarded to the appropriate tournament convenor within two weeks of the completion of your tournament.

SECTION 9 SPONSORSHIP

- 9.0 All approved sponsorships shall be for a fixed duration.
- 9.1 It shall be the sole responsibility of the VICE PRESIDENTS to obtain and allocate the necessary number of sponsors.
- 9.2 The STURGEON LAKE MINOR HOCKEY ASSOCIATION will set the dollar level for the various sponsorships (i.e.: team; webpage; friends of SLMHA; etc.) on the recommendations of the VICE PRESIDENTS.
- 9.3 Sponsorships may be granted under the stipulation that it is solely a financial contribution and does not imply that the sponsor will be required to be further involved with the team.
- 9.4 Members should contact the VICE-PRESIDENTS if a specific sponsor wishes to support one of their teams, the VICE-PRESIDENTS will follow-up with the potential sponsor.
- 9.5 All equipment purchased or donated by sponsors shall become the sole property of the STURGEON LAKE MINOR HOCKEY ASSOCIATION and subject to all rules and regulations of the STURGEON

LAKE MINOR HOCKEY ASSOCIATION.

- 9.6 All equipment shall be of a standard approved by the STURGEON LAKE MINOR HOCKEY ASSOCIATION.
- 9.7 A sponsor may not pay any money directly or indirectly to any team nor may any team ask a sponsor directly or indirectly to provide equipment or other benefits to their team without the expressed consent of STURGEON LAKE MINOR HOCKEY ASSOCIATION.
- 9.8 All monies, equipment, etc. from sponsors must be paid to the STURGEON LAKE MINOR HOCKEY ASSOCIATION who will in turn pass the monies along to the appropriate team and/or purchase equipment.

SECTION 10

GAMES & ICE TIMES

- 10.0 The regular season for the STURGEON LAKE MINOR HOCKEY ASSOCIATION will commence during the early part of September when the ice is in at the arena. For teams no longer in OMHA or TC playoff competition or for teams in consolation rounds, their ice time will end at the end of the School March break (this includes practices and exhibition games).
- 10.1 Any exhibition games, tournaments, and all home games must be approved by the appropriate OMHA/TC Representative.
- 10.2 For teams still in play-off competition, normal ice time will be available to them in our arena, pending the availability of the ice.
- 10.3 No STURGEON LAKE MINOR HOCKEY ASSOCIATION team may play more than three games in one day.
- 10.4 OMHA and TC teams will be subject to the rules of the OMHA and TC for game lengths. All regular season games and exhibition games may be curfewed at 50 minutes for one hour games (U9 & under); 65 minutes for 1.25 hour games (U11 TC & U13 TC) and 80 minutes for all one and a half-hour games (U11 OMHA, U13 OMHA & above).
- 10.5 TC and MD teams will receive 2 to 3 hours of home ice per week; permitting ice time is available.
- 10.6 OMHA teams will receive 3-4 hours of home ice per week; permitting ice time is available.
- 10.7 Players and team officials may enter the ice surface at their scheduled ice time as soon as the Zamboni is off the ice and the gate is closed. All players and team officials will leave the ice surface 10 minutes prior to the end of their scheduled ice time or as instructed by the arena management. No player or team official may enter the ice surface prior to the team's scheduled ice time unless so instructed by an arena employee.

SECTION 11

AWARDS

- 11.0 The **Sterling Jermyn Award** is to be presented to an individual in recognition for having provided Outstanding Service to Sturgeon Lake Minor Hockey (this individual does not have to be an active member of the association).
- 11.1 The **Dar Kimble OMHA Coaching Award** is to be awarded on the following criteria:
- Love of the game of hockey;
 - Enjoys working with players of all skill levels to help develop them to their full potential;
 - Promotes fair play;
 - Promotes sportsmanship;
 - Promotes team comradery;
 - Promotes players that the Association and area can be proud of;
 - Follows the rules and regulations of the game, OMHA and SLMHA.
- This criterion is given to each team and each team will advise the award committee, in writing, why they nominate their coach. These nomination submissions will be read by the executive. The executive will then make the final decision based on the submitted nominations.
- 11.2 The **George Traill Three County Coaching Award** is to be awarded on the following criteria:
- Love of the game of hockey;
 - Enjoys working with players of all skill levels to help develop them to their full potential;
 - Promotes fair play;
 - Promotes sportsmanship;
 - Promotes team comradery;
 - Promotes players that the Association and area can be proud of;
 - Follows the rules and regulations of the game, TCHL and SLMHA.
- This criterion is given to each team and each team will advise the award committee, in writing, why they nominate their coach. These nomination submissions will be read by the executive. The executive will then make the final decision based on the submitted nominations.
- 11.3 The **Art Jackson Award** is to be awarded typically (not necessarily) to a third year U18 player who best exemplifies the type of player/person that the Association would be proud to be represented by. The SLMHA Executive decides upon the recipient after review of submissions.
- 11.4 The **Aubrey Nicholson Award** will be presented to the Most Valuable Defenseman on either the U20 (if applicable) or U18 Team.
- 11.5 The **Bill Speer Award** will be presented to the Most Valuable Defenseman on the U15 OMHA team as chosen by the coach.
- 11.6 The **Howard Hall Award** will be presented to the Most Improved Player on the U15 TC team as chosen by the coach.
- 11.7 The **Olympic Spirit Award** recognizes a player annually who best combines good sportsmanship with perseverance and team spirit. This award is intended to sustain the fantastic spirit and pride generated by the Vancouver Olympic games.
- 1) Executive invites every coach to nominate a player from their roster. Executive should remind the coaches to the criteria for which the award is given and emphasize that age and hockey ability are not relative. Some coaches may opt out of the nomination process.
 - 2) Coaches provide executive with name and letter of support for their nomination.

