

***CASSELMAN MINOR HOCKEY ASSOCIATION
MANAGER'S HANDBOOK 2011***



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INTRODUCTION

Congratulations on your new job as Manager of a hockey team. This is a very exciting time for the players, parents and coaching staff that make up your team. This is also a very busy time for you, the Team Manager.

The Team Manager is a key individual in the team staff, assisting the coach in running the official duties and off ice activities of the team. From team lists to name-bars to communication with the parents, the manager allows the coach to focus on the hockey side of the team; you take care of the rest.

It is your responsibility to stress to your parents the importance of keeping their emotions under control in the arena, in front of the players and other parents. Respect and cooperation is essential to everyone on the team. Parents should respect the coaching staff for the job they are trying to do with your kids. They are not perfect, neither is anyone else. Mutual respect goes a long way to a fun and successful year.

Also stress to your parents that abuse of referees and linesmen is absolutely unacceptable and will not be tolerated by either the CMHA or the ODMHA. The officials try their best to officiate a fair game and to keep player emotions under control. They are human; they make mistakes just like all of us. They deserve your respect and understanding.

If you would like to recommend changes or improvements to this document, please contact the CMHA Secretary (contact information is on the Predators website)

CMHA TEAMS

- ✚ Season start is usually slated for the first week of October
- ✚ CMHA will call a coaches/managers meeting
- ✚ At this meeting you will be told about any new rules and other details pertaining to your participation in the league. You will also be given your season game schedule.

GETTING STARTED

- ✚ The first thing you must do as team manager is work with the CMHA Registrar to get your team registered. He/She will be needing:
 - ✚ A list of all players with DOB and sweater #s
 - ✚ Indicate goalies, (captain and assistant captains for Atom level and up)
 - ✚ Complete coaching and bench staff list. (Head Coach, Assistant coaches, trainer, team manager must all be on the team list as they are insured through Hockey Canada)
- ✚ Contact the Registrar with all of this information immediately once the team is formed so that your team list gets officially registered with Hockey Canada
- ✚ When the Registrar has completed your team list(roster), the District Registrar will need to approve it electronically. Once this is done, the CMHA Registrar will then provide you with your copy. You must keep your signed team list with you **at all times**. It is advised to make a photocopy of your list and keep in a separate place. You will be asked for the list that your players have signed when you enter tournaments.
- ✚ It is your responsibility to make sure to obtain an updated team list if any roster changes are done. Anyone playing or part of the coaching and bench staff needs to be on the team list in order to be insured. Should an injury occur and that person is not on the team list the coach may be suspended.
- ✚ You should obtain a photo and a copy of the birth certificate for every player on your team. You may be asked at any time during the season to prove the age of a team member. Carry this information at all times, especially to tournaments.
- ✚ Players must complete a medical sheet with relevant information about their health, which the team trainer will keep. This form should contain Health card numbers, allergies, health issues and emergency contact other then parents in case parents are

- not at the game. These forms should be handed back to the parents at the end of the year for privacy reasons.
- ✚ All coaches, assistant coaches, trainers, and manager **MUST** have the "Speak Out" formation within 30 days of regular season start.
- ✚ **All head coaches for Nation (house league) teams MUST have coach stream certification within 30 days of season start. All House league assistant coaches must have Speak Out. All PGL (B Rep) head coaches MUST be certified at the Dev 1 level, and their Assistants at the coach stream level no later than 30 days after regular season. Failure to obtain certification at either Nation or PGL will require removal from the bench.**
- ✚ **Please insure that both Players and Parents read and sign the Player and Parent Code of Ethics. All forms must be handed to the Director of Risk and Safety no later than November 1, 2011. CMHA has a mailbox just inside the last door on the left in the arena hallway to the dressing rooms.**
- ✚ **Team lists will be given once all bench and coach certifications are completed.**

