

Waihi Miners Inline Hockey Club

2015 Information Pack



Waihi Miners Inline Hockey Club
Parents and Players Information Pack.

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Waihi Miners Inline Hockey Club
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Waihi Miners Inline Hockey Club Committee - 2015

Club President:	Nicola Ellis
Club Secretary:	Tina Lovell
Club Treasurer:	Sally Grindlay
Committee Members:	Bonnie Milne Mark Taylor Michelle Burr Tracy Bate Tony Allen

Additional roles

Head Coach:	Mark Taylor
Club Promotional Manager:	Bonnie Milne
Skate Night Manager:	Michelle Burr
Equipment Manager:	Donna Schuler
Disciplinary Manager:	Tony Allen

The committee meets every 1st Thursday of each month – venue changes.
Committee meetings are open to everyone. Please check with your Team Manager for date and venue if you wish to attend.

Committee meeting minutes are kept in the Skate cupboard at the Events Centre. If you want a copy, please email the Club Secretary.

Important Contact Details

Club President: Nicola Ellis	Ph:	
	Email:	nicolaellis@xtra.co.nz
Club Secretary: Tina Lovell	Ph:	021 029 40400
	Email:	jarokalog@orcon.net.nz
Club Treasurer: Sally Grindlay	Ph:	021 059 0101
	Email:	grindlays@xtra.co.nz

Club Website: <http://www.minersinlinehockey.co.nz/>

Team Coach: _____

Team Manager _____

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Waihi Miners Inline Hockey Club Coaching Team - 2015

Team	Coach	Manager
Under 10's	Reid Samson	Rachelle Heays
Under 12's	Nathan Lovell	Vanessa Burgess
Under 14's Yellow	Rhys Allen / Tony Allen	Vanessa Maunder
Under 14's Black	Shea Ellis & Nick Barakata	Tracy Bate / Rachelle Heays
Under 19's	Mark Taylor	
Senior		Viv Barakat (Liasion)
Senior Social		Tanya Edwards
Mighty Pucks	Viv Barakat	Nicola Ellis

2015 Team Practice Times

The Waihi Miners Inline Hockey club is currently located at: The Waihi Events Centre, Haszard Street, Waihi.

All practices are organised by the Club Committee based on availability of the Events Centre.

Additional club organised trainings may be available during the season. Your Team Manager will notify you of these dates.

Tuesday's:

Under 10's	4.30pm – 5.30pm
Under 14's Yellow	5.30pm – 7pm
Under 19's	7pm – 9pm

Wednesday's:

Mighty Pucks	4pm – 5pm
Under 12's	5pm – 6.30pm
Under 14's Black	6.30pm – 8pm
Senior & Senior Social	8pm – 11pm

Please be at the rink at least 30 minutes prior to the start of your training to set up the rink and be dressed and ready for the start of Practice.

Under 10 and Under 12 parents are required to gear their child/ren into their player gear at all trainings and game days.

Parents are expected to remain at games unless adult supervision has been arranged and your team manager is made aware of who is supervising your child/ren. All children under the age of 14 must be supervised by an Adult over the age of 14.

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2015 Club and Tournament Fees

To assist in keeping the yearly Club fees and cost of Inline Hockey to a minimum, the Waihi Miners Inline Hockey club relies on volunteers to coach and manage each team (i.e. experienced players/coaches who do not charge a fee). The club also holds yearly fundraising events such as the Telephone book deliveries in October and November each year.

2015 Club fees are as follows:

- NZIHA Fee - \$35 – to be paid prior to 31st March 2015.
- Individual fee - \$150 if paid prior to 31st May 2015 or with a regular AP set up. The individual fee is \$200 if paid after 31st May 2015
- Family fee – Individual fees apply for the first two (2) family members and subsequent family member there after is \$100 per family member
- Coaches and Managers fee - \$10 (Paid for by the Club)

Payable to: ***Waihi Inline Hockey Club: Bank Account: 03 1575 0024278 00***

IMPORTANT: To make sure we know where the money has come from and what it is for, please ensure you add the following information to **ALL** deposits:

- your name
- reason for the payment (e.g. club registration)

If you don't provide these details we will have difficulty confirming your payment.

The New Zealand Inline Hockey Association (NZIHA) fee is to be paid to the club by 31st March 2015.

Club fees are to be paid by the 31st May 2015 unless arrangement has been made with the Club Treasurer.

The Telephone book deliveries assist with payment of some tournament fees during the year (e.g.: supplemented Bauer Tournament fees) and to provide additional training provided through out the year etc.

