



# **River Lakes Stars**

**Winter Sports Meeting  
Welcome!**

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# RLS Girls Hockey Notes

- Coaches: Andrew Maron, Bryce Savage, ?,?
  - Girls will have V & JV 25 games and about 30 players
  - Fees vary with each school and costs are divided
  - River Lakes Hockey is composed of 7 schools: EVW, NLS, Albany, SJP, BBE, Paynesville and ROCORI in a coop and ROCORI is the admin. school.
  - Issues should be brought up through home school AD.
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# MSHSL Stats

Students that participate in activities:

- Say the main reason to be out for sports is to be with friends and have fun
- Gain necessary life skills needed in a job such as teamwork..
- Tend to be better students and are more apt to further their education beyond high school
- Tend to make less destructive decisions and discipline issues

\*Students who participate as starter or not have the same tendencies

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- Very few athletes will become professionals
- Coaches and athletes in professional sports make millions
- Coaches in high school make very little
- Athletes pay to play
- Our kids play because they love the game and want to be part of a team
- Coaches coach because they love the sport and students
- Sports fans today have gotten to be very critical and negative
- We need to be Central Minnesota's standard of excellence in sportsmanship

# REALITY in Sports

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- Rules are different from RLS Youth Hockey.
- Students must not use chemicals-tobacco, drugs or alcohol - 2, 6 and 12 contests
- Students must fill out all necessary paperwork-contract, physical (every 3 years), fees
- Students must display good character-Code of Responsibility
- Hazing and (Social Media) Harassment and Racism are serious issues
- Students must maintain passing grades and GPA.
- All Schools have different policies for academics-check
- Students must be in attendance to participate that day-excused absences ok

# RLS Eligibility Rules

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REMEMBER:

- RLS Varsity Activities play to win
- JV play to develop and win
- All kids will play-Not always even
- This will create playing time issues

# Playing Time

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- Preparation is key to success
- Follow coaches plan-Offseason
- Involvement in other activities helps
- Strength Training is essential-Plans for each sport

# Activity Preparation

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# Team Roles

- **Players' roles:** academics, practice, commitment, character, performance-PLAY
  - **Coaches' roles:** character, commitment, planning, leadership, decision making-COACH
  - **Parents' roles:** encouragement, support, mentoring, paying bills-FANS CHEERING
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- Player and Coach Meeting (Coach needs open door)
- Player, Parent and Coach Meeting
- Administration (AD) involvement with Coach, Player and Parent
- No Emotion-24 hour rule

# Complaint Procedure

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- Cancellations? Weather policy of home site to make the call.
- Communication from Coaches?
- Practice times and places?
- Driving/Bus?
- Dress and Preparation?
- Illness?
- Parent Rides?
- Lockers-Take care of personal items
- **A special thanks to the Blue Line Club!!!**
- Parents can help with numerous job options at games. See team mgr.

# Winter Issues

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# Ending Thoughts



- Activities are an important part of education-very affordable
  - Our communities are passionate about activities
  - This is a great opportunity to play hockey!
  - Challenge-Lets support our programs and be a positive influence for all of our students and community!
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Open Door...for all 7 AD's

REMEMBER: Activity start dates-paperwork  
completion/online

# Questions?????

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