

LCAHA 2024-2025 Handbook



Introduction:

Welcome to the Lewis Clark Amateur Hockey Association (LCAHA) hockey program! We are very pleased that you and your family have decided to participate in the LCAHA program this year. The purpose of this handbook is to provide information about our program to make your experience with us more satisfying. Communication is one of the keys to providing a positive, rewarding experience while in our program. Our **volunteer** Board of Directors is working to ensure parents, coaches, and players understand what is expected of each other. This is achieved through various methods, including monthly Board meetings, emails, the LCAHA website, and team meetings throughout the hockey season. Communication to and from you as parents and participants is essential. We all have different objectives to accomplish this season, but please remember that everyone's common goal is; **The Children**, their development as players and their enjoyment of the sport. LCAHA is the parent organization of the LC Lightning hockey teams. Additional information about LCAHA and our governing body, the Board of Directors, can be found in our By-Laws, located on our website, www.LCAHA.com. We will be happy to answer any questions you might have regarding this handbook, our by-laws and our program. Please submit your questions to njparker27@gmail.com.

LCAHA Values:

Sportsmanship - to learn a sense of fair play: to be humble in victory and gracious in defeat.

Integrity - encourage honesty and fair play beyond the rules and regulations of the game.

Respect - treat others as you expect to be treated.

Pursuit of excellence - each LCAHA member, player, coach, and volunteer should perform each aspect of the game to the best of their ability.

Teamwork - to value the strength of learning to play together as a team and not an individual.

Enjoyment - it is important for the hockey experience to be fun and rewarding for all participants.

Board of Directors:

The governing body of LCAHA consists of a member Board of Directors. The Board of Directors are expected to be leaders in the LCAHA youth hockey program. For complete information, please refer to the LCAHA By-Laws posted on our website. Any general member may attend LCAHA Board meetings. Anyone wishing to address the Board on any issue may do so by contacting the LCAHA Secretary and ask to be put on the agenda at least a week prior to the Board meeting. Board meetings are held monthly and will be posted on our website, www.LCAHA.com.