Included in your yearly fee:

- Use of Club gear during your first year
- Weekly Practice sessions for the year
- Game fee to the Host Club (\$30 per game)
- Registration to NZIHA

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Club Player Jersey's and Club Sweatshirts

Throughout the year, there will be opportunities to purchase your own Waihi Miners Inline Hockey Club Player Jersey with your number and last name.

(Names must be appropriate and numbers are subject to availability)

Club Jersey's can not be worn to Club trainings.

The club also orders plain Black zip through hoodies with the Waihi Miners logo on the chest.

The Club Secretary and Team Manager will advise when orders are being taken and the cost of each item. All items must be paid for prior to receiving.

Inline Hockey Seasons

The season and major annual events in the 2015 Inline Hockey year;

- Pre-season 2015: Bauer Tournament during Easter (Mt Wellington)
- Season 2015: Officially starts in March and generally runs until September.
- 2015 New Zealand National's in Hamilton in September / October and the New Zealand Regional Championship in Hamilton during Labour Weekend.
- Secondary School League: Year 9+
- Yearly trials for Oceania's, FIRS and Regionals throughout the year (the club will provide trial dates as they are announced).
- East vs West tournament in New Plymouth in August.
- Club organised friendly games during the season.
- Waitangi Day 3:3 – Non Club event – attended by individual made teams.

2015 Yearly Club Events and Important Dates

February:	3 on 3 Waitangi Weekend Tournament <i>(not a club sanctioned event)</i> Club Muster and AGM Club Training starts Skate Night starts
March:	NZIHA fee to be paid to the club.
April:	Bauer Tournament, Mt Wellington, Auckland – Easter Weekend
May	Club fees to be paid in full.
June	
July	
August	East vs West Tournament – New Plymouth
September	Nationals – Hamilton Prize Giving – Waihi Events Centre
October	Telephone Delivery weekends (x2) Nationals - Hamilton Regionals - Hamilton
November	
December	Skate Night finishes

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Coaching Philosophy

The Waihi Miners Inline Hockey Club coaches are involved in Inline Hockey program for many reasons. They include:

- Teaching and learning – about both hockey and life lessons
- Enabling our players to effectively compete against other talented teams in our league
- Having fun
- Developing friendships

All coaches, managers and school liaisons are volunteers. We do have years of experience coaching, playing and officiating. We are not perfect. We will make mistakes, and plan to learn from these mistakes. The coaches will strive to make all decisions based on what is best for the team and not an individual player.

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50 Coaching Tenets as developed and adapted for the Waihi Miners Inline Hockey Club

Winning is the by-product of many elements, some of which teams, coaches and individual players can control and others which they cannot. Below are 50 coaching tenets (developed by Greg Siller of Pro Learning Systems), that are designed to remind coaches (players and parents too) of the essential aspects of winning.

1. Your first shift should be played to let your opponent know that their next hour won't be easy.
2. After a loss, evaluate how your individual play affected the outcome, how your team's play affected the outcome, how your opponents player affected the outcome and then reset the clock.
3. Creativity is difficult to teach. The fundamentals to unleash that creativity is not.
4. When your players get frustrated, teach them to skate harder and use their mouth's less.
5. The goalie owns the shooter, the defence owns the rebound and the opponents near the net.
6. If you are not skating, you better be on the bench.
7. Each shift is not a measure of how long you can stay on the rink; it is a measure of what you can do for your team while you are out there.
8. You can talk about how good you played during your game only when you have contributed both individually as well as for the team.
9. Winning and loosing are both variations of learning.
10. Officials are not perfect; but then, neither are the rest of us.
11. Your opponent is only present to test your ability to persevere.
12. The coach always knows best, at least until the next game
13. Think of overtime as the final course in a good meal – desert.
14. Each game represents a snapshot of your current ability.
15. The mental aspects of your game are the ones that drive the physical ones.
16. Losing means that you were out-scored by your opponent. It does not mean that you are not the better team.
17. At any given time, only 2 or 3 players are involved in control or pursuit of the puck. Each practice should reflect this competitive principle.
18. Between periods, have your team rally together. Recuperate, hydrate, communicate and renew the battle, with more knowledge, vigour, and intensity than the period before.
19. Parents can second-guess the coach at any time; however when that second-guessing begins to adversely affect the team (Coaches, players, other parents) then it is time to talk.
20. Individuals win individual battles. Teams win games.
21. Self-confidence is a trust in yourself to always play your very best.
22. Respect becomes very clear during any competition. You see what your opponents are capable of and they see what you are capable of.
23. On the penalty kill, focus your energies offensively at least once per shift.
24. Power plays involve a patient progression of the five P's: positioning, passing, puck control, pressure and putting the puck on net.
25. Face-offs are another opportunity for your team to gain control of the puck.