PLAYER AFFILIATION

- ✚ We are using the "Club Affiliation System" this season, please refer to the ODMHA rule book for the rules governing this system. You will not need to have an affiliation forms but you will receive a letter from the registrar stating that the CMHA is using the Team Affiliation System. You will need to carry this letter with you at all times to prove the other teams and game officials that we are recognized as a Club affiliation team.
- ✚ To affiliate players to your team is something that your **coach** will decide
- ✚ Affiliations are only allowed up one level from the player's original team, eg, PeeWee PGL to Bantam PGL; PeeWee House to PeeWee PGL. For those House Leagues who use a tiered system, a player may only move in an upward motion, i.e., House League C to B. Players within a House League are not permitted to move from team to team at the same level, i.e., PeeWee Team #1 to PeeWee Team #2
- ✚ Remember, when using an affiliated player in a game, the letters '**AP**' must be placed beside their name on the game sheet.
- ✚ There is a deadline during the season when affiliations can be made. If you are affiliating players, don't miss this deadline of Jan. 10th, although it is wise to complete your list well before this date.
- ✚ If an affiliated player plays 6 games after January 10th, they belong to the higher level team and cannot go back to their original team. Please make sure to keep track of how many games an affiliate has played with your team after January 10th, and do NOT have that player play more than 5 games unless there is a team change agreement between the two teams.
- ✚ There is a no return date set of November 1st for Junior, AAA and AA players. This means that they cannot return to their home organization after November 1st.

BUDGET

- ✚ Your team is responsible for all costs associated with running a team. At your parents meeting discuss details of what your expenditures are going to be.
- ✚ You must also discuss revenue for the team. Generally a team will participate in fund-raising activities to bring revenue into the team. See fund-raising below.
- ✚ Collect approximately \$150 - \$250 from each parent at the beginning of the season to have money for immediate expenditures such as early tournaments.
- ✚ At the end of the season, if there is any money left in the account, either spend it on the players, or divide it up equally between the parents and reimburse them with team cheques or cash.
- ✚ After all monies have been returned to the parents, close your bank account.

- ✚ At end of season it is **MANDATORY** that you send a copy of your final accounts to the CMHA Treasurer.
- ✚ Please note that affiliated players do not participate as a full team member and should not be included in any meetings or budgetary activities.
- ✚ You should keep all your receipts and invoices to prove each entry on your budget printout in case you need proof later on.

TREASURER

- ✚ Electing a team treasurer is a good idea. Usually the manager can act as the treasurer as well.
- ✚ This person will handle all the team funds and maintain an accurate record of all transactions (monies received and disbursements).
- ✚ A team bank account is recommended to allow for easy tracking of activities.
- ✚ To state again - at end of season it is **MANDATORY** that you send a copy of your final accounts to the CMHA Treasurer.
- ✚ It is highly recommended that each player's family be provided a financial statement on a regular basis to show the financial position of the team.

FUNDRAISING

- ✚ **Special Event Forms must be completed and can be found on the ODMHA website. Or contact your Fund Raising Representative.**
- ✚ Some ideas on raising money include:
 - ✚ Run a 50/50 draw at all of your home games. Some teams just rotate each parent per game to do the 50/50, get a volunteer or elect someone. It is recommended that you do this at your home games only.
 - ✚ Have a .25 pot where parents put a quarter in every time your team gets a goal.
 - ✚ CMHA does allow bottle drives within our community, but these rules **MUST** be followed:
 - 1) Arrangements for the weekend you would like must be made **prior** to your bottle drive with the CMHA Fund Raising Representative to ensure that no other team is doing a bottle drive on the same weekend. You must clearly identify the area that you will be going to.
 - 2) CMHA has the right to deny the requested weekend if, **a)** another team is already booked for that period of time or, **b)** if the weekend is directly before or after another previously booked weekend. We would not like to offend any Casselman resident with an overabundance of bottle drives during any one period and will limit bottle drives to one per month.
 - 3) You will also need to notify the bottle recycling center 2 weeks prior to your bottle drive at 613-764-2224 so that they have staff to be able to serve you when you will be returning the bottles..

