



Parents Tips

In the Stands

Parents can take the fun out of hockey by continually yelling or screaming from the stands. Parents should enjoy the game and applaud good plays. The stands are not a place from which parents should try to personally coach their kids. Kids often mirror the actions of their parents; if they see mom or dad losing their cool in the stands, they'll probably do the same on the ice.

Car and Home

Some parents not only spoil the fun for their kids at the ice rink, but also in the car, believing this the perfect place for instruction. Parents should try to keep things in perspective. There's more to life than hockey, and the car and home are not places to coach. Parents are responsible for supporting and respecting the coach's decisions and abilities. It is unfair to put children in a position of having to decide who to listen to – their parents or the coach.

At Practice

Parents should remember that if a child wants to improve, they have to practice – not just play. Even if a child is not the "star" player for a team, practice stresses the importance of teamwork, establishing goals, discipline and learning to control your emotions, all of which are important lessons children can use both in and away from sports.

At the Rink

Hockey parents can help create a fun environment by making certain their children are wearing properly fitted equipment. Parents also need to stress fair play and risk management to help eliminate injuries.

Not a Baby-Sitting Service

It is very important that parents remain in the arena while their hockey players are either playing or practicing. At the very least, we have asked that if you have to leave children at the arena, that you have someone there who is responsible for him or her. Our coaches, convenors, volunteers and arena staff cannot assume responsibility for children who are attending a program with out a parent or responsible designated adult in attendance.

Support Your Child

There are many benefits that are derived from playing minor hockey. Boys and girls learn good sportsmanship and self-discipline. They learn to work together, how to sacrifice for the good of the team, how to enjoy winning and how to handle defeat. In the process, they also learn important lessons about physical fitness and personal health. The degree to which your child benefits from his or her minor hockey experience is as much your responsibility as it is theirs. In order for your child to get the most out of a minor hockey program, is important for you to show support and offer encouragement while maintaining a genuine interest in the team.

Always Be Positive

Parents serve as role models for their children, who often look to adults for advice, direction and approval. Never lose sight of the fact that you are a role model, and strive to be a positive role model. As a parent, one of the most important things you can do is show good sportsmanship at all times to coaches, referees, opponents and teammates. Remember that your children are PLAYING hockey. It

is important to allow them to establish their own goals and play the game for themselves. Be careful not to impose your own standards or objectives.

Let The Coach Coach

Avoid placing an exaggerated emphasis on winning. The most important aspect of your child's minor hockey experience is for them to have fun while developing physical and emotional skills that will serve them in life. A healthy, risk-free environment that emphasizes the importance of fair play, sportsmanship, discipline and, most importantly, fun will be invaluable for your child as he or she continues to develop a positive self image.

Positive Reinforcement

The best way to help children achieve goals and reduce their natural fear of failure is through positive reinforcement. After all, no one likes to make mistakes. If your child does make a mistake, and they will (remember, they're just kids) – keep in mind that mistakes are an important part of the overall learning process. Strive to be supportive and point out the things they do well. Make your child feel like a winner.

Thanks to You

CHA would like to thank all of the players, parents and families who participated in this past season. We would especially like to thank all those who volunteered extra time and resources to coach, assistant coach, manage, time keep, and all those extra duties that keep our program and each team going.

Concerns or Issues? Put It In Writing!

If you have suggestions, concerns or issues that you would like to have addressed by the Executive, please put them in writing and leave them in the President's mail slot (located at the side of the Canteen at the Kilrea Arena).

If you have a team concern or issue it should be raised with the team manager or coach. If this is not possible, or satisfactory, then put your concern in writing, along with your name and contact information, and forward to the President. Please note that the Executive can deal with your concern only if it is in writing with your signature.