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Coaching Tenets as developed and adapted for the
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- 26 While you are on the bench, observe your opponents patterns and use that knowledge to beat them on your next shift.
- 27 A good penalty is one that occurs in your defensive zone; in a potential scoring situation.
- 28 If your team does not have control of the puck, position your players to gain control of it.
- 29 If your team has control of the puck, position your team to keep control of it.
- 30 When playing defensively, always force the play to the boards.
- 31 Communicate with your teammates both on the rink and on the bench.
- 32 Respect yourself, your team, your opponents and the game.
- 33 If you have the puck and are not in a high percentage shooting location, move to a better location, pass the puck or shoot with the intent of forcing a rebound.
- 34 In any given game, you will be the better team.
- 35 Over time, you have the ability to win more games than you lose.
- 36 The breakout play is like a play in football. The quarterback (puck carrier) has about 5 seconds to pass, hand off or run the football (puck) up the field.
- 37 Words (trash talk) can temporarily defeat the mind. Solid team play can consistently defeat any opponent.
- 38 Words of encouragement are seeds for future first-class play.
- 39 At the end of the game, the immediate contest is over and your next one begins.
- 40 Always view each game in terms of opportunities and learning.
- 41 Passing will advance the puck quicker than skating with it.
- 42 Keep your mind active, both on the rink and on the bench.
- 43 Find time for fun. This helps make all your hard work seem worthwhile.
- 44 Even though the game is fast-paced, both speed and patience are required to win.
- 45 Use what you learn in practice and apply it creatively during the game.
- 46 Line changes are an opportunity to renew your teams' challenge.
- 47 Move the puck North/South or East/West no more than two times in a row to avoid predictability.
- 48 Winning means many things. And whether you played good or bad, your team has jumped two points in the standings.
- 49 If you're losing by a goal or two late in an evenly matched game, consider pulling your goaltender. Besides the obvious objective of providing your team with an extra attacker, it allows your team the opportunity to test its character, as well as that of your opponent.
- 50 Always keep in mind why you got involved in Inline Hockey in the first place. It helps put the superfluous aspects of the game in perspective.

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Overall Team Strategy

From one perspective, the game of hockey (whether the roller or ice variant) can be broken down into 4 core elements. These elements are (1) Team Puck Control, (2) Team Puck Pursuit, (3) Team Puck Transition and (4) Communication. These are the four overall areas we will focus on when teaching our players this season.

(1) Team Puck Control (when we have the puck)

- Breakouts
- Neutral Zone Penetration
- Offensive Zone Penetration / Regrouping
- Offensive Zone Play
- Special Teams (power play, penalty kill, pulling our goaltender, overtime)
- Line Changes

(2) Team Puck Pursuit (when our opponents have the puck)

- Forechecking
- Backchecking
- Neutral Zone Protection
- Defensive Zone Penetration by Opponents
- Defensive Zone Team Play
- Special Teams (power play, penalty kill, pulling our goaltender, overtime)
- Line Changes

(3) Team Puck Transitions (neither teams has the puck)

- Face-Off's
- Player battles in the offensive, neutral and defensive zones (generally 204 players)

(4) Communication

- Coaches communication with players
- Players communication with their teammates and the coaching staff
- Team communication with Officials.

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Inline Hockey Rules

Please view the current NZIHA Rule Book here:

<http://inlinehockeynz.org.nz/documents/inline-hockey-game-rules>

Team Selection Process

The Waihi Miners Inline Hockey Club holds a yearly muster during January. Previous members will be emailed by the Club the date of the January Muster and this will also be announced on the Waihi Miners Inline Hockey Club website and Facebook page and in the Waihi Leader.

Expressions of intent to play the following year is also taking at the Clubs yearly Awards night during October.

Team Size

The size of each team is at the discretion of the Waihi Miners Inline Hockey Club committee. In general, that will include the following:

- 1 Goalie
- 6 Defence
- 6 Forwards

While the NZIHA allows for up to 14 players (including Goalies), we believe that having a maximum of 12 players allows players to get more playing time during the games and enables us to provide more one-on-one attention during practices.