TEAM MEETING

- ✚ There are many times that the team players, parents and staff may want to meet. The most critical of these meetings is the first time. This first meeting sets the ground rules and tone for how the team will function. Start with a parent introduction.
- ✚ It is recommended that the 1st meeting be a PARENTS ONLY meeting so that everyone can concentrate on the items at hand and ask any questions without worrying about the kids. **You (and your coach) must select a Parent Representative to facilitate communication between the parents and the coaching staff.**

- ✚ Items to discuss are budget, extra ice, tournaments, name bars, jackets/hats, selection of parent rep and other related issues.
- ✚ The first meeting is a good time to gather player information that can be distributed to all families, including, player name, jersey number and contact information (address, telephone numbers, email address and Mom / Dad's names).
- ✚ Remember that all activities the Manager does should be coordinated with the Coach as a minimum.

TEAM JERSEYS

A 100\$ deposit per team is required as a guarantee for jerseys/first aid kits, pucks& water bottles. You will get your deposit at the end of the season ONLY when all the equipment is returned.

- ✚ Assign the responsibility of team jerseys to a parent on your team. One parent may take the home jerseys, while another can take the away jerseys.
- ✚ Always keep the extra jerseys in the jersey bag when going to a game. Someone is bound to forget theirs.
- ✚ It is the responsibility of the Team Manager, or those designated, to sew the name bars on both sets of team jerseys. Parent(s) could be responsible to perform this task.
- ✚ It is the Team Manager's, or designates responsibility to ensure that all team jerseys are protected by the shirt bag and kept on hangers – **UNDER NO CIRCUMSTANCES** are player's to look after their own jersey, nor are the jerseys to be left in the player's hockey bags.
- ✚ It is the Team Managers responsibility to collect **CLEAN** jerseys, with name bars removed at end of season. They are to be returned to the Equipment Manager in the jersey bag at the end of the season.
- ✚ The team will be held responsible for any jerseys that are missing at end of season. Please take the time to keep track of them and make sure they are collected and placed in the jersey bag after each and every game.

NAME BARS

- ✚ It is suggested that all players have name bars for their jerseys.
- ✚ The name bars are available from most sports stores.
- ✚ An average cost of a name bar is \$5-\$8 each, depending on the number of letters in the name.
- ✚ You can also get the C's and the A's at these stores as well, if your coach wants to have captains and alternate captains.

SOCKS

- ✚ Players must have the team socks for both home and away games and wear matching socks during the games.

COMMUNICATIONS

- ✚ One of the Manager's most important jobs is to **keep all players and/or player's families current** on activities.
- ✚ Regular briefs after games / practices can be difficult, due to noise and other information that the coaching staff is trying to get across to the players about the practice or game.
- ✚ A weekly/bi-weekly newsletter or email with reminders on the next week's activities can save a lot of time and effort in making calls.
- ✚ A newsletter is also a good way to keep everyone up to date on events, game scores (it is not recommended to publish individual player scores), tournaments, lost items etc.
- ✚ Email is the perfect way to disseminate information with minimum effort.

- ✚ When handing out paper copies of anything to the team put each players name on the front and hand them out. At the end you will know who did not receive the handout.
- ✚ Establish a calling list, a form with all players' names, email addresses and phone numbers can be used as a checklist when making calls.

COMPLAINT PROCESS

- ✚ The CMHA has developed a complaint process to allow members to communicate with the Association's Executive. The process can be used to identify incidents, communicate issues or problems, and prompt the timely and thorough resolution for all complaints. The process can be accessed at <http://www.casselmanpredators.ca/en/risk.htm>

VOLUNTEERS

- ✚ Being a team manager is a big responsibility, and a very big job. You need as much help from the other parents on your team as you can get.
- ✚ Between you and your coach, delegate as many jobs as possible, it will make the year more enjoyable as well as making everyone feel like they have contributed.

Here is a list of the main team positions:

Hockey	Coach	Assistant Coach	Trainer
	Timekeeper	Scorekeeper	Statistician
Administration	Manager	Fundraising	Team Reporter
	Tournaments	Team Representative	

ATTENDANCE

- ✚ Let parents know that they need to contact you or the coach if their child will not be attending a game or a practice.
- ✚ This is important so that the coach knows who will be present at games or available for practice. If you stress this point at your meetings you will have a very good attendance record.
- ✚ Notification of absence will also give the coach a chance to call up an affiliated player to fill in for any absent player.

