

MILLBROOK YOUTH HOCKEY ASSOCIATION



PARENT HANDBOOK

2017-2018

This handbook provides useful information & resources regarding all programs offered by the Millbrook Youth Hockey Association



*MYHA is a proud member of
USA Hockey and the
NYS Amateur Hockey Association*



For additional information, please visit our website at

www.millbrookyouthhockey.org

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SECTION 1 - INTRODUCTION TO MYHA

1.1 Organization and Philosophy

Millbrook Youth Hockey Association (MYHA) is a non-profit organization that was established in 1962. Our programs serve a large geographic area, drawing players from throughout Dutchess County and surrounding areas. There are no residency requirements, and we welcome all interested players!

The MYHA mission is to educate our players about the exciting game of hockey while developing character, loyalty, sportsmanship, a sense of fair play and physical fitness through participation in our programs. We recognize a broad range of abilities and commitment among our families, and we strive to provide appropriate instruction and competition for all levels at reasonable costs. MYHA seeks to place all registered players with those of similar abilities, and travel/time commitment, on teams or in programs to maximize enjoyment and skill development. MYHA does not discriminate on the basis of gender, race, national origin, religious affiliation or any other basis. We are committed to giving each child who wants to play hockey the opportunity to do so.

1.2 Volunteer Participation

MYHA is a volunteer-run organization. Our coaches volunteer their time, as do members of our Board of Directors. Many fundraising events are conducted during the year to defray some of the costs of operation, but participation fees are the primary source of MYHA operating funds. Section 6 describes the opportunities for parent volunteers.

1.3 Participating Rinks: Millbrook and Poughkeepsie

MYHA is fortunate to have the use of two ice rinks: The Bontecou Rink at the Millbrook School in Millbrook and the McCann Ice

Arena at the Mid-Hudson Civic Center in Poughkeepsie. Directions to each rink are available on the MYHA website under "[Rink Listing](#)".

1.4 Board of Directors

MYHA is run by a Board of Directors comprised of parent volunteers and coaches. The Board oversees MYHA's operations including determining participation fees, collecting payments, scheduling ice time and referees, submitting official rosters for league and tournament play, submitting required screening information for all coaches, ordering jerseys and equipment, and paying all of the organization's bills. The business of the Board is governed by the MYHA By-Laws.

1.4.1 Board Meetings: The Board holds monthly meetings, usually on the first Monday of the month at 7:00 p.m. If you have a matter that you would like to bring before the Board, please contact your Team Representative or Coach to discuss the matter or to find out the time and place of the next meeting. If you prefer to contact a member of the Board directly, please see the list of Board members and their contact information in Section 8.1 or on the MYHA website.

1.4.2 Committees: The Board has several committees, including the Fundraising and Banquet Committees, which are comprised of Board members and parent volunteers. The Fundraising Committee coordinates fundraising activities on a team-by-team basis and for the organization as a whole. The Banquet Committee plans the annual banquet held at the end of the season for all players and their families.

1.4.3 Parent Representatives: Each of the Bantam, Pee Wee, Squirt and Mite teams must appoint a volunteer Parent Representative to the Board. The Parent Representative should attend Board meetings and report back to the team regarding any special events or other matters of interest. Parent Representatives generally do not vote at Board meetings, with the exception of the Annual Meeting. At the Annual Meeting, Board members and Parent Representatives vote on nominees standing for election to fill open Board positions or offices. Parent Reps are responsible for coordinating volunteers to assist with the functions of their team, as well as activities such as the annual banquet and opening day bake sale. As with all volunteer organizations, the more input and assistance parents are willing to give, the more your child will get out of the program. Should you wish to assist in any way, please review the information below in Section 6 or contact any of our present Board members or your Team Representative.

1.5 Website – www.millbrookyouthhockey.org

Our website provides comprehensive information on registration, tryouts, teams, calendars, schedules and locations of rinks, as well as email addresses and telephone numbers for coaches and members of our Board. We update the website regularly. It is a terrific resource for many of the questions that you may have.

