



## **CMHA Intro to Hockey (U7 & U9) – Player Expectations**

Welcome