SCOREKEEPER/CLOCK

- ✚ This is a **very important task that the Manager must ensure is addressed.**
- ✚ ***It is every team's responsibility to provide a Scorekeeper and Timekeeper your team's home games (as well as for any exhibition games that you are the home team).***
- ✚ Arrange for parents to perform these functions. They must have experience. If not, arrange a training session either with the arena staff and/or another experienced parent to demonstrate the workings of the clock. CMHA also offers instructions.
- ✚ You should get 2 or 3 teams of two people to volunteer for this job. Remember to email a reminder to the parents of the next game to make sure that they will be coming at the game.
- ✚ There are 2 clocks:

- ✚ The game clock that runs on stop time during a game. The clock is stopped whenever play is stopped and restarted when the play starts. There are specific time frames for each period depending on the division. Atom/Peewee 11 minutes on the clock for each of the 1st, 2nd, and 3rd periods with 15 minutes on running clock. Bantam/Midget 15 minutes on the clock for the 1st, 2nd and 3rd periods with 25 minutes on running clock
- ✚ Each game has a finite period of time to be played. The running clock is used to time the overall game time. If the time on this clock runs out before the stop time clock, the period/game is over. The running clock does not stop with the play. It continues to run even when play is stopped. Be sure to ask what the running clock times are for your division.
- ✚ It is a good idea to schedule a parent to work the penalty box at away games.

GAME SHEETS

- ✚ You are responsible for completing a game sheet for all of your home games.
- ✚ These sheets are provided at the coaches meeting at the beginning of the season. You will need approximately 11 for regular season, 3 to 5 for playoffs and a few for exhibition games.
- ✚ A game sheet is needed for every game that you host, EXHIBITION included. If you run out during the season please call your convenor for extras. **Do not show up at a home game without a game sheet.**
- ✚ It is a good idea to have a clipboard and pen for your game sheet to give to your scorekeeper when going into the box.
- ✚ Prior to the game ensure that the home and visitor player information is completed on the form. The game information (game number, etc.) must be the information from the league season schedule provided to you. **Note** - to make it easier completing the player information you can print out your team list on Avery labels and apply these to the game sheets. (Note you will need 4 labels for each copy in the game sheet.)
- ✚ Make sure that your information is accurate and that you use your official team name. Do not use team nicknames.
- ✚ You must give the game sheet to the opposing team before each game for them to list their team on the 'visitor' side of the game sheet. Check to see that they have signed the game sheet verifying their information is correct.
- ✚ After the game, the referee will take the game sheet from the scorekeeper, sign it and take a copy. It is your responsibility to get the game sheet back and provide a copy to the visiting team. **Please note that the white sheet must stay in the referee room.**
- ✚ In the case of any Misconducts or Game Misconducts, it is up to either the manager or the coach to phone or email the appropriate rep - VP Nation, VP PGL, or Initiation/Novice Coordinator. They will let you know the next steps to take (whether there is a suspension, how many games, etc). **Failure to let the appropriate rep know can result in coach suspensions, so please make sure to let them know immediately after the game when a player receives the Misconduct or Game Misconduct.** You will need to supply to the rep, the time of the penalty, the period it was received, the call, game number, and player name and jersey number as per below:

Team:	Casselman Midget PGL
Game #:	MP1234
Date:	October 20, 2009
Player Name & #:	No Name # 14
Call:	6.7A (Misconduct)
Period & Time:	2 nd period @ 3:23

INJURIES

- ✚ Should a player be injured during a game where he must leave the game, an injury report **MUST** be filled out and submitted to **CMHA Risk and Safety Director**, who will, in turn, hand it into the CMHA mailbox. Completing the Injury Report is the **Trainer's** responsibility. Details on injury reports are in your coaches' information package.
- ✚ It is wise to keep one pre-populated injury report per player in the trainer's manual. This way, when an injury occurs, time is saved and should the injured player require EMS services, the form can go with the player. A portion of this form needs to be filled out by the attending physician. This saves the parents from having to return to this physician (often emergency staff) to have it filled out. All players are insured by Hockey Canada and this form is required for a claim to be processed, if required.

