

## COACH CONROY Consent Form

(they need to be able to download or complete and download this form please)

Due to the nature and goals of our program we require that each participant and one Parent or Guardian read and understand, sign and submit the following Consent Form with prior to engaging in any of our Products and Services where children are involved. This form needs to be signed every three years.

Parents please read and discuss this form with your child so that they are actively and happily participating in our programs on their own free will, only if both you and your children are on board can we begin to achieve the Core Values of our Programs and therefore make your child a better hockey player.

Please note that our Organization does NOT support special needs or allergies as a rule, if your child has a special need that they can not manage on their own our program is likely not for you. We are of course trained in Basic First Aid.

We agree to abide by the following:

- We welcome kids of all skill sets, all can be improved in our programs.
- The focus of our time together will be on: hard work, listening, learning skills such as: Puck handling, shooting, passing, skating, using a supreme EFFORT, with a positive CAN DO attitude.
- We will focus on the little things, far too many to list here and that is why we have lots of good help on the ice.
- The teaching will be challenging and very, very hands on, we will “describe, demonstrate, observe, correct & support” each drill and exercise.
- Drills will be adjusted to the group at hand.
- You may be the best or worst in the group; either circumstance gives the child a chance to improve. The Group you are in if of no consequence to your effort and ability to advance.
- We will work hard at ALL times, if your child is not sweating at the end of a session we both failed to live up to our promises.
- We expect and demand your undivided attention and focus, failure to do so will merit immediate and consistent discipline.
- Discipline will be metered out consistently, it may involve pushups, laps (exercises), being removed from the ice and if needed being corrected verbally. The disruptive children will NOT disrupt or sessions.
- We believe in the concept of “tough love”, they will be taught, led, supported, assisted, encouraged, disciplined and criticized and praised when warranted and as our leaders deem necessary.
- We reward good behavior and actions.

- We provide objective views and responses to your child's inputs and results, our focus is on progressing, striving and getting better, not giggling uncontrollably.
- Your child will be pushed; only by pushing our kids do they get ahead, typically.
- We will be doing many things to encourage the maximum performance of your child we will NOT yell "down to them" but we will PUSH your child verbally.
- We are confident that we will be more demanding and objective than most coaches they have had to date and we set high expectation levels which we are confident your child will aspire to if you support them and US. Trust the kids to succeed and you will be surprised.
- Our leaders shall be addressed as "Coach \_\_\_\_" or "Coach" or "Mr. or Mrs. \_\_\_\_".
- We know our program is not for all children so be honest when discussing this with your child only working together will our goals be achieved.

### **On the Ice:**

- The practices will be focused on skills, fitness and intense.
- We will maximize our time on the ice doing things ice related, like skating, passing and shooting, talk is primarily reserved for off the ice.
- There may be homework assignments and questionnaires for the kids to complete with their parents.
- Your child needs to be dressed 5 minutes before each ice time starts so we can review the skills to be taught that day on a coaching board.
- Our leaders will be introduced before the ice time and available to assist your kids.
- The kids will be tiered (based on our first skate or two and re-tiered as necessary) so each drill will/may be altered depending upon the tier. Within each group we will focus on the upper tier of kids so the lesser skilled participants will be "dragged up" as they will be challenged more and frankly this provides the best lessons in our opinion.
- Do not interpret this statement as we am only interested in teaching "good" kids, quite the opposite, we are only interested in teaching kids that want to learn and commit to that purpose, all skill levels are welcome from Novice to Peewee.
- Please NOTE! WE have little patience for kids that are disinterested or not focused on the task at hand so please consider this carefully; perhaps it is not for your child at this time due to their current state of development. They will be removed from the ice and not allowed to detract from the task at hand.
- Kids are required to dress themselves! I think at this point, age 6+ or at least 1 year of hockey they should be able to dress themselves with the exception of skates and helmets.
- We do NOT want parents in the dressing room before or after the sessions, AND NEVER more than 1 parent, if necessary, drop your kids off go home and have supper or enjoy many other activities and leave your child with us. Getting dressed in hockey equipment isn't "rocket science", its commitment and our

expectation. My oldest has dressed himself after 5 practices in his first year as a 5 year old. Allowing the kids to dress themselves forces them to start thinking about what they are doing and they can talk to their friends beyond the focus and attention of mom and dad.

- PS make them carry their bags also!
- The skills taught may be simple but advanced, WE will be expecting the kids to work hard as hard work is its own reward and we need to teach our children that lesson.

So in closing, we intend to create a positive, skill based, challenging hockey experience that will simply result in your child becoming a better, more focused hockey player. If this is what you would like to achieve then please acknowledge your participation below.

COACH CONROY

My Child, \_\_\_\_\_ and I \_\_\_\_\_ have read and understand and both agree to abide by the terms and Conditions set forth above this \_\_\_\_ day of \_\_\_\_\_, 20 \_\_\_\_.

Signed,

\_\_\_\_\_  
The Child

\_\_\_\_\_  
Parent or Guardian

Received by CH \_\_\_\_\_