Captains / Assistant Captains Selection

The coaches can chose 1 Captain and up to 2 assistant captains for each team. The role of these players will include providing leadership at team practices and games (both on and off the rink), helping to communicate information within the team and to represent the team for communication with on-rink officials. We plan to select these individuals within the first 3 games of the season.

Player Eligibility

As per the NZIHA eligibility:

Under 10:	Under 10 as at 1 st January
Under 12:	Under 12 as at 1 st January
Under 14:	Under 14 as at 1 st January
Under 16:	Under 16 as at 1 st January
Under 19:	Under 19 as at 1 st January
Senior Social:	17 years and over as at 1 st January
Senior:	17 years and over as at 1 st January

Please speak to a Committee Member if you have any questions.

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Location of Practices, Games, Tournaments and Trials

The Waihi Miners Inline Hockey club is currently located at:
The Waihi Events Centre, Hazzard Street, Waihi.

League games for the Under 10 and Under 12 grades can be hosted at the Waihi Events Centre.

Most season games are played at the Hamilton Devils Rink or the New Plymouth Ravens Rink. The Central Region draw is released once all Central Region Clubs agree to the draw.

Rink Locations:

Hamilton Devils: Lugton Park, Dey Street, Hamilton
New Plymouth Ravens: East End Reserve, Nobs Line, New Plymouth
Mt Wellington Panthers: 66 Mountain Road, Mt Wellington.

Location of trials will be announced during the season by the Club or your team Manager.

Game and Practice Times

Practice:

Players should arrive at the rink 30 minutes prior to set practice times. Parents need to be aware of this club rule to ensure that they get their kids to the rink on time. Parents are required to set up and take down the rink for the Novice, Under 10 and Under 12 grades. Encourage players to learn the rink set up in their second year of U12 grade. Players in the Under 14 and above grades are required to set up and take down the rink before practices. Parents are welcomed to assist to make this process quicker.

Club Jerseys are not to be worn during practice.

Games / Tournaments:

All players, Coaches and Managers should arrive at the rink 1 hour prior to games. Coaches and Managers please refer to the Coaches / Managers hand books.

Getting players to the rink early before practice / games allows them to get physically and mentally prepared. Set up of the rink is required before gear is put on.

Warming up and stretching should be a part of the pre-practice and game routine. Arriving early also allows the players to talk amongst themselves; creating opportunities for synergy and team chemistry. In addition, the coach(s) need time to talk to the players to discuss the game strategy / practice goals.

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Attendance / Participation

Showing up and contributing during practices and games demonstrates two strong team elements; commitment and participation and also can help grow team chemistry. As a club, our expectation is that each player will make it to every game and practice. However, we realise that during the season, a player may miss some practices or games due to family, health, school or other activities. For those missed practices or games, the player (or parent) is responsible for informing the Manager (via phone or email) of this absence ahead of time. The coaches need this information to best plan practices and to set up player pairings for the games. If a player continues to miss practices and/or games without contacting the Manager, the coach may eventually bench the player during a game/s.

Playing Time

In general, coaches will rotate lines on an equivalent basis during games. They will also observe how players are playing during their shifts. In cases where a player is struggling (having a bad day), playing as an individual (not working as part of a team) or not listening to the coach's instructions, that player may skip a shift or two (to observe overall game) to refocus their efforts. In cases late in a close game or during special teams play (penalty kill, power play, pulling goalie or overtime/shootouts), the coach/s will decide which player combinations are appropriate for those situations and it will result in some missed shifts by players.

Team Events

During the season, the Manager may organise individual team events.

If you are interested in helping to plan/co-ordinate, please see your Team Manager.

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Equipment Readiness

Gear is available for loan from the Equipment Manager at the start of each season for the first year of playing Inline Hockey. The Equipment Manager will sign out the gear and have you read the Equipment contract. All gear is to be maintained and repaired by the parents using Club Gear and returned on or before the Club's Prize Giving night.

It is the responsibility of each player to check their equipment before / after each practice and game to ensure it is ready (parent's responsibility for the younger grades). It is essential that coaches, managers or players do not waste time during the practice / game for something that should have been taken care of prior to getting to the rink. Three reasons to check your equipment are to (1) make sure players have the necessary gear to be able to enter the playing surface – safety and insurability considerations, (2) make sure that the equipment is in proper working order (are your hockey wheels in good shape, is your stick cracked, does your helmet have all the straps, bolts and domes and are they tight) – maintenance and safety considerations and (3) make sure that the players equipment properly fits the player – size and safety consideration. A player, whose equipment does not fit well, will not be able to move as efficiently as possible on the rink and will not play to full potential.