SCHEDULE

- ✚ You will be given a complete league game schedule at the coaches meeting.
- ✚ The CMHA ice scheduler will give you practice times, and they will also be posted in the arena and on the CMHA website: www.casselmanpredators.ca
- ✚ Make up a game/practice/tournament schedule for the complete year. Give this out to your parents at the beginning of the season. As games are played remove them from the top of the schedule. As tournaments and practices are added, highlight them for easy reference when handing out new schedules. Only highlight new changes to the schedule. That way parents can see changes immediately.
- ✚ During the season you may need to reschedule games due to tournaments or other unforeseen events. Work with the opposing team manager and your ice scheduler (for a home game) to determine a suitable time and date to reschedule the game. ***If you re-schedule a game, don't forget to inform the Ice Scheduler so that he can arrange for the assignor to re-schedule referees.***
- ✚ ***Please note that when a game needs to be rescheduled because of a tournament, that game will need to be played on a date BEFORE the original game was to be played. If your coach will be away for a scheduled game, please ask another coach in the association to stand in for him. A game CANNOT be rescheduled just because a coach is unable to attend that game.***
- ✚ You may also need to change a practice time with another team within Casselman. Work with other team managers to change ice times to your mutual convenience, but please do not make it a habit. A complete list of team coaches and managers will be given to you, or can be obtained on our website. Again, please inform the ice scheduler of any changes. If your team cannot make a practice and you leave the ice empty, your team will take the risk of being charged for that ice time. As stated, please make sure the ice scheduler is aware if you cannot make a practice **BEFORE** the day of.

PLAYOFFS (Nation and PGL)

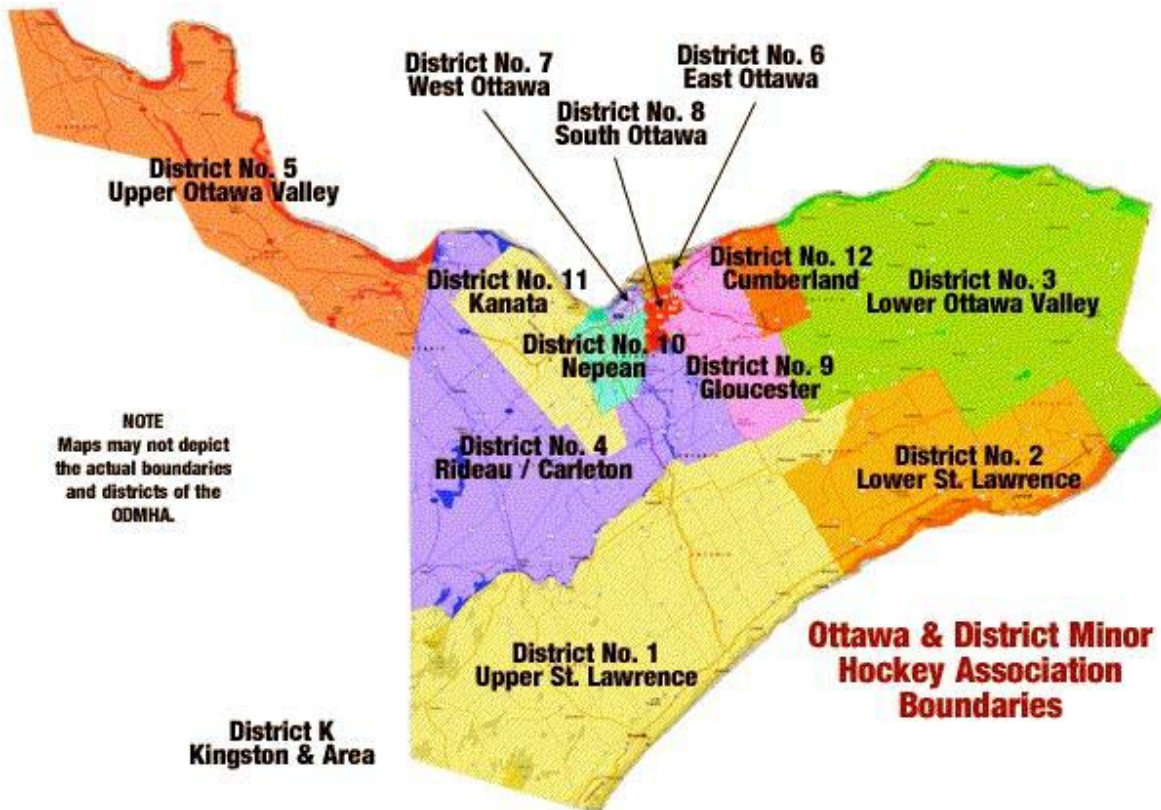
- ✚ Playoff games shall be played on any day of the week, including weekends
- ✚ No teams are allowed to enter any tournaments during the first 3 weeks of the playoffs. Teams entering tournaments after the first 3 weeks do so at their own risk. Playoff schedules will NOT accommodate tournament entries;
- ✚ **Note:** There are no playoffs in IP & Novice teams shall play a round-robin(Fun Day) following the regular season.

