

Amherst Tigers Boys Varsity Ice Hockey



"Respect All, Fear None"
2023-2024

Amherst Athletic Mission Statement

The mission of Amherst Central athletic programs in association with New York State Public High School Athletic Association is to foster the quest for excellence by creating an educational and competitive experience within an atmosphere of sportsmanship. Our program will develop individual and team potential by promoting high standards of competence, character, civility, and citizenship.

TEAM IDENTITY

“The team at the top of the mountain didn’t fall there.”

1. **Be respectful** - demonstrate respect, gain respect.
2. **Don’t give 99%** - we need everything you have.
3. **It’s okay to make mistakes** - learn from them and grow.
4. **Be engaged all the time** - commit to being committed.
5. **Develop good habits** - transferable skills to life.
6. **Set goals for yourself** - believe in yourself, the whole world won’t.
7. **Trust the process** - championship caliber.
8. **Support your community** - help others.
9. **Balance education and athletics** - identify as a student before an athlete.
10. **Have fun** - be proud of your character in the story we write.

Player Expectations, Rules and Guidelines

All Amherst Varsity Ice Hockey players are expected to adhere to the following guidelines.

ALL SESSIONS ARE MANDATORY

Games, practices, dry-land, skills sessions, and team events are **mandatory** unless otherwise noted. If you are unable to attend, the head coach must be notified by phone, text, or email **prior** to the expected arrival time of the event. An unexcused absence without a call, text, or email will result in discipline appointed by the coach.

ARRIVAL TIMES

60 MINUTES BEFORE GAMES

Players are expected to be in the locker room at least 60 minutes before game time.

PRACTICE

Players are expected to be ready to go and on the ice for practice time.

BEING LATE HAS CONSEQUENCES

Players are subject to the coaches discipline policy if they are late.

GAME DAY DRESS CODE

All players will wear the following to games:

- Dress pants or khakis
- Collared shirt & tie
- Dress shoes (not athletic shoes)
- No baseball hats
- After the game, players will exit the locker room dressed as they arrived

LOCKER ROOM BEHAVIOR

No littering of any kind - Clean up after yourself. Leave the locker room in better condition than it was when you arrived.

No horseplay - or any other roughhousing activity.

No phone use! - This is a USA Hockey rule and we will abide by it.

Music - Please use edited versions of songs with profanity. Players will be respectful of the music preferences of their teammates.

POST-GAME BEHAVIOR

When the coaches enter the dressing room immediately after a game, **all eyes and attention will be given to the coaches**. Helmets and gloves should be removed. No additional undressing should take place until the coaches are finished.

This is a crucial teaching point within a season. All players are to show respect and listen with full attention.

USE THE 24-HOUR RULE

All players and parents will conform to the “24-hour rule.” Team management and the coaching staff will not discuss any problems with a player or parent until the day after the game.

Experience has shown that cooler heads make for more productive solutions to problems.

SHOW RESPECT

Players will show complete respect to all on and off ice officials, coaches, teammates and parents.

Conduct yourself with honor and dignity at all times. **You represent the Amherst Central School District, your families, and yourself.**

USE OF LANGUAGE

Use of profanity or abusive language towards teammates, coaching staff, team management officials or fans will not be tolerated.

Criticizing or complaining about teammates will not be tolerated. This is a team sport. Support your teammates.

USE OF SOCIAL MEDIA

Social Media used in a negative capacity will not be tolerated. No foul language, threats of violence, derogatory photos or comments about teammates, opponents, coaches, etc. on social media.

Players that break this rule will be subject to disciplinary action.

IMPORT INFORMATION & SCHEDULE

Player Evaluations -. Player Evaluations will take place through Week 1&2 11/13/23-11/24/23. PLEASE BE SURE TO SIGN UP ON FINAL FORMS BY 11/12/23, HAVE UPDATED PHYSICAL ON FILE WITH NURSES OFFICE, AND SEE SARA KOLIPINSKI, AT - FOR CONCUSSION BASELINE TESTING.

Transportation - Historically there has been no bus transportation for games or practices. If anyone has difficulty finding a ride we can work together to contact other players/parents and or one of the coaches to help find a ride. If we still have players unable to find a ride to practice we will look into getting a one-way bus from school to practices.

Cost - The varsity hockey program is very thankful to Rob Adams - Director of Health, PE, and Athletics for his belief in the hockey program. For the first time in school history, the varsity ice hockey program will be a fully funded school sport. We will work on fundraising money through a variety of avenues for our club

account. This money will be used for additional team needs, agreed upon by the team, and team treasurer.

Practice Schedule - All practices will be at the Northtown Center 2-3 times per week.

Game Schedule - We will have 15 league games and 5 non league games for a total of 20 games. All home games will be at the Northtown Center. First game is Saturday, December 2nd, 2:00 PM at the Northtown Center vs West Seneca East.

Equipment - We have helmets, gloves, pant shells, practice jerseys, game jerseys, and socks to be distributed. Please take responsibility for the items you are given and make sure your other equipment is in good condition. All equipment has to be returned.

Important Contact Information

Head Coach - *Luke Hannon*

lhannon@amherstschoools.org

(716) 982-1796

Assistant Coach - *Jason Cyrek*

jcyrek@amherstschool.org

(716) 870-3462

League Website - [Section VI Boys Ice Hockey](#)

Northtown Center At Amherst

1615 Amherst Manor Drive

Amherst, NY 14221

(716) 631-7555

Amherst Central High School

4301 Main Street

Amherst, NY 14226

(716) 362-8100