

**VINEYARD**



**H O C K E Y**



# **Martha's Vineyard Regional High School**

**Girls' Varsity Ice Hockey Team Handbook  
2024-25 Season**



## **Welcome Letter from the Head Coach**

**Dear Players and Families,**

**Welcome to the Martha's Vineyard Girls' Varsity Ice Hockey team! I am thrilled to lead the team as your head coach and work alongside our assistant coach, Jaime Forend. Together, we are committed to building a program that emphasizes teamwork, growth, and sportsmanship.**

**We believe the development of student-athletes' character and life skills is just as important as honing hockey skills. A positive attitude, strong work ethic, good academic standing, and integrity are qualities we emphasize both on and off the ice. These traits are not only essential for success in hockey but also invaluable in all aspects of life.**

**This year, we are excited to continue building a culture of excellence and community, both at the rink and throughout Martha's Vineyard. This handbook is designed to provide essential information about the season, including expectations, schedules, and policies.**

**I look forward to a season filled with hard work, dedication, and memorable moments on and off the ice.**

**Welcome to the team. Go Vineyarders!**

**Warm regards,  
Mallory Watts**



## Team Philosophy, Objectives, and Mission

### Mission

The mission of the Martha's Vineyard Girls' Varsity Ice Hockey team is to develop a competitive and inclusive hockey team that emphasizes personal growth, teamwork, and sportsmanship. Our goal is to inspire players to reach their full potential both on and off the ice, fostering skills and values that will serve them for a lifetime.

### Team Philosophy

We strive to create an environment where players can grow as athletes, teammates, and individuals. We believe that success is achieved not only through skill development but also by fostering strong character, sportsmanship, and a sense of community.

Our program emphasizes:

- **Respect:** For teammates, opponents, coaches, officials, and the game itself.
- **Effort:** Bringing a strong work ethic to every practice, game, and team activity.
- **Resilience:** Facing challenges with determination, curiosity, and a positive attitude.
- **Teamwork:** Recognizing that the strength of the team comes from working together toward a shared goal.

### Objectives for the 2024-2025 Season

1. **Skill Development:**
  - Enhance individual and team hockey skills, including skating, stickhandling, passing, and shooting.
  - Foster a deeper understanding of game strategy and tactics.
2. **Team Unity:**
  - Build strong relationships among players, coaches, and families.
  - Promote a supportive and inclusive team culture where every player feels valued.
3. **Sportsmanship and Leadership:**
  - Encourage players to be respectful and gracious in victory and defeat.
  - Develop leadership skills both on and off the ice.
4. **Academic Excellence:**
  - Support players in maintaining strong academic standing and balancing the demands of school and athletics.
5. **Community Engagement:**
  - Represent Martha's Vineyard with pride during games and events.
  - Participate in team service or outreach opportunities that give back to the community.



## Operational Procedures

The full schedule can be found on our team's website. Updates will be sent as needed. Players are responsible for their own transportation to and from practices, home games, and local team functions.

### Practices

- **Schedule:** On-ice practices are held Monday through Friday from 3:40 PM to 4:40 PM. Off-ice strength sessions are held in the school weight room on Tuesdays and Thursdays from 2:20 PM to 3:20 PM. Dryland sessions are held either in the school weight room or at the rink on Mondays from 2:20 PM to 3:20 PM. That leaves Fridays (before practice) open for appointments, driving tests, meetings with teachers, etc.
- **Team Attire:** Wear your Lululemon t-shirt to strength sessions. Wear shorts, leggings, or sweatpants to strength, and appropriate workout sneakers.
- **Expectations:** Practices are mandatory unless excused for illness, injury, or an unavoidable conflict. Communicate all absences in advance to the coaching staff. Players are expected to be on time for all practices, fully dressed and ready to start. See Team Expectations for a list of excused and unexcused absences.

### Team Dinners

- **Fridays:** On Fridays, team dinners will be held at the rink in our locker room at 5:15 PM. Dinner will be right after practice, and two or more families will volunteer to provide the team dinner, i.e., bring the food to the rink.

### Home Games

- **Study Hall:** When the schedule allows, we will have mandatory team study hall at the school before home games on Wednesdays.
- **Arrival:** Players must arrive at least 1 hour and 15 minutes before game time for warm-ups and pre-game preparation.
- **Team Attire:** Wear your team jacket, sweatshirt, and sweatpants to all games. Wear sneakers.

### Away Games

- **Freshmen:** All freshmen must take the bus from the school to the Steamship for off-island travel to games.
- **Upperclassmen:** If your player is operating a vehicle on a junior operator license, they CANNOT drive teammates to the Steamship Authority or our arena.
- **Team Attire:** Wear your team jacket, sweatshirt, and sweatpants to all games. Wear sneakers.
- **Travel:** All team members are expected to travel together for away games unless prior arrangements are made with the head coach.