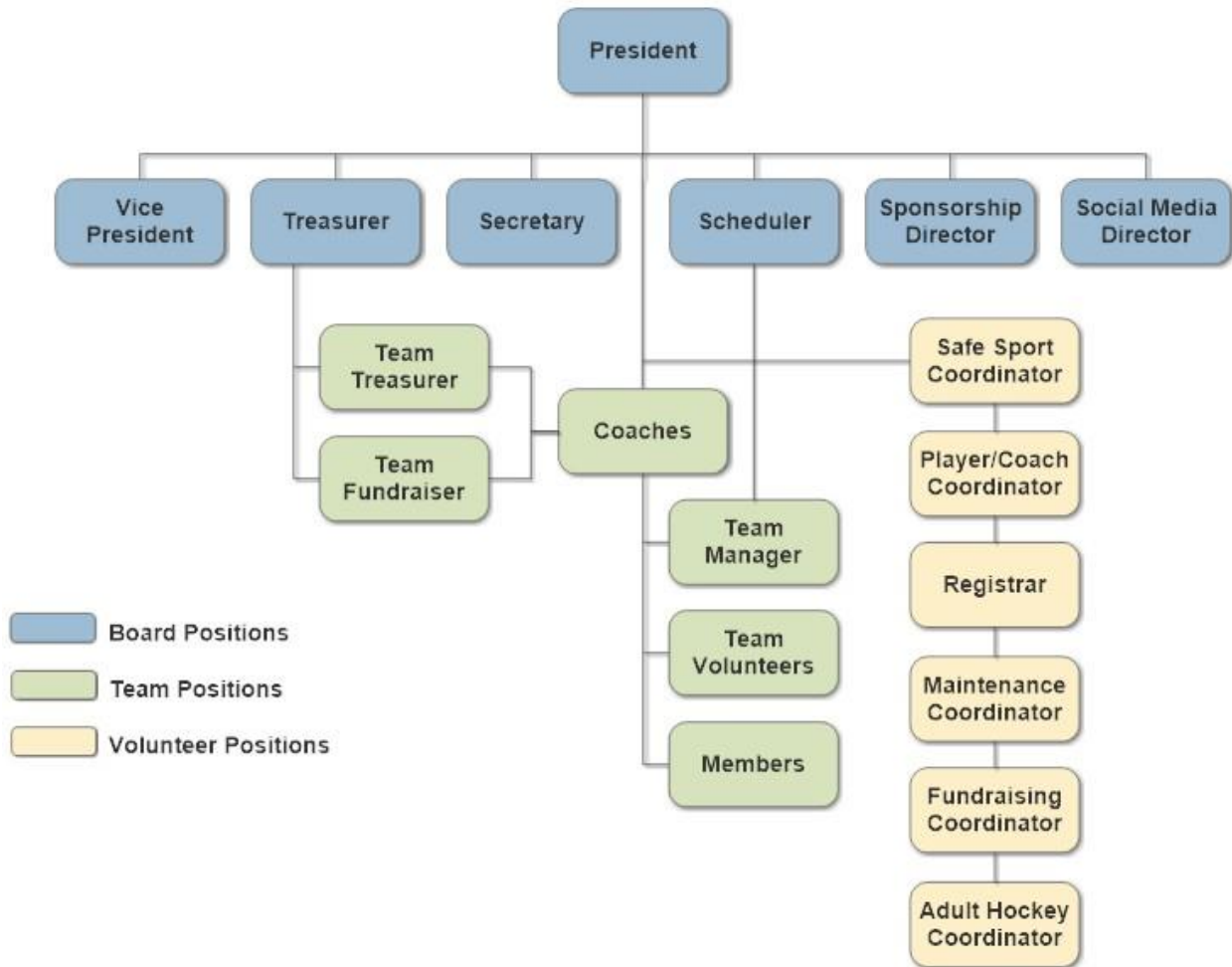
The LCAHA Board of Directors for the 2024-2025 season are as follows:

- President – Nathan Parker
- Vice President – Karrie Schilling
- Treasurer – Daniel McFetridge
- Secretary - **Currently Open**
- Scheduler - Katie Curry
- Sponsorship Director – Jessica Scott

Coaching Staff:

The coaches for the 2024 – 2025 season are posted on the LCAHA website, after selections are made.

LCAHA Organizational Chart:



Team Tryouts and Team Placement:

The LC Lightning hockey program strives to be a competitive house hockey program. Occasionally we do try and field travel teams that are in addition to the house level. Tryouts will be held to determine team placement in that case. Our goal is to field the most competitive teams possible in each age group with the focus on global development as a whole. Every attempt will be made to place a child on a team, however, due to team roster limits and players individual skill levels, some players may be ineligible to participate on both teams. We must first be attentive that the house team must have enough participants before we can allow a travel team. All participants are allowed to attend tryouts. If the participant is unable to attend a tryout session, they must communicate that with the coach of the travel team in that particular age division. Because that is in addition to the house team, players will not be added to teams after tryouts and team selections without the direct coordination between the LCAHA Board and the head coach of the level of the player being added. Generally, incoming players will be added to the house team, however a skill/ability evaluation should be completed and a decision made by the Head Coach with the input from the LCAHA Board from each team at that age level.

Registration:

Registration for tryouts is at the end of the current season, before ice out, for the upcoming season. Once your child has been selected and placed on a team, please visit our website at <http://www.LCAHA.com/Register/> and register your child to the team that they will participate on. You will need to have a current USA Hockey membership to complete our registration. USA Hockey memberships can be purchased at www.usahockey.com.

