



# Building The Foundation - Player & Staff Worksheet

## Our Needs, Our Wants & Our Hopes

Please think about the following questions to get ready talk about them in a workshop where we will be setting our team up for a successful event!

- 1) Why do you play hockey?
  1. We play to develop as a player and as a person
  2. We play to be a part of a team
  3. We play to learn how to deal with adversity and how to deal with success
  4. We play to have FUN
  
- 2) Our Vision For The Event - How do we want to remember it and what do we want to be able to look back and say about our the experience?
  1. As a staff our vision should be to give these kids the best experience possible by helping them grow as individuals on and off the ice, this will be accomplished by helping them understand what it means to be an "Every Dayer".
  2. Everything matters is what we should take out of this event, yes, we want to win but winning is not the sole purpose of this competition.
  3. Show the kids the professional side of the game by always being on time, being prepared and ready to compete.
  
- 3) Our Team Values will guide our actions and behaviors including how we will treat each other. Look at the list of values on the next page and **identify (circle) ten individual values** that are important for you to be successful in life, your family and your relationships. Then **identify (put a box around) five team values** that you feel must be demonstrated by our **team this year** and **how** we can all demonstrate them (i.e. what does the value look like?). If you feel there is a value you'd like to use that is missing then please write it in.
  
- 4) What are some formal expectations we should have for the **parents, players, coaches**?
  1. Trust in the process, respect for the program, team, each other and the jersey, communication, positivity, pride, and of course the expectation that is will be a FUN amazing experience for all involved.
  
- 5) What are some of the Team Rules we should have in our **Code of Conduct**?
  1. Respect your teammates, coaches, officials, opponents, and parents.
  2. No offensive language on and off the ice.
  3. Be on time, prepared and ready to go!
  4. Room is for players and staff only.
  5. We are a team, no bullying or fighting.
  6. Leave areas cleaner than you arrived – dressing room and other areas we host team events.
  
- 6) How should we handle **discipline**? On - Ice, Off - Ice, Parents, Coaches (i.e. how will we enforce our Code of Conduct and hold everyone **accountable** to it?)



1. Clearly defining roles and expectations should help eliminate having to deal with discipline issues (parents), communication will be key.
  2. 1<sup>st</sup> Offence by a player – verbal warning, 2<sup>nd</sup> offence – sit one shift, 3<sup>rd</sup> offence – sit one period, 4<sup>th</sup> offence – miss a game and have a player/parent meeting.
- 7) What **skills** do we want to learn in our time together?
1. Game management.
  2. Coaching best practices.
  3. Communication techniques.
  4. Motivation techniques.
  5. Good habits.
  6. Tam hierarchy.
  7. Top end team dynamics.
- 8) What do you want your **Parents Role** & Responsibilities to be?
1. We want to parents to support their player and allow the staff to have the ability to coach and lead. Parents need to remain positive and encourage their player to participate in events leading up to the competition.
- 9) Are there **any issues outstanding** as we start our team?
- 10) Pretend we are all done the tournament and have a minute to think about how it was. If players & team staff were to write a report card for the season, what would we want it say?
1. We would want the report card to say we were a "GREAT" team, we played with Grit, we Respected everyone, we gave our best Effort, we were Accountable, and we made sure Teamwork was always on our mind when on and off the ice.
  2. We grew as a team and individuals.
  3. We are ready for the next level.
  4. IT WAS FUN!



## Values

### What are they?

"All things that we believe to be important and worth of our time, energy, commitment and resources"

### Individual Values

"The actions and beliefs by which we live our lives"

\*respect, honesty, integrity, fairness

### Team Values

"The things that we stand for"

"Should be shared by all on the Team"

"Should guide the day to day behaviours of the team"

"Real or perceived they are the culture of the team"

## **Values**

What's Important To You?

Respect	Honesty	Integrity	Trust
Courage	Confidence	Privacy	Discipline
Dedicated	Equality	Fairness	Commitment
Creativity	Loyalty	Opportunity	Truth
Patience	Reliability	Enthusiasm	Honor
Responsibility	Quality	Excellence	Perseverance
Consistency	Ethical	Optimism	Cooperation
Punctuality	Openness	Reliability	Self Sufficiency
Self Confidence	Courtesy	Affiliation	Flexibility
Tolerance	Tenacity	Family	Pride

My ten individual values from the list above are:

1. Respect
2. Confidence
3. Responsibility
4. Truth
5. Creativity



6. Consistency
7. Discipline
8. Commitment
9. Courage
10. Enthusiasm

My five team values from above and what each looks like (how we will demonstrate each) are:

1. Family – we will play for each other
2. Pride – we will play for the logo on the front of the jersey not the name on the back, we will respect the program and represent it off the ice.
3. Patience – we will be patient with the process, STC can be difficult so we will trust in what our coaches are saying.
4. Perseverance – we will not get too high or too low.
5. Trust – we will trust each other and know that if I fall, a teammate will be there to pick me up.