## **Uniforms and Equipment**

### **Team Uniforms**

- Players will be provided with a team jersey, helmet, gloves, socks, and shells. These must be kept clean and returned at the end of the season.

### **Required Equipment**

- Helmet with cage and mouthguard
- Neck guard
- Shoulder pads, elbow pads, and gloves
- Hockey pants, shin guards, and skates
- Stick(s)

### **Care Instructions**

- Clean and air out all equipment regularly to maintain hygiene and prolong its lifespan.



## Team Expectations and Rules

### Bullying, Harassment, and Inappropriate Behavior

The team is committed to fostering a safe, respectful, and inclusive environment.

- **Bullying** includes any intentional behavior meant to harm, intimidate, or degrade another person, whether physical, verbal, emotional, or cyber.
- **Harassment** includes unwanted behavior based on race, gender, religion, sexual orientation, or other personal characteristics.
- **Inappropriate behavior** includes actions that disrupt the team's positive culture, such as gossip, exclusion, or spreading rumors.

### Zero-Tolerance Policy:

- All incidents will be taken seriously, and any reports will be addressed promptly and confidentially.
- Consequences may include suspension from practices/games, meetings with parents, or removal from the team, depending on the severity of the behavior.
- Players are encouraged to report any concerns to the coach, knowing they will be supported and protected from retaliation.

### Attendance and Participation

- Attendance is required for all practices, games, and team events unless excused by a coach. Notify the coach of absences in advance.
  - Excused absences:
    - Family/personal emergency, funeral, injury/illness (notify coach at least 1 hour before practice), or school obligations (must provide a teacher's note).
  - Unexcused absences
    - Leisure activities, vacations, non-emergency appointments, or conflicts with another sport/team.
- Eligibility to participate:
  - Be present for the entire school day.
  - No unexcused absences or tardiness after 8:00 AM without a valid excuse.

### Locker Room Rules

- No parents allowed without coach permission.
- No phones or cameras.
- Everyone helps clean; team cleaning days will be designated.



### **Playing Time**

- Varsity game participation is not guaranteed.
- Playing time depends on work ethic, commitment, attitude, and individual hockey skills.
- Coaches will inform players in advance if they won't dress for games.

### **Behavior and Sportsmanship**

- Players must demonstrate respect, responsibility, and teamwork at all times.





## Team Captain Policy

### Purpose

Team captains serve as leaders on and off the field, embodying the values, work ethic, and sportsmanship expected of all team members. Captains represent the team, communicate with coaches, and set an example for peers.

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### Selection Process

#### 1. Criteria for Eligibility

- Must be at least a sophomore.
- Must demonstrate strong leadership, respect, and responsibility.
- Must maintain good academic standing and consistent attendance at practices, games, and events.
- Must exemplify positive behavior, sportsmanship, and team values.

#### 2. Nomination and Voting

- Players will nominate teammates for captaincy.
- Final selection will be based on:
  - Team votes.
  - Coach evaluations, prioritizing leadership ability, communication skills, and adherence to team expectations.

#### 3. Number of Captains

- 1-3 captains may be chosen, depending on team size and needs.
  - Coaches reserve the right to appoint additional captains mid-season if necessary.
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### Expectations of Captains

#### 1. Leadership and Representation

- Lead by example during practices, games, and team events.
- Act as a bridge between players and coaches, voicing concerns or suggestions respectfully.
- Promote unity and a positive team culture.

#### 2. Behavior and Conduct

- Demonstrate maturity, respect, and responsibility in all interactions.
- Resolve conflicts within the team or seek help from coaches when necessary.
- Uphold team rules and policies and encourage teammates to do the same.

#### 3. Commitment

- Attend all practices, games, and team events unless excused by the coach.
- Participate actively in team-building activities.
- Support teammates academically, athletically, and personally when needed.



## **Privileges of Captains**

- Serve as team spokespeople with referees, coaches, or other teams.
  - Help plan and lead warm-ups, drills, and team events.
  - Receive recognition for their contributions to the team.
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## **Accountability**

- Captains who fail to meet expectations may lose their leadership role.
- Coaches will address concerns with captains first and take further action if needed.
- Captains should maintain open communication with coaches about challenges in their role.



## Code of Conduct

To maintain a positive and respectful environment, all team members are expected to:

1. **Respect Others:** Show respect for teammates, opponents, coaches, officials, and fans.
2. **Exhibit Sportsmanship:** Be gracious in both victory and defeat.
3. **Commit to the Team:** Attend all practices, games, and team events. Arrive on time and be prepared.
4. **Maintain Academic Integrity:** Balance athletics with school responsibilities.

