

Rockyford, Indus, Strathmore Extreme (R.I.S.E.) Player Commitment Form

Rockyford, Indus, Strathmore, Extreme (R.I.S.E.) Ringette Teams intend first and foremost to have fun, engage in competitive and developmentally challenging environments, while making lifelong friendships through athletics.

This form is intended to make team expectations very clear for ringette in the Rockyford, Indus, Strathmore, Extreme (R.I.S.E.) teams prior to evaluations and team selections. It will include player expectations, level of commitment and general information about the season. These expectations are put in place to support all R.I.S.E. Athletes, Coaches and R.I.S.E Committee.

1. Practice

- Attendance
 - Commitment is crucial to team success and bonding, your attendance is expected at every scheduled team event. For example, practices, off-ice activities, tournaments, fundraising, team bonding and any other team events.
 - This can range from 2+ practices, off-ice activity and league game/tournament play per week.
 - Keep in mind due to the nature of the R.I.S.E. ringette teams this will include practice times in **all** three communities; Rockyford, Indus and Strathmore
 - Any unexcused practice, tardiness or overall lack of commitment will be dealt with at the team level by the coaching staff.
- Attitude
 - During practice there will be an expectation for athletes to be willing to be coached and have a good attitude towards teammates.
 - Be willing to receive instruction, constructive feedback, and support all team members.
- Communication
 - The practice schedule will be handed out as early as possible. If you have conflicts about practice times, you need to communicate with a member of the coaching staff at your earliest convenience.

2. Games

- All game information is available on Ramp (or Teamsnap), your associations website or the Chinook League website. This includes dates, game times, and addresses to away games.
- An unexcused (coaches discretion as to what is excused and unexcused) game absence could result in disciplinary action from the coaching staff.
- Although player development is at the forefront of all R.I.S.E. teams, ice time allotment and player positioning is at the discretion of the coaching staff.

- Effort in practice, overall attitude, on and off ice behavior, specialized skill/ability could all be considered in coaches discretion.

3. Behavior and Team Culture

- Athletes are not only representing their family and home association, they are also representing two other associations and four to seven different communities. We do not take this lightly. Whether they are at a hotel for a tournament, on a bus going to a game or at an arena, poor behavior will not be tolerated and will be dealt with accordingly. This includes abuse of officials, coaches, teammates and opposition.
- We expect athletes to build each other up and invest in each other's lives. Bullying or ostracizing other players will not be tolerated and can be punished with loss of playing time or in extreme cases, expulsion from the team.
- This team will be a community of players striving towards a common goal, working together, encouraging, and building each other up along the way.
- We want the athletes first and foremost to learn how to use everything in their toolbox to bring pride to the R.I.S.E jersey, R.I.S.E coaches, R.I.S.E families and R.I.S.E. teammates. Play hard and compete, winning is not the prime objective.

Sign below to indicate that you have read and agree to the above expectations, and intend on trying out for the R.I.S.E. team at your age division.

Player

Signature _____

Parent

Signature _____