**Panthers Peewee B/C - Player Expectations:**

1. Promise to practice hard, play as hard as practice

2. Win with pride, lose with dignity

3. Always lead by example, be a team player

4. Represent St.Thomas Panthers with the highest level of conduct and class

5. Arrive for games and practices 60 minutes before. If you're running late please let the manager or the coach know. A text or a phone call works best.

6. Practices - Players are to be dressed and warmed up 5 minutes before practice.

7. Games - Players are to be fully dressed and warmed up 10 minutes before a game.

8. Bring both jerseys to all games

9. Missing practice or tardiness may result in less play.

10. Respect your parents, your coaches and team staff, the referees, and your teammates

11. We will not tolerate fighting amongst each other, pushing, shoving, name calling or making someone feel bad and profanity. We can only win as a team if we treat each other with RESPECT. Absolutely no bullying will be tolerated.

12. Coaches and trainer only in the change room during pre-game and post game discussion. Den moms only during dressing.

13. After a game or practice, players are to remove helmets and gloves **only** to listen to the coaches

14. You will try hard in all areas of your life (school, home, hockey). If you are not always trying hard and being respectful, you will lose ice time.

15. Cell phone use is strictly prohibited during hockey. No Cell Phones in the dressing room, including iPads, Tablets, etc. Music is permitted at the discretion of the Den Mom. Personal technology devices may confiscated by the coaching staff.

ON ICE PROTOCOL

1. When coaches are talking, the players will be on one knee with open ears and eye contact.

2. Fooling around after a drill won't be tolerated. No shooting the pucks. If you're fooling around and not listening, First time you will do a lap or suicide skating, Second time, you and your line will do a lap or suicide skating, Third time the whole team will do suicide skating, Forth time the pucks will be removed for next practice.