



CMHA Elite Program – Player Expectations

Welcome to the CMHA Elite (AA/AAA) Program. Being selected to represent CMHA at the elite level is both a privilege and a responsibility. As a player, your commitment, discipline, and attitude set the tone for your personal development, your team's success, and the integrity of our program.

Below are the expectations, standards, and core values that every Elite player is expected to uphold throughout the season.

1. Player Expectations

On-Ice Expectations

- Attend all games, practices, and development sessions unless prior approval is granted by the Head Coach.
- Arrive on time: Players must be **dressed and ready** for pre-practice or pre-game meetings and warm-ups as instructed by the coaching staff.
- Demonstrate a consistent work ethic and positive attitude during every session.
- Show respect to coaches, officials, teammates, and opponents at all times.
- Adhere to team dress codes and appearance standards on game days.

Off-Ice Expectations

- Participate fully in dryland training, team meetings, and any team-building events.
 - Maintain personal fitness, nutrition, and recovery habits appropriate for elite-level play.
 - Communicate professionally and respectfully with teammates, staff, and officials.
 - Represent CMHA positively in the community and on all social media platforms.
 - Report injuries or personal challenges in a timely and honest manner.
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2. Coaching Staff Expectations of Players

The coaching staff is committed to developing not only skilled hockey players but strong teammates and community ambassadors. In return, players are expected to:

- Be **coachable**: Open to feedback, willing to learn, and adaptable to instruction.
 - Demonstrate **leadership**: Regardless of your role, lead through effort, discipline, and positivity.
 - Maintain **accountability**: Take ownership of actions, on and off the ice.
 - Foster **team-first mentality**: Prioritize collective goals over individual accolades.
 - Commit to **growth**: Work consistently to improve skills, mindset, and teamwork throughout the season.
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3. Pre-Season & Evaluations

- **Arrival**: Players must arrive **no earlier than 45 minutes** prior to their evaluation ice time unless otherwise instructed by the Head Coach.
 - **Dress Code**: Players are expected to be **well-groomed and presentable** for all evaluations and official team functions.
 - **Progression**: Players advancing through intersquad will participate in **preseason tournaments**, which are **included** in the registration fees.
 - **Attitude matters**: Coaches will evaluate not only skill level but also attitude, effort, and coachability.
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4. Attendance & Scheduling

- All **on-ice and dryland training schedules** posted to the team website are considered **final** and have been approved by the VP of High Performance and the High Performance Director.
 - Absences must be communicated with as much notice as possible and are subject to review by coaching staff.
 - Players must **adhere to team policies** regarding curfew, attire, and conduct during travel or tournament events.
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5. CMHA Core Values

As a CMHA Elite player, you are expected to uphold the following **5 Core Values** in everything you do:



We treat teammates, opponents, coaches and officials with dignity and kindness, both on and off the ice. Respect creates a team culture.

RESPECT

We give our best every shift, every practice, and every game. Success is built on consistent hard work.

EFFORT

We approach challenges with positivity, sportsmanship, and resilience. A strong attitude drives growth and team spirit.

ATTITUDE

We bring our best to every battle, no matter the score. Competing with heart strengthens character and teamwork.

COMPETE

We represent our community with pride and integrity. Every action reflects our commitment to the game and each other.

HONOR

6. Final Notes

Your time in the CMHA Elite Program is a stepping stone not just in hockey but in life. Every action you take reflects not only on yourself, but on your team, your coaches, your family, and the association.

We are proud to support your journey and are committed to helping you succeed at the highest levels.

For any questions or support, please reach out to your Head Coach or the High Performance Director.