RESCHEDULING OF GAMES

- i) Regular Season:
 - a. Games can only be rescheduled due to:
 - i) tournaments;
 - ii) inclement weather or acts of god;
 - iii) loss of ice/ice time.
 - b. A team must notify, a minimum of two (2) weeks prior to the date of the originally scheduled game, the appropriate league President of the need to reschedule the game due to tournament play (see 9.0 (d) below for additional timing requirements);
 - c. If a game regularly scheduled prior to the Christmas break has to be rescheduled it must be played before Christmas;
 - d. If a game regularly scheduled after Christmas has to be rescheduled, notice to reschedule must be submitted no later than January 10th. The game must be played before the original scheduled date.
 - e. The Vice-President of the home Association will submit three dates for the rescheduled game to the Vice-President of the visiting Association, one of which is to be chosen. This new date must then be approved by the respective league President before the original game can be cancelled.
 - f. In the case of inclement weather or other acts of God, the team unable to play must contact the President for that league who shall make a final decision on the game.
- ii) Playoffs:
 - a. Once schedule, a playoff game may not be reschedule except in the case of inclement weather or other acts of God.

TOURNAMENTS

- ✚ Tournaments are listed on the Web at www.odmha.on.ca. This site is updated frequently at the start of the season so keep checking back for new additions. There are other web sites from out of town associations that list tournaments. Some links are available on the ODMHA web site. Others you will need to find on your own.
- ✚ Do not register your team for a tournament held during the play-offs, between February 15th and March 31st.
- ✚ Make sure that you apply for tournaments at your own level.
- ✚ If you are traveling outside of our district (ODMHA District 3) (see map), you will need a travel permit to be sanctioned by the CMHA President and District Chairman, Jackie Bernard.
- ✚ Only Hockey Canada sanctioned tournament should be attended. This means that Hockey Canada approves these tournaments and that our players' insurance is valid during these tournaments. Should your team wish to attend a non-sanctioned tournament, separate insurance should be sought as the players and staff would then not be insured by Hockey Canada. There is an agreement between Hockey Canada and USA Hockey for many International tournaments. USA Sanctioned tournaments are automatically sanctioned by Hockey Canada.
- ✚ USA tournaments require two travel permits, the ODMHA travel permit and the US travel permit as well. Please refer to ODMHA.on.ca in the "forms" section for these forms.



- ✚ Complete the travel permit request, get it signed by our president, and then fax it to the district chair. She will sign it and fax it back to you.
- ✚ You will be required to fax the permit to the tournament convenor for verification that you have permission to travel to their tournament. You will find a travel permit form in the coach package and also on the ODMHA web site. Remember to keep the original copy of the travel permit as it needs to be returned along with your game sheets to our district chair.
- ✚ The earlier that you apply to a tournament the better chance you have of getting in.
- ✚ It is recommended that you agree on the tournaments your team wants to attend and book them immediately. Decide as a group which tournaments you want to participate in at your very first parent meeting.
- ✚ Don't assume that you are in a tournament until you have a written confirmation.
- ✚ Stay in touch with tournament organizers to show your interest.
- ✚ Don't forget to book the hotels for out of town tournaments as early as possible. Even if you are not assured entry in a tournament you can book your hotel rooms making sure that you understand the cancellation policies in case you do not get accepted into the tournament.
- ✚ Be careful when booking tournaments in Quebec. Most of their divisions have no contact. Also their team ages are different from Ontario. Their date ranges are mid-year, not calendar year like ours.
- ✚ ** When you return from your tournament, CMHA needs a copy of **ALL** your game sheets and of the travel permit. – Remember, you are still responsible to send in your misconducts, game misconducts, gross misconducts, match penalties, for tournaments. Please do not risk having your coach suspended because these were not sent in. **

EXTRA ICE

- ✚ If your team wants extra ice for practice or exhibition games, then you should decide as early as possible as there is an extreme lack of ice in the area.