### Disciplinary Actions:

- Minor infractions (e.g., tardiness, missed practices) will result in warnings or temporary suspension from activities.
- Major infractions (e.g., bullying, unsportsmanlike conduct) may result in loss of playing time, game suspension, or removal from the team.

### Chemical Health Policy:

We will abide by the MIAA substance abuse policy. Any player found in violation of the policy will be disciplined by MVRHS in accordance with the policy below.

#### VI. CHEMICAL HEALTH POLICY

MVRHS has a firm stance on the health and well being of our students. It is our expectation that students will be present and engaged while at school. In addition, we believe that students must adhere to the standards set by the MIAA in regards to chemical health. The role of the school's administration is to support and enforce the rules set forth by our state association of athletics. In accordance with those rules, the principal or administrative designee will investigate all violations which are presented to them. If a student is found to be in violation of the chemical health policy, the principal and administration will implement any penalties consistent with the requirements of the policy.

- From the first allowable day of fall practice, through the end of the academic year or final athletic competition of the year, whichever is later, a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; vaping; or any controlled substance. This policy includes products such as "NA or near beer". It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by the athlete's doctor. This rule represents only a minimum standard upon which schools may develop more stringent requirements. This MIAA statewide minimum standard is not intended to render "guilty by association", e.g. many student athletes might be present at a party where only a few violate this standard.



- If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again. PENALTIES (MINIMUM) ● First violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. For the student, these penalties will be determined by the season the violation occurs. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. All decimal part of an event will be truncated i.e. All fractional parts of an event will be dropped when calculating the 25% of the season.

- Second and subsequent violations: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 60% of all interscholastic contests in that sport. For the student, these penalties will be determined by the season the violation occurs. All decimal part of an event will be truncated i.e. All fractional parts of an event will be dropped when calculating the 60% of the season.

- If after the second or subsequent violations the student of his/her own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum of 40% of events. The director or a counselor of a chemical dependency treatment center must issue such certification. All decimal part of an event will be truncated i.e. All fractional parts of an event will be dropped when calculating the 40% of the season.

- Penalties shall be cumulative each academic year. If the penalty period is not completed during the season of violation, the penalty shall carry over to the student's next season of actual participation, which may affect the eligibility status of the student during the next academic year.



## Communication Policies

### Internal Communication

- **Team Updates:** Updates will be sent via SportsYou. Check regularly for changes.
- **Chain of Command:** Players should address concerns directly with their coaches before involving parents.
- **Issues/Complaints:** A parent may not contact the coaches within 24 hours of the event or issue to be discussed. Parents should encourage their players to speak with the coaches directly before intervening. See below for steps to resolve issues/complaints.
  - Step 1: Player asks to speak with the coaches in person.
  - Step 2: If the issue is not resolved after step 1, the player will meet with the player's parent(s) and coaches to resolve the issue.
  - Step 3: If steps 1 and 2 do not resolve the issue, the player, parents, and coaches will meet with the Athletic Director and other staff as needed to resolve the issue.

### External Communication

- Players and parents are ambassadors of our team. Please maintain respect when interacting with other teams, officials, or the media.

### Contact Information

- Head Coach Mallory Watts: (248) 670-8323 or [watts.mallorye@gmail.com](mailto:watts.mallorye@gmail.com)



## **Health and Safety Protocols**

### **Injury Procedures**

- If a player is injured during a practice or game, they must immediately inform a coach or athletic trainer.
- Injured players must provide a doctor's note clearing them to return to play.

### **Emergency Contacts**

- Ensure your emergency contact information is up to date with the coaching staff.



## **Financial Policies**

### **Boosters Officers**

- President: Molly Chvatal
- Vice President: Allyson Metell
- Treasurer: Michelle Cacchiotti
- Secretary: Terie Geary

### **Fundraising Activities**

- Participation in fundraising events, such as the team banner and raffles, is encouraged to support team expenses.
- Fundraising is essential to our program. Please direct all fundraising questions to Molly Chvatal.

### **Budget Transparency**

- A breakdown of team expenses will be shared at the beginning of the season.



## **Acknowledgment of Team Policies and Expectations**

**By signing below, we acknowledge that we have reviewed and understand the expectations and policies outlined in the MV Girls' Varsity Ice Hockey Team Handbook. We agree to uphold these standards and to actively contribute to the team's success, both on and off the ice.**

**We understand that adherence to these guidelines is essential to fostering a positive, respectful, and productive team environment.**

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**Player Name:** \_\_\_\_\_

**Player Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent/Guardian Name:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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**Thank you for your commitment to the MV Girls' Varsity Ice Hockey program.**

**Go Vineyarders!**