SECTION 2 – EQUIPMENT, TEAMS AND PROGRAMS

2.1 Required Equipment: ALL players participating in any MYHA program or on any MYHA team must have the following equipment specifically approved and rated for ice hockey:

- Ice Hockey Helmet with full face protective "cage"
- Mouth guard
- Neck guard
- Shoulder pads
- Elbow pads
- Hockey pants
- Shin guards
- Hockey gloves
- Hockey skates
- Protective underwear (with a cup for boys)
- Hockey stick*

* If your skater is new to hockey, it is best to purchase a low-cost, flat-bladed (no curve) stick until he or she commits to a preference for playing with the stick as a "righty" or "lefty".

MYHA DOES NOT PROVIDE EQUIPMENT TO PLAYERS: In addition to the required equipment, you may also want to purchase an inexpensive set of hockey socks (to cover shin guards) and a jersey for practice. It is critically important that equipment fits properly! Although you may be tempted to “buy big” so your skater can have room to grow, it is best to buy properly fitted equipment. A trained vendor can help fit your player properly. It is particularly important for the helmet to fit properly and be certified. Many of our families purchase equipment at Wesco Sports Center in Brookfield, CT - www.wescosportscenter.com. You may also wish to check on-line vendors such as: www.purehockey.com www.hockeymonkey.com www.totalhockey.com.

2.2 Learn to Play Program (LTP): for First-time and beginner players of all ages

Our “Learn to Play” hockey program is open to children of all ages, but generally draws first-time and beginner players in the 4-8 year old age range. LTP is designed for children who have little knowledge about the game of ice hockey. We will work on basic skills such as skating stride, how to hold a stick, passing and shooting. In addition to skills, we will teach the rules of the game in a fun and supportive environment. USA Hockey certified coaches and players will instruct the players. This program meets once a week (usually Sunday afternoons) from November through February. All participants in Learn to Play must register with MYHA on our website and pay the fee in full. Before registering with MYHA, parents must register their child with USA Hockey and obtain a USA Hockey Membership number. A limited amount of loaner equipment may be available to help get new players started. MYHA also conducts equipment swaps that may be helpful in acquiring inexpensive (or free) starter equipment – check our website for details!

2.3 MITES - Cross-Ice Program: for Players 8 years old and younger

Our Mites program serves children ages 8 and younger and implements USA Hockey’s Cross-Ice American Development Model (ADM) to maximize the development of skills necessary to learn and play the game of ice hockey. Cross-Ice games are played from side to side in the rink (not end to end), giving the players more puck handling, more shots, more saves and more goals – and more fun. Our Mite program runs October through February. All Mite games will be played on Saturdays and Sundays, and our team(s) will also participate in Hudson Valley Hockey League (HVHL) sponsored Jamborees that are conducted on various weekends throughout the season. Our Mite program is open to all children who skate or have previously participated in a “Learn to Play” program. No tryouts are required. All players must register with MYHA on our website and pay the fee in full or commit to one of our payment plans. Before registering with MYHA, parents must register their child with USA Hockey and obtain a USA Hockey Membership number.

2.4 HOUSE TEAMS (Recreational/Development Program): for Players 14 years old and younger

Our “House Team” Program emphasizes player development and requires less of a time and travel commitment than our Travel Teams. Players not selected for a Travel Team are encouraged to join our House program. The number of House teams and their age ranges will depend on enrollment. Subject to the ages of registered players, we may form 14-U (14 years and younger), 12-U (12 years and younger) and/or 11-U or 10-U teams. Our House programs provide instruction and games for players of all skill levels, and generally include one weekday practice and one weekend game per week from November through February. Some limited, relatively local travel “away” games are also sometimes scheduled to provide our players with an added level of fun and variety as they develop their skills. In addition, individual house teams sometimes decide to enter a “house team” tournament if one is available, and participating parents are willing to pay the additional costs required for such an event. Practices focus on skill development and learning the rules and strategies of team play. This program is open to all players, and no tryout is required. All players must register with MYHA on our website and pay the fee in full or commit to one of our payment plans. Before registering with MYHA, parents must register their child with USA Hockey and obtain a USA Hockey Membership number.