Season Fees:

Payable to LCAHA Season Fees payable to LCAHA represent the players practice ice and other fixed costs of the program. These fees do not include team fees, travel expenses, jerseys, or equipment. Season Fees depend on many variables such as the amount of practices a team has during the season, whether the practices are half or full, and the number of players on each team. For example, the travel team may have to pay 10.00 each player for an extra practice time for just that team. This would translate to 40.00/month and 200.00 per season over and above the house fee. The reason for the disparity in cost is due to the amount of practice ice ie: (Squirt B had 60 practices as opposed to squirt house had 80) and the size of the team.

All registered players are expected to pay an initial fee payment of \$250.00 before the first practice session after being assigned to a team from tryouts. Players then pay any remaining fees in two installments on September 15th and November 15th. If your organization fees are not paid within 14 days of the payment date, your player will not be allowed to skate or practice with the team until your account is in good standing.

In addition to the Season Fees, each team will also have its own team fees based on such items as the number of tournaments it attends, costs associated with non-tournament games, and additional practice ice. Team fees are divided by the number of players on each team and are separate from Season Fees.

Scheduling games is very difficult for a variety of reasons including the limited amount of available ice locally, the distance to travel in order to find competition, not knowing the skill level of the team, and various factors outside of anyone's control such as the cancellation of tournaments. The Head Coach coordinates with the Team Manager in scheduling travel and tournament locations at the beginning of the season. Any changes to the initially established schedule for tournaments requires the Head Coach's approval followed by communication to the whole team with as much notice as possible. All players are expected to attend all tournaments at their level. However, if a player is unable to attend a tournament for any reason; the Head Coach and Team Manager should collectively use their discretion in determining the player's responsibility for tournament fees.

You can make payments of Season Fees on the website via Venmo, VISA or MasterCard, or you can write a check payable to LCAHA and bring it to the ice rink.

Past Due Balances:

Any Season Fee payment which becomes past due more than 14 days from the scheduled due date of the payment will result in the player being suspended from practicing or playing in any tournaments for LCAHA, until such time as the past due balance is fully paid. The organization will impose a \$50.00 late fee on late payments unless prior coordination is made with the LCAHA Treasurer. For special circumstances, please coordinate directly with the Board of Directors.

Returned Checks:

A penalty of \$35 will be assessed on all "returned checks." Failure to reimburse LCAHA for the check amounts plus the penalty fee will result in player becoming ineligible for registration with any USA Hockey association until paid in full.

Jerseys, Socks:

Players will need to purchase LC Lightning game jerseys and game socks. Jersey numbers and purchases will be ran through your Team Manager. Jersey numbers are assigned to players at the beginning of the season. Players returning from last season and who are purchasing their jerseys have the ability to retain their jersey numbers from the previous season. Every attempt will be made to ensure that players have a number that they desire, however, no guarantees can be made.

Equipment:

Participants of LCAHA programs must wear the minimum protective gear required by USA Hockey (HEEC approved). It is the responsibility of the parent or guardian to insure that their child is furnished with and wears to all practices and games, the following equipment:

Helmet with Cage (Black Helmet)
Hockey Gloves (Black and White preferred)
Shoulder Pads
Elbow Pads
Shin Guards
Hockey Pants (Black)
Athletic Supporter with Cup (Males) or Jill Pad (Females)
Mouth Guard
Neck Guard
Hockey Skates
Hockey Stick (Back up stick recommended)
Game Jerseys (Games Only)
Practice Jersey (Practices Only)
Game Hockey Socks (Games Only)
Practice Hockey Socks (Practices Only)

Age Verification:

New players will be required to provide LCAHA a copy of their birth certificate for age verification purposes.

Health Conditions:

Any health or physical impairment which will affect performance in any way must be noted on the registration form. (Examples: asthma, epilepsy, visual or auditory impairment mental or psychological disorders)

Insurance:

LCAHA carries a secondary insurance policy with USA Hockey that will assist you when all other policies have been exhausted. Only injuries sustained during LCAHA functions will be considered. Injuries must be reported to the Coach immediately.

