

OUR LADY OF MOUNT CARMEL
SPORTS ACADEMIES

Student Code of Conduct and Expectations

MTC Hockey Academy



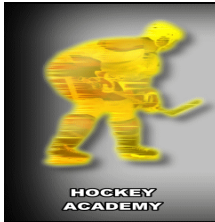
...You are in the Academy because of who you are...

Our goal is to not only develop the student athlete's individual hockey skills, but also to develop their character, commitment, leadership, goal setting, time management and team work skills. In order to accomplish this we will develop a competitive program that allows the student athlete to meet with success, yet challenges and motivates them to be their best.



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A. Academic and Behavioral Expectations

There is a high level of expectation for each student in the Hockey Academy. Each student must:

Regular Classes:

- Come to class on time prepared and ready to pay attention (i.e. textbook, notebook, pencil, pen, etc.)
- Come to school on time (8:45am Class Start)
- Complete his/her homework and assignments to the best of their ability and hand them in on time
- Maintain appropriate grades
- Respect for all students and school staff
- Maintain proper behavior (i.e. no suspensions)
- Possession of Illegal Substances, Drugs, or Alcohol will not be permitted and can lead to immediate suspension or removal from program and school
- Cell Phones should not be used during school hours and left in students lockers during the day

Academy:

- Be changed into appropriate Academy clothing for fitness, yoga, etc.
- Be on time for on and off-ice sessions
- Maintain proper behavior when in academy
- Respect all academy staff and teachers
- Assist with equipment set up and take down
- Behave appropriately on the bus and dressing rooms and clean up after yourselves



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- Cell phones and electronic devices are brought to academy time at students risk, we will not be responsible for lost/ stolen electronic devices

B. Academy Performance

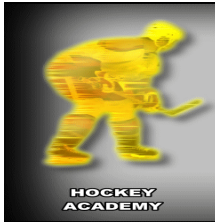
- You are representing the Academy at all times; act and behave accordingly
- Treat each student and instructor in the Academy with respect
- You must be self motivated to train in a competitive environment throughout the school year – train to the best of your ability every time you step on the field
- Accept and acknowledge your mistakes and then strive to improve
- You must be changed in Academy gear, on time and prepared to train every day
- Demonstrate self control and discipline
- Win without boasting, lose without excuses and never quit
- If a student is injured and cannot participate in the academy other arrangements will be made for that student, a doctor's note will be required

C. Dress

- You will be provided with academy apparel, one jersey, one track suit, two pair of hockey socks, shorts, t-shirts, toque, pencil case, jogging pants one back pack – these are yours to keep so please take care of them
- You are responsible for your apparel and equipment and sticks
- You are expected to wear your Academy gear to each training session. no exceptions!
- You are expected to wear a neck guard and helmet, no exceptions



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D. Fees

- In order to ensure facilities, transportation and field trips bookings, please keep your account current. Please review Payment Options forms for details.

E. On Ice Instruction

The training will focus on:

- Skill based program, to develop specific fundamentals and tactics, that will challenge student athlete at their own pace
- Will work with athletes team coaches in the development process
- Individual Skills will be monitored and developed
- Specific Skill sets for forwards, defenseman and goaltenders
- Skills such as skating, agility/mobility, checking techniques, stick handling, offensive/ defensive tactics, passing, quick feet, shooting and power skating
- On-Ice Facilities: Tipton, Southside, Kinsmen, Callingwood, Millwoods, Terwillager

On Ice instruction will be: 2 days/week

F. Classroom/Off Ice Instruction

Classroom and off-ice instruction themes include (but not limited to):

- Student Log Book
- Goal Setting
- Game Analysis
- Health and Wellness



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- Sports Injuries, Substance Abuse, Sports Psychology
- Incentive Days
- Fitness and Nutrition
- Plyometrics, Flexibility, Weight Training, Speed and Agility, ball hockey, yoga

G. Academy Schedules

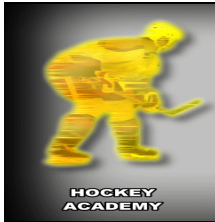
Monthly academy schedules will be available through email, our website and a hard copy will be sent home with the students. Please read the appropriate schedules carefully and know what group your son/daughter are placed in.

H. Academy Storage Rooms

- Students are expected to keep the stage/storage rooms clean and in order at all times
- Students are not allowed in the storage rooms unsupervised
- Parents please ask an academy staff member or custodian (after school hours) to open the storage rooms for you to pick up or drop off equipment
- Do not leave any other valuables on the stage (IPODS, Phones, etc.)
- There will be no food or drink allowed in the storage rooms



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If the above expectations are not met then the following action will result:

1. The Academy Director will implement a consequence if one is warranted. A letter will be sent home to inform you that this has occurred and of the next step and/or implemented consequence.
2. If consequences are implemented more than twice within any one month period the student misses one week of practices and will remain in the office completing homework/assignments. At this point the student is also placed on probation until there has been a meeting with his/her parents to discuss potential removal from the Academy and to reiterate Academy expectations.
3. At the beginning of each month the student is given a clean slate which allows them the opportunity to refocus on Academy expectations. However a pattern of inappropriate behavior and subsequent consequences indicates an unwillingness to adhere to Academy expectations and further actions may be warranted.



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