2.5 TRAVEL TEAMS (Competitive HVHL Program): for Players 9-18 years old

MYHA is a founding member of the Hudson Valley Hockey League (HVHL), which is a USA Hockey sanctioned Tier III league that currently offers play on the following levels: "A" Tournament Bound, "A" Non-Tournament Bound, and "B" Non-Tournament Bound. The HVHL currently consists of the following organizations:

Bear Mountain Hockey Club	Bedford Bears	Bronxville Youth Hockey Association
Brooklyn Aviators	Hudson Valley Polar Bears	Millbrook Youth Hockey Association
New Rochelle Lighting Hockey	NJ Alliance Youth Hockey	North Rockland Youth Hockey
Palisades Predators Hockey Club	Pelham Hockey Association	Rye Rangers Hockey Club
Saugerties Youth Hockey	Scarsdale Youth Hockey	Westchester Hockey Organization
Westchester Mariners	Westchester Vipers	White Plains Plainsmen

The age divisions for Travel Teams are as follows: Squirts (9 and 10 years old), Pee Wees (11 and 12 years old), Bantams (13 and 14 years old), and Midgets (15 to 18). The Travel Team's that MYHA fields per age division are categorized as "A", "A NTB" or "B" depending upon the assessed skills of each teams players and their ability to compete against similarly designated teams in the HVHL. Determination of each team's competitive level is made by the ACE Coordinator and the head coach in conjunction with the Board. Designations of competitive levels for Travel Teams must be approved by the HVHL.

2.5.1 Schedule: Each MYHA Travel Team generally plays two games each weekend during the season and participates in one to three in-season tournaments. Teams also typically practice twice per week beginning as early as September and continuing through February/early March. Midget Team schedules are adjusted to be "high school league" friendly.

2.5.2 Player Eligibility and League Registration: All of our travel teams conform to USA Hockey, NYSAHA, and HVHL guidelines with respect to age divisions and player eligibility. Historically, MYHA has competed in the Hudson Valley Hockey League, but reserves the right to enter teams in other leagues and/or operate any of our teams independent of any particular parent league.

2.5.3 Team Formation and Tryouts: Players are assigned to a Travel Team after a thorough evaluation and tryout process that is conducted in the spring for the following season. A non-refundable deposit is required for tryouts. **Players trying out for MYHA Travel Teams who have previously played for other organizations will be required to present a formal USA Hockey release form from the other organization prior to being registered on a MYHA team.**

SECTION 3 – REGISTRATION

3.1 Registration with USA Hockey

Before registering with MYHA, parents must register each child with USA Hockey and obtain a USA Hockey Membership Number for each child (this number will be required when registering on the MYHA website). Registration is required with USA Hockey because USA Hockey is the national governing body for ice hockey in the United States. Most importantly, as a member of USA Hockey, your child will be covered by accident (excess) and catastrophic injury insurance. MYHA is also covered by general liability and other insurance through USA Hockey. Your membership in USA Hockey directly supports screening and training for youth hockey coaches, district and national championships, uniformity in official playing rules, and education and research in safety and risk management. As a member, you will receive a subscription to USA Hockey Magazine. A full list of benefits is available at www.usahockey.com under the tab "Membership."

3.2 Registration with MYHA

Every child participating in a MYHA program or playing on one of the MYHA Travel Teams must register with MYHA on our website before going on the ice. The fees for each participant or player must be paid as described below in Section 4. Registration with MYHA is required so that we have contact information for parents and important medical information about each child. Registration deadlines are as follows:

Registration for Travel Teams is required by June 1st following tryouts.

Registration for Mites and our House Programs should be completed by October 1st. *

Registration for Learn to Play is required by December 1st. *

* Late registrants are welcome in non-travel programs - Please contact the program coach for details!

3.3 Registration Forms

In addition to registering online with USA Hockey and MYHA, parents and players MUST complete, sign and submit the following documents PRIOR to participating in any on-ice activities, including tryouts. All of these documents are available on our website:

USA Hockey Code of Conduct Consent

to Treat (Medical Form)

Waiver of Liability, Release, Assumption of Risk and Indemnity Agreement Travel Team Commitment Letter (not required prior to tryouts)

You may submit completed and signed forms at try-outs (if applicable), to your coach prior to the first game, or you may mail them directly to: **Millbrook Youth Hockey Association - PO Box 682 - Millbrook, NY 12545-0682 - Attention: Registrar.**