Players should make certain that equipment that wears out or needs periodic maintenance – such as sticks, laces, wheels/bearings, helmet adjustments and straps – is checked frequently to ensure that it is in practice/game ready condition.

The coaches and managers will perform a couple of equipment spot checks with the players during the season to ensure the players are following through with their responsibilities.

The equipment needed to play Inline Hockey includes the following:

Skaters

- × Personal Skates
- × Helmet (shield or cage)
- × Gloves
- × Shoulder Pads (optional)
- × Elbow pads
- × Girdle
- × Shin pads
- × Protective cup / supporter
- × Stick(s)
- × Numbered Waihi Miners Inline Hockey Club jersey (personal or club borrowed)
- × Training Jersey



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Equipment Readiness

Goalies

- × Personal Skates
- × Goalie Helmet (official Hockey Helmet)
- × Neck Protection (collar or hanging neck shield)
- × Catching glove
- × Blocker
- × Goalie Stick
- × Knee Pads
- × Goalie Girdle
- × Arm/Chest protection
- × Numbered Waihi Miners Inline Hockey Club jersey (personal or club borrowed)
- × Protective Cup / Supporter
- × Training Jersey



The club can provide Players with a numbered Waihi Miners Inline Hockey jersey. These are available for purchase through the club through-out the year.

The club will provide Under 10 and Under 12 Goalies with the required gear, the player / parents are required to maintain, repair or replace gear as necessary – please speak to the Club Equipment Manager.

The club will provide a new Under 14, Under 16, Under 19, Senior and Senior Social goalie with the required gear for their first 2 years – please speak to the Club Equipment Manager.

The Club expects by the time a Goalie is in the Under 16 grade, they will own all their Goalie gear.

Where to buy Gear from?

Second hand through Club Members – check the Club website and facebook page.

Centre Ice: Avondale Auckland
(Places orders with overseas suppliers)

<https://centreice.co.nz/>

Hockey Locker: Hamilton Devils Rink, Hamilton

<http://www.locker.co.nz/>

Trademe

Hockey Monkey <http://www.hockeymonkey.com/>

Goalie Monkey <http://www.goaliemonkey.com/>

Check International Shipping rules

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Player Warm-up / Stretching

Properly warming up and stretching muscles, tendons and ligaments before every practice and game will improve your flexibility and range of motion, lubricate your joints, reduce the risk of injury and help get you practice/game ready before you put one skate on the playing surface. These activities provide a player's body with the ability to more effectively start, stop, turn, get by an opponent and shoot as quickly as possible; in other words – allowing you to play your best. Time spent warming up and stretching can also help players channel any pre-practice/game nervous energy by allowing them to focus on a specific activity.

Before stretching, players need to warm up their muscles. A cold muscle does not easily stretch and is more likely to be injured than a warmed up one. A warm-up activity could consist of walking a couple of laps around the rink. This increases blood flow and warms-up muscle tissue, preparing it for stretching.

Six muscle areas to focus on when stretching include the following:

1. **Neck** – allows your head / eyes to view the entire playing surface.
2. **Shoulders, upper back and upper arms** – supports the shooting movement, glove and blocker saves by the goalies and 1-on-1 confrontations.
3. **Wrists and lower arms** – supports stick handling, passing, shooting, deking, puck deflections and stick checking.
4. **Lower back** – supports an effective and efficient skating posture, passing, shooting and 1-on-1 confrontations.
5. **Upper legs and groin (including hips, hamstrings, quads and knees)** – supports quick and powerful skating strides, a balanced stance, strong shooting and for a goalie, the ability to make quick leg saves.
6. **Lower legs and ankles** – supports full leg extensions for powerful skating strides, balanced movement and provides for quick turning, starting and stopping.

An initial off-rink warm up phase will eliminate the need to take actual on-rink practice/game time to perform the warm-up and stretch phase. By doing so off the rink, players can ensure that they are ready to begin games and practices once they enter onto the playing surface.

Injuries

It is important that the Club and Managers have each player's up-to-date contact information in case there is an injury during a game or practice. Please ensure that the Club and Managers have your home and cell phone number and any pertinent emergency / health information available to them to use in case of an emergency.

Managers and Coaches can only provide very basic first aid (ice packs, ice spray, and plasters) but it is the parent's responsibility to seek medical attention and clearance to practice and play.

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Community Skate Sessions

The Waihi Miners Inline Hockey Club run a Community Skate night through the year and may run 1 or 2 skate sessions during the School Holidays.