3) Executive review nominations with supporting information and vote on a winner. If no unanimous winner is determined, randomly select a recipient. If no coach's nominations are received, the executive should select a deserving player.

11.8 The **Lifetime Award** is to be awarded at the discretion of the President, if s/he feels that any person is justified. This is an Award that is present to any SLMHA Executive, Coach, Manager, Trainer or other volunteer that has provided 5 or more years of service, wherein it is felt they have gone above and beyond the norm.

11.9 The **Paul Thompson Memorial Award (In Memory of Paul “Bunyan” Thompson):**
A person larger than life itself. A person striving for the highest levels in anything he did. Always wanting to help and please his fellow human race. With these traits set out, we would hope the recipient would take them and be a stronger and better person as our friend “Bunyan” was.

Criteria for this award:

- Goaltender
- Love the game
- Hard worker – striving to always improve
- Good teammate to everyone, everywhere
- Friendly – polite
- No blame game – every goal was personal
- Always prepared – a true competitor
- Played hard – had fun both on and off the ice

This criterion is given to each team and each team will advise the award committee, in writing, why they nominate their coach. These nomination submissions will be read by the executive. The executive will then make the final decision based on the submitted nominations.

11.10 **The Manager of The Year award:**

This award is presented to a SLMHA Team Manager who has shown dedication to their team through countless hours of volunteer work. This person has displayed exceptional organizational and planning skills. This person has a positive impact on their respective team, has shown effective communication and promotes genuine respect for players, coaches, officials, opponents and parents. This person represents a positive public image for Sturgeon Lake Minor Hockey. The Executive will review nominations with supporting information and vote on a winner. If no unanimous winner is determined, randomly select a recipient. If no nominations are received, the executive should select a deserving manager.

Appendix "A"

S.L.M.H.A. -Head Coaching Application

Year: _____

Name: _____ Email: _____

Address: _____

Phone: _____ Cell: _____

COACHING NCCP CERTIFICATION

OMHA or NCCP CERTIFICATION

Coach Certification Level: _____ Do you need to renew? _____

SPEAK OUT – ABUSE & HARASSMENT CLINIC

CRIMINAL RECORD CHECK

Check if completed () Year attained: _____ Check if completed () Year attained: _____

I understand I must have a current Criminal Records Check, Child Abuse Registry check and have completed Speak Out by August 31, of the current year or I will have to end my volunteer duties until I have completed these three items. Initials: _____

For what team are you applying to coach? _____

If that team is not available, would you be willing to accept an alternate position?

☐

YES

☐

NO

Please list the past teams (most recent 3) that you have coached/worked with.

Year	Team	Position Held

Please provide two references (Name, address & phone number)

1. _____

2. _____

Do you have a son/daughter that would be playing on the team you are applying for?

☐

YES

☐

NO

will be posted near the end of the season, for the following year

Do you strongly feel that he/she is capable of making this team? Why?

Please be prepared to answer questions on the following topics:

1. Reason for coaching.
2. Past experiences as both a player and coach.
3. Your coaching style (Dressing room environment and on ice practice routines.)
4. Skills and strategies that you feel are important for the age group, for which you have applied.
5. Picking the team.
6. Communication.
7. Discipline.
8. Coaching staff responsibilities.
9. Your strengths and areas of improvement.
10. Favourite drills that you would like to share with others.
11. How can we make the association better?

****Please forward the completed Application Form to Supervisor of Coaches, Trainers & Players email:
supervisor@sturgeonhockey.ca**

Thank-you in advance for applying!

Without dedicated volunteers, Minor Hockey would not be possible.