3.4 Consequences of Late Registration

Rosters for MYHA Travel Teams are generated through USA Hockey registration. Rosters for Travel Teams must be finalized prior to the team's first league game. ***Late completion of rosters will result in forfeiture of games in the HVHL.***

SECTION 4 – FEES, PAYMENTS AND PAYMENT PLAN POLICIES

4.1 Current Fees for Programs and Travel Teams

MYHA remains one of the most cost-effective hockey programs in the area. MYHA works hard to keep costs down, and it is important to recognize that fees are all-inclusive. Unlike other organizations, we do not ask families to buy initial issue jerseys or pay tournament fees in addition to the standard fee. The bulk of the fee goes to pay for ice-time costs.

Prices for the 2017-2018 Season will be between:	<u>Travel Teams</u> *	<u>Non-Travel Programs</u>	
	Squirts \$1650-\$1850	Learn to Play	\$150 **
	Pee Wees \$1850-\$2050	Mites	\$875 **
	Bantams \$1850-\$2050	House Teams	\$875 **
	Midgets \$1300-\$1500		

* Travel team fees do not include jerseys for any players except first-time MYHA travel players receiving their initial issue set. Returning players who need jerseys may purchase a new set of home & away jerseys. Prices depend on the level that you are at.

** Non-Travel fees are currently being reviewed for the 2015-2016 season. Fees listed are 2014-15 rates and subject to change.

4.1.1 Multi-Player & Travel Goaltender Discounts: MYHA offers discounts for families with more than one player and discounts for travel team goalies that own their own equipment. The second player's fee is discounted 20%, and third player's fee is discounted 30%. The discount is applied to the lower cost fee. The Goaltender discount is 20% off the regular travel team fee, and cannot be combined with a multi-player discount.

4.2 Payment Options

MYHA requires each family to commit to one of the following payment options at the time of registration. All Travel Team options require a minimum of \$250 to be paid by June 1st. If your payments are not up to date, players will not be allowed to participate in practices or games until payments are made. MYHA will strictly enforce the policy of no pay, no play. Below are examples of the payment options. ***Prices Have Not Yet Been Set For The 2017-2018 season - These Are Just Examples ***

4.2.1 Payment Options for Travel Teams:

SQUIRT PLAYERS

Option	Commitment								TOTAL PAID
	JUNE 1 st	JULY 1 th	AUG. 1 th	SEPT. 1 th	OCT. 1 th	NOV. 1 th	DEC. 1 th		
1	\$250	\$1500							\$1750
2	\$250	\$250	\$250	\$250	\$250	\$250	\$250	\$250	\$1750

PEE WEE & BANTAM PLAYERS

Option	Commitment								TOTAL PAID
	JUNE 1 st	JULY 1 th	AUG. 1 th	SEPT. 1 th	OCT. 1 th	NOV. 1 th	DEC. 1 th		
1	\$250	\$1700							\$1950
2	\$250	\$284	\$284	\$284	\$284	\$284	\$284	\$280	\$1950

MIDGET 16U PLAYERS

Option	Commitment								TOTAL PAID
	JUNE 1 st	JULY 1 th	AUG. 1 th	SEPT. 1 th	OCT. 1 th	NOV. 1 th	DEC. 1 th		
1	\$250	\$1250							\$1,500
2	\$250	\$208	\$208	\$208	\$208	\$208	\$208	\$210	\$1,500

MIDGET 18U PLAYERS

Option	Commitment								TOTAL PAID
	JUNE 1 st	JULY 1 th	AUG. 1 th	SEPT. 1 th	OCT. 1 th	NOV. 1 th	DEC. 1 th		
1	\$250	\$1250							\$1,500
2	\$250	\$208	\$208	\$208	\$208	\$208	\$208	\$210	\$1,500

- **Option 1:** Deposit of \$250 by June 1st. Payment of balance July 1th.

- **Option 2:** Deposit of \$250 by June 1st. Six (6) installment payments by the 1st of each month from July through December.

4.2.2 Payment Plans for Mites and House Programs:

- **Plan 1:** Deposit of \$200 by October 1th with two (2) installment payments on November 1st and December 1st

4.2.3 Payment Plan for Learn to Play:

- Payment in full is due by December 1st.