- ✚ CMHA provides each team with an allotment of practice times and does not cover any additional ice times, unless you are offered extra ice time by the CMHA ice scheduler. *The team pays for the cost for any additional ice time you may want outside of this.*

EXHIBITION GAMES

- ✚ At the beginning of the season it is customary to play exhibition games to get your team into game condition. Exhibition games are also played at the end of the season when there is still ice time available.
- ✚ All exhibition games require referees.
- ✚ Any Exhibition games played in Quebec require a travel permit to be filled out and submitted.
- ✚ Referees can be booked through the CMHA Assignor. The cost of referees for all Exhibition Games are the **TEAM'S** responsibility. (Note that Referees for home games, regular season and playoffs, are coordinated and paid for by CMHA).
- ✚ You will be required to pay the referees cash **BEFORE** the game. The Referee Assignor will tell you how much to pay referees and linesmen. Please also find this out **BEFORE** your game.

TROPHIES

- ✚ If your team wants trophies for the players at the end of the season, you will need to purchase them. Don't forget to include them in your budget.

PHOTOGRAPHER

- ✚ For team pictures, CMHA has made arrangements with Bradley McMillan at 613-764-0346 (www.bradleymcmillan.ca) or Harold Mac Innis 613-293-7731 or teams can make their own arrangements. Please let the ice scheduler know so that this can be coordinated with practice time as you need to be on the ice for team pictures.

TEAM REPORTER

- ✚ It is always nice to have someone write a report on a couple of games or tournaments that can be put in the local newspapers.
- ✚ The kids love to see their name in print.
- ✚ Sometimes they will even include your photos of the team.
- ✚ There may be an opportunity to use the information produced by team managers on our web page. Please send your 'team' photos to the CMHA Secretary. We will not print the names of the players under the photo unless we have written permission from all parents whose children are on the team.

SCRAP BOOK

- ✚ A team scrapbook (yearbook) is one of those items that the players and parents will look back on with fond memories in the future. However, now during the thick of the season it is not always easy to gather the information (pictures, newspaper articles, etc.) necessary to build this. If your team would like one of these, it is a good idea to assign the gathering of this information to someone on the team.
- ✚ At the end of the year, a small group of team parents could get together and compile the information gathered into a format for photocopying and distribution to the players.

OUTINGS

- ✚ Some teams like to do things together such as Senator or 67's games, pizza and/or movie night or maybe a Christmas party.
- ✚ It is advisable to get a volunteer or elect someone to handle this.
- ✚ The players really love to do these things together.
- ✚ It builds up team spirit and gets all of the players and families together on a social note that does not have the pressures that some of the teams experience on the ice.
- ✚ You will also need to fill in a special event insurance request form and send it in to CMHA special event coordinator who will send it to the district for approval. Make sure you do this plenty of time before the event so that all parties have time to sign the required paperwork.

CONTESTS

- ✚ There are many organizations that provide incentives to Minor Hockey teams such as OHA (Ontario Hockey Association) for penalty free games, etc.
- ✚ Applications must be submitted for these and there is the possibility of winning prizes for the entire team. Even if no prize is won, there are usually consolation gifts, such as certificates, pucks, coupons, etc.
- ✚ Some examples are listed in the table below.
- ✚ Please note that the CMHA does not endorse or approve of any particular program or activity.

Hockey Development Centre for Ontario Penalty Free Games: http://www.hdco.on.ca/
Esso
GM
Ottawa 67s
Ottawa Senators

If there is any other information required during the season that was not covered in this manual or the information package given to you by the league, please contact CMHA secretary with your comments. We are looking for feedback and suggestions on how we can improve our services on an on-going basis. Your feedback is important to us.

Good Luck during the season and most importantly of all.....HAVE FUN!