



WOODBIDGE WOLFPACK

TEAM RULES

1. Any fighting with teammates off the ice you will be suspended.
2. If you are going to miss practice or a game we must be notified before practice or that game.
For every 3 practices missed you will sit a period.
3. All players must be ready **15 minutes** before practice.
4. No fooling around in the locker room (locker boxing)
5. All locker rooms must be kept neat.
6. Dress code: **No jeans, no sneakers.** Collared shirts with **TIES** and no hats except winter hats.
7. Game time arrival is **1 hour** before game. If you are late, you could be scratched.
8. All players must attend all games even if you are injured
(Unless you are sick)
9. All players must be dressed **15 minutes** before a game. For every minute I wait it will cost you a shift. **3 minutes late = 3 missed shifts.**
10. All players must attend all team events.
11. Any disrespect to the coaching staff and you could be suspended.

Finally, I am here to coach you, help you with any problems, and get you through season at the best of my ability. I am not a baby sitter. If you respect me and our program, I will bend over backwards to help you. This will be a learning experience for you as players, and as young men we will compete at a high level and learn while we do it. **Most of all we will have fun.**



10 HOCKEY COMMANDMENTS

1. PRESSURE THE PUCK
2. 5 FEET FROM THE BLUE LINE GET IT OUT
5 FEET FROM THE BLUE LINE GET IT IN.
3. NO TURN OVERS AT EITHER BLUE LINE.
4. NO PASSES UP THE MIDDLE.
5. SKATE AT TOP SPEED AT ALL TIMES.
6. NO LINE CHANGES IN DEFENSIVE ZONE.
7. FINISH EVERY CHECK.
8. GO TO THE NET HARD.
9. PHYSICALLY POUND THE DEFENSEMEN.
10. TAKE AWAY THE MIDDLE OF THE ICE.