4.3 Consequence of Failure to Pay

Any player declared in arrears by the Board as of December 1st shall be ineligible for the remainder of the season and for postseason play, practices and registration for the following year until the fees are paid in full or a negotiated extended payment plan is made current.

4.4 Financial Hardship - Negotiated Extended Payment Plans

In cases of financial hardship or other unique situations, the Board is authorized to negotiate other extended payment plan terms. It is the responsibility of parents to request and finalize other payment options before August 1st for Travel Teams and before October 1st for other programs. Individual negotiated extended payment options are intended to ease the financial burden on a small number of affected families and should only be sought when truly needed. If you cannot commit to one of the above-listed payment plans, you must contact the MYHA Treasurer to discuss and make arrangements for an extended payment plan (please refer to Section 8 for current contact information).

4.5 Refunds

Registration represents a firm commitment between the player and the player's family and MYHA for the entire season. MYHA makes a variety of contractual financial commitments based on the number of registered players. As a consequence, payments of fees to MYHA are non-refundable. Exceptions to this policy may be requested of the Board in special circumstances such as serious injury or relocation. Choosing not to play or moving to another program is not grounds for requesting a refund. The Board will consider requests for refunds, in its sole discretion.

4.6 Player Releases

MYHA may grant, at its discretion, a formal USA Hockey release to any player in good standing who applies to the Registrar in writing. Such good standing includes, but is not limited to, payment of all fees and other monies owed to MYHA. The Registrar shall consult with the President regarding any request for release.

SECTION 5 – COACHES

5.1 Certification

MYHA coaches are all USA Hockey-certified, meaning they have all completed USA Hockey coaching seminars. MYHA also reimburses coaches and assistant coaches for the costs of participating in Coaching Education Programs, including clinics and agespecific training modules.

5.2 Screenings

USA Hockey mandates screening for all coaches and assistant coaches. Screenings must be completed by September 1st of each year. MYHA covers the costs of screenings.

5.3 Selection of Coaches

Anyone interested in serving as a coach or assistant coach to any of our programs should contact MYHA's ACE Coordinator (please refer to Section 8 for current contact information). The ACE Coordinator recommends coaching assignments and presents the recommendations to the Board. MYHA's policy is to select the most qualified head coach from among all interested candidates, regardless of whether a candidate is the parent of a child participating in the program.

5.4 Responsibilities

The ACE Coordinator guides and assists all coaches in their instruction and coaching. MYHA strives to develop a common philosophy regarding player instruction and development that is consistent at all levels of the program. The head coach of each team determines the roster of players, oversees the team's practice and game schedules and runs practices. Many of our coaches also serve on the Board. Each head coach is expected to hold an initial team or program meeting before the season gets underway to explain the program and designate parent volunteers for the positions outlined below in Section 6.2. Please make every effort to attend this meeting.

5.5 Communication

Our coaches and team managers communicate with parents primarily through the website or by email. Changes in practice schedules and games are also sent by email. It is important that you provide a working email address when you register your child.

SECTION 6 – PARENT PARTICIPATION

6.1 General

MYHA is a volunteer-run organization, and we need parent participation at all levels – from coaches to timekeepers to Board members to bake sale volunteers. MYHA must have parent participation from all teams to ensure effective communication across the organization and success in fundraising.

6.2 Positions/Responsibilities

MYHA requires parents from the Midgets, Bantams, Pee Wees, Squirts & Mites to participate in the following positions or activities:

6.2.1 Parent Representative: One parent from each team must serve as a Parent Representative to the Board. See the description of Parent Representatives in Section 1.4.3.

6.2.2 Team Manager: If required by the team’s head coach, one or more parents must serve as team manager to assist coaches in scheduling or communications.

6.2.3 Timekeepers and Scorekeepers: Four parents from each team must learn to use the clocks at Bontecou and McCann ice rinks and to complete the official game scoresheet.

6.2.4 Banquet Committee: One or more parents from each team must serve on the Banquet Committee of the Board. See the description of the Board Committees under Section 1.4.2 above.

6.2.5 Fundraising Committee: One or more parents from each team must serve on the Fundraising Committee of the Board. See the description of the Board Committees under Section 1.4.2.

Parent volunteers for each travel team should be designated by September 1st (October 1st for Mites).