Pictures:

Team pictures will be taken after the teams are established, rosters are set and jerseys arrive.

Team Travel:

As we are a competitive hockey program, our teams will participate in games out of state. Coaches will determine the destinations of travel. House travel will generally consist of travel within approximately 2-3 hours away drive time. Additionally, travel teams could travel as far as 10 hours away drive time or even fly aways at the discretion of the coach and team manager.

Volunteers:

The LCAHA is operated by Volunteers who donate many hours of time. Your active support is needed and any help is greatly appreciated. If you have an interest in helping in any capacity, please contact your team manager.

Each team will have specific volunteers with assigned duties. Team volunteers include:

Team Manager:

The job of the team manager is to support the coach in managing the team and covering administrative tasks. Their specific tasks are to notify parents of the practice and game schedule, any schedule changes, make phone calls when needed, field questions, and otherwise make the coach's job easier. The team manager will be your main contact person and will work as a liaison between the parents, the coach and the LCAHA Board of Directors. The Team Managers are invited to attend monthly LCAHA Board Meetings and will report directly to the LCAHA Board of Directors.

Team managers are responsible for notifying the LCAHA President or Hockey Director of any incident that has taken place by the team which would be perceived as embarrassing to LCAHA or which could result in action by the discipline committee. It is absolutely imperative that there is open communication between the team manager, coach and parents to ensure that everyone has the same shared understanding of the season. As changes occur, the Team Manager or the Coach will contact the parents to inform them of the changes. Shared understanding is the key to a successful year for the players.

Team Fundraiser:

The job of the Team Fundraiser is to oversee all team fundraising activities. Team Fundraiser will work with the LCAHA Fundraising Director to establish fundraising possibilities for the team.

Coaches:

One of the areas that we are always looking to develop is our coaches. Most of our Head Coaches started out coaching because their team didn't have a coach. These coaches have learned on the job and devoted countless hours into honing their skills and looking at how to develop these young players with

a common goal. With their personal experience, these coaches provide our players with knowledge and skills that will allow them to grow both on and off the ice.

The Head coach will be in charge of overseeing all aspects of their team. The head coach will determine travel and tournament locations, player lineups, player positions and playing times. The head coach will determine their respective assistant coaches and make changes as necessary throughout the season to provide a congruent healthy experience for the players. The LC Lightning coaches are all USA Hockey certified.

USA Hockey Zero Tolerance Policy:

In an effort to make ice hockey a more desirable and rewarding experience for all participants, the USA Hockey Youth, Junior, and Senior Councils have instructed the Officiating Program to adhere to certain points of emphasis relating to sportsmanship. This campaign is designed to require all players, coaches, officials, team officials, and parents/spectators to maintain a sportsmanlike and educational atmosphere before, during, and after all USA Hockey-sanctioned games.

The game will be stopped by on-ice officials when parents/spectators display inappropriate and disruptive behavior that interfere with other spectators or the game. The on-ice officials will identify violators to the coaches for the purpose of removing parents/spectators from the spectator's viewing area and game area. Once removed, play will resume. Lost time will not be replaced and violators may be subject to further disciplinary action by the local governing body. Inappropriate and disruptive behavior may consist of the following:

- Use of obscene or vulgar language in a boisterous manner to anyone at any time
- Taunting of players, coaches, officials, or other spectators by means of baiting, ridiculing, threat of physical violence or physical violence.
- Throwing of any object in the spectators viewing area, player's bench, penalty box or on ice surface, directed in any manner as to create a safety hazard.

Parent Conduct and Responsibilities:

1. Be good ambassadors of our program, city and state.
2. Parents/spectators will promote the LCAHA philosophy of good sportsmanship in accordance with USA Hockey's Zero Tolerance policy. The challenge to all parents is to remember that enthusiastic encouragement of a positive nature will strengthen their child's character as well as his/her hockey skills. Negative actions can promote undesirable emotional stress, poor sportsmanship, and possibly, ugly physical confrontations.