The weekly Skate Night is run on a Team roster system organised by the Skate Night Manager. Your team manager will be informed of the roster ahead of time.

At least 4 adults per Skate Night is needed in order to set up, run and pack down the Skate Night. It is expected that each family helps out at Skate Night during the year.

The Skate Night Manager will provide the rostered team with the Cash Boxes for the door and shop, ipod and keys for the night.

Instructions are written in the Skate Night Book.

Volunteers are called upon for the School Holidays Skate Sessions. These typically are run by the Bluelight Police and/or Sports n Action.

Fundraising

All fundraising efforts are required to be approved by the Committee in advance.

During the year the club has one or two major fundraising events.

Fundraising during the year assists the club in supporting additional specialised trainings for the entire club (Tara Tisink, Dave Hammond, Zac Beardman and Kendra Manning), reduced Tournament fees (Bauer, Queens Birthday etc) and other events that benefit the entire club.

If your team qualifies for Nationals, teams run fundraising events in order to cover the cost of attending Nationals.

The club has a special built Trailer BBQ (thank you Warren Carter) that is available for hire by Club Members and local sports groups, business and Community Groups for a small donation. Usage needs to be approved by the Committee. The BBQ must be returned clean and with the gas bottle filled. Please see the Club Secretary for details.

Team Managers will let you know in advance the details of these fundraising events.

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Nationals, Regionals and Trials

Each year there are the yearly New Zealand National Tournament and New Zealand Inter-Regional Championships.

The Nationals are held during the School Holidays in September / October each year. The team/s need to qualify by placing in the top 3 teams for their grade in their region.

The tournament is run in grades (e.g. U10, U14 and U16 during the first 5 days and then U12, Seniors, U19's during the following 5 days).

The coach and manager will discuss this with you and the team throughout the year.

Fundraising is essential if your team qualifies to attend.

Can I hire the rink during the year?

The rink is available for hire through-out the year. Permission from the Club President is required prior to booking the rink. Bookings are made through Pauline at Waihi Sports and Action.

Rink time is \$25 per two hours and minimum booking time is 2 hours. All Club training, events and skate nights take priority over personal training sessions.

Payment for the rink hire is to be made to the Club and email the Club Treasurer who will match your hire / payment with the Invoice.

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Waihi Miners Inline Hockey Club Code of Conduct

Coaches

- Be a positive role model to your players, display emotional maturity and be alert to the physical safety of your players.
- Care more about your players than winning the game; remember players are involved for fun and enjoyment.
- Be generous with praise when it's deserved. Be consistent and honest, fair and just. Do not criticise players publicly. Learn to be an effective communicator and a good listener.
- Don't yell at the players and never verbally or physically abuse a player or an official. Adjust to the personal needs and problems of the players.
- Give all players the opportunity to improve their skills, gain confidence and develop self-esteem. Teach them the basics of the game. Be concerned with the overall development of your players.
- Organise practices that are fun and challenging to the players. Familiarise yourself with the rules, techniques and strategies of inline hockey.
- Encourage all your players to be team players.
- Maintain an open line of communication with the player's parents. Work together with them to develop the goals and objectives of the team.

Players

- Play for fun and enjoyment of the sport.
- Winning is a consideration, but not the only one.
- Work hard to improve your skills.
- Be a team player.
- Get along with and cooperate with your teammates.
- Learn teamwork, sportsmanship and discipline.
- Be on time for all games and practices.
- Learn the rules and play by them, always be a good sport.
- Respect your coach, manager, your teammates, your parents and your opponents and officials.
- Never argue with the decision of an official or your coach.

Parents / Caregivers / Spectators

- Encourage your children to play hard but fair.
- Never ridicule or criticise a person for making a mistake but encourage with positive comments.
- Applaud good efforts and performance not only your child's team but also in their opponents.
- Show your appreciation and support to the coaches and managers; remember they give their time and effort voluntarily.
- Respect any decision made by officials including referees.
- However if there is a concern please follow the appropriate procedure.
- Use appropriate behaviour by not using offensive language, harassing players, coaches, officials or other parents.
- Support your child in being punctual to trainings and games and to make sure that the coach/manager is aware if your child is unable to make trainings or games.

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Need help?

If your question or query is not answered within this handy Information Pack, in the first instance please speak with your Team Manager.

If the matter is of a serious nature, the Team Manager will bring it to the attention of the Club Committee.

Any matters relating to a Coach, the Club's Head Coach will be able to assist.