6.3 Parents’ Meeting

Each head coach will conduct a mandatory meeting for players and parents immediately after team selections or the start of the program. The head coach will discuss the philosophy, policies and procedures of MYHA and practice and games schedules for that particular team. At this meeting, the head coach will designate parents for the volunteer positions listed above.

SECTION 7 – CONDUCT OF COACHES, PLAYERS & PARENTS

7.1 General Standards of Conduct

MYHA expects all coaches, players and families to conduct themselves appropriately, to adhere to the good sportsmanship embodied in the policies of USA Hockey and to respect the facilities at our home rinks and the rinks of opponents. Players, parents and coaches must sign the MYHA Code of Conduct and abide by all provisions at all times or be subject to disciplinary action by the Board. In particular, MYHA insists upon the following standards of conduct:

- Players, parents, coaches and associated spectators shall not use foul, disrespectful, derogatory or abusive language or gestures.
- Players, parents, coaches and associated spectators will not harass officials or other players, coaches or spectators.

7.2. USA Hockey Codes of Conduct

MYHA requires all coaches, players and parents to abide by the official rules and policies promulgated by USA Hockey as set forth in the USA Hockey Annual Guide including the following:

7.2.1 Parent’s Code of Conduct

- Do not force your children to participate in sports, but support their desires to play their chosen sports. Children are involved in organized sports for their enjoyment. Make it fun.
- Encourage your child to play by the rules. Remember, children learn best by example, so applaud the good plays of both teams.
- Do not embarrass your child by yelling at players, coaches or officials. By showing a positive attitude toward the game and all of its participants, your child will benefit.
- Emphasize skill development and practices and how they benefit your young athlete. De-emphasize games and competition in the lower age groups.
- Know and study the rules of the game and support the officials on and off the ice. This approach will help in the development and support of the game. Any criticism of the officials only hurts the game.
- Applaud a good effort in both victory and defeat, and enforce the positive points of the game. Never yell or physically abuse your child after a game or practice – it is destructive.
- Recognize the importance of volunteer coaches. They are important to the development of your child and the sport. Communicate with them and support them.

7.2.2 Player's Code of Conduct

- Play for fun.
- Work hard to improve your skills.
- Be a team player – get along with your teammates.
- Learn teamwork, sportsmanship and discipline.
- Be on time.
- Learn the rules and play by them. Always be a good sport.
- Respect your coach, your teammates, your parents, opponents and officials.
- Never argue with an official's decision.

7.2.3 Spectator's Code of Conduct

- Display good sportsmanship. Always respect players, coaches and officials.
- Act appropriately, do not taunt or disturb other fans; enjoy the game together.
- Cheer good plays of all participants; avoid booing opponents.
- Cheer in a positive manner and encourage fair play; profanity and objectionable cheers or gestures are offensive.
- Help provide a safe and fun environment; throwing any item on the ice surface can cause injury to players and officials.
- Do not lean over or pound on the glass; the glass surrounding the ice surface is part of the playing area.
- Support the referees and coaches by trusting their judgment and integrity.
- Be responsible for your own safety – be alert to prevent accidents from flying pucks and other avoidable situations.
- Respect locker rooms as private areas for players, coaches and officials.
- Be supportive after the game – win or lose. Recognize good effort, teamwork and sportsmanship.

7.3 Zero Tolerance Policy

USA Hockey has instituted a zero tolerance policy that requires all players, coaches, team officials, parents and spectators to maintain a sportsmanlike and educational atmosphere before, during and after all USA-Hockey sanctioned games. Under this policy, penalties will be assessed against players and coaches for unsportsmanlike conduct. In addition, games will be stopped when parents or spectators display inappropriate or disruptive behavior and violate the codes of conduct outlined above. In such instances, coaches must remove the disruptive individuals from the viewing and game area. Violators may also be subject to further disciplinary actions by MYHA.

7.4 USA Hockey Rules and Policies

The USA Hockey Annual Guide includes the official rules for youth hockey and other important policies, including Safe Sport Policy, Gender Equity – Co-Ed Locker Rooms and Consumption/Use/Abuse of Mood Altering Substances. The USA Hockey Annual Guide is updated annually and is currently available at http://www.usahockey.com/about_usa_hockey/Annual_Guide.aspx.