3. 24 Hour Rule: Always allow 24 hours to pass after a game or practice before approaching the LCAHA Board about any issues that may have occurred.

4. Parents must recognize that their child's Coaches are responsible for developing team play, as well as individual player skills. If you have a concern about ice time, discipline, or personal problems, please discuss it in private and spare the team, yourself, and your child the problem of divided loyalties. Any serious or unresolved problems should be brought to the attention of the LCAHA Hockey Director.

5. In the event you disagree with any decision or policy issued by the LCAHA Board of Directors or our Coaches, please contact the person you disagree with and discuss it in private. Please spare your team and the program the troubles caused by unnecessary gossip and negativity.

6. Parents are not allowed in the locker room at any age level, unless they are a designated and Safe Sport approved locker room monitor. The coaches and designated locker room parents will assist the players with any issues they might have, including tying the players skates.

7. No parent is permitted on the ice at any time, unless a medical emergency exists, and they are summoned by an official. Parents are not allowed on the bench during games or practices.

8. In the event of vocal or physical provocation of referees, coaches, players or other spectators the individual will be asked to leave the arena and the matter will be referred to the LCAHA Board of Directors.

9. Players are expected to attend all games and practices. If your child is unable to attend, you must give reasonable notice to one of the Coaches. Coaches at all levels of play will establish time guidelines for when players are expected to arrive for games (home and away) and practices and when they should be ready to play. Players who do not adhere to time guidelines for games and practices will risk curtailed ice time, benching, or other sanctions at the Coaches discretion. Players will be held financially responsible for any practices or games that are missed.

10. Parents are responsible for the custody and transportation of their children. They are also expected to supervise them appropriately to ensure the rules of the rink, LCAHA and hotels and restaurants are observed.

11. LCAHA reserves the right to ban offending parents from future games and practices. Failure to comply with this ban will result in suspension or termination of the player.

Player Conduct and Responsibilities:

1. At no time, on or off the ice, shall a player use disrespectful, abusive, or obscene language to coaches, parents, officials or teammates. Unsportsmanlike conduct in the form of gestures, slapping boards with sticks, or other dramatic displays of individual anger are prohibited.
2. Players will conduct themselves respectfully while at LC Ice Arena or any other facility they visit while playing for the LC Lightning Hockey program. Floor hockey, running around and rough housing are not permitted while inside any rink (Appropriate Dry Land training is permitted).
3. Players will conduct themselves respectfully while staying in hotels. Players are not allowed to run the hallways or disrupt other hotel guests. Remember that you represent the LC Lightning and our reputation is very important to us.
4. The use of alcohol, tobacco or drugs is absolutely forbidden while participating in any LCAHA youth hockey related activity.
5. Each player shall respect the property of others at all times.
6. Cell phones are forbidden in the locker room
7. All players are responsible for their jerseys and must maintain them in clean and good condition.
8. Coaches shall have the authority to bench any player for any part of the game, or any part of a future game, for open personal criticism of teammates, abusive or obscene language, or unsportsmanlike conduct, regardless of any action or lack of action by game officials, both home and away. Discipline problems shall be referred to the Board for action.
9. Any player who intentionally damages a rink, locker room or other personal or public property while participating in any LCAHA related activity, will be automatically suspended until restitution is made.

Grievance Policy and Procedure:

LCAHA expects Board Members, Coaches, Referees, and parents to conduct themselves in an ethical and responsible manner that is consistent with USA Hockey regulations and that reflects well on LCAHA. It is LCAHA's purpose to provide an effective means for all volunteers to bring problems or complaints concerning the program to the attention of the LCAHA Board of Directors without fear of recrimination. Any complaints/concerns must be reported to the LCAHA Board of Directors in writing no later than one week after its occurrence. Every effort should be made to resolve complaints at a team level before coming to the Board.

Questions:

We are pleased to answer any questions you may have.