7.5 MYHA On-Ice, On-Bench Participation Policy

Only head coaches, assistant coaches, instructors and players who are registered and insured by USA Hockey and assigned to that particular team are permitted to be on the ice and/or on the player bench during practices and games.

7.6 MYHA Policy for Use of Millbrook School's Bontecou Rink

The Millbrook School strictly prohibits MYHA players and their families from entering any areas other than the rink, the locker rooms and the "warm room" (the room located in front of locker room 5). MYHA families are not allowed to enter any other part of the building (including the observation deck above the warm room). In addition, no one besides players, coaches and timekeepers are allowed behind the benches or in the timekeeper's box. Parents must monitor all children while at Bontecou Rink and ensure that they abide by these rules. No off-the-ice hockey is allowed in front of the locker rooms, behind the benches or in the front entryway. MYHA's continued use of Bontecou Rink depends on everyone adhering to these rules. Please do not hesitate to tell families from other teams or to remind other MYHA families about these restrictions.

7.7 MYHA Return to Play Policy after Head Injuries

MYHA has instituted the following policy for players suffering from head injuries: The evaluation of an athlete with a suspected concussion should be prompt and thorough. Treatment is individualized according to patient age, concussion history, symptoms, signs and type of sport. All concussed athletes MUST be cleared for return to play by a sports medicine professional. See the Return to Play Guidelines after Head Injuries compiled by the USA Hockey Safety and Protective Committee available at http://www.usahockey.com/Concussion_Information.aspx.

SECTION 8 – MYHA CONTACTS

8.1 Board Members: Members of the Board for the 2015-2016 season are:

President – Hal Turner	hal57t@optonline.net
Co-Vice President – Ed Croom	Ecroom1@optonline.net
Co-Vice President – Marc Hepler	marchepler@gmail.com
Treasurer – Nicole Hepler	nhepler76@aol.com
Secretary – Katie Myers	explore191@msm.com

SECTION 9 – RESOURCES & LINKS

9.1 Hockey Website Links: The following websites contain information that may be helpful:

- Millbrook Youth Hockey Association www.millbrookyouthhockey.org
- USA Hockey www.usahockey.com
- Hudson Valley Hockey League www.hvhl.org
- McCann Ice Arena www.midhudsonciviccenter.org
- Squad Locker (MYHA Apparel) www.squadlocker.com
- Wesco Sports Center www.wescosportscenter.com
- Pure Hockey www.purehockey.com
- Hockey Monkey www.hockeymonkey.com
- Total Hockey, Inc. www.totalhockey.com
- Whitie Bensen Athletic Equipment, Inc. www.whitiebensen.com
- Hockey Shot www.hockeyshot.com

9.2 Local Hockey Programs and Camps: The following programs and camps are offered locally:

- Millbrook Youth Hockey Association Summer Power Skating Clinics
Once-a-week skating clinics offered in July-August for MYHA players.
Check www.millbrookyouthhockey.org in June for schedule.
- McCann Learn to Play Program and Summer Hockey Programs
Once-a-week learn to play program offered by McCann Ice Arena year round and special summer programs for 8 to 10 year olds. Check www.midhudsonciviccenter.org for details.
- Erik Nates Euro Hockey
Intensive skating clinics and camps offered a various times at local rinks.
Check www.nateshockey.com
- Dancing Bear Hockey Camp
Summer hockey camp offered at Kiwanis Ice Arena in Saugerties, New York.
Check www.kiwanisicearena.com for details in late Spring/early Summer.
- Laura Stamm International Power Skating Clinics
Intensive skating clinics offered a various times at local rinks.
Check www.laurastamm.com

9.3 Links to MYHA and USA Hockey Forms:

- [MYHA Player Information Form](#)
- [MYHA Payment Plan & Credit Card Authorization Form](#)
- [USA Hockey / MYHA Waiver of Liability Form](#)
- [MYHA Consent to Treat](#)
- [Millbrook Travel Team Letter of Commitment](#)
- [USA Hockey Participant Code of Conduct Form](#)
- [USA Hockey Zero Tolerance Policy – Abuse of Officials & Inappropriate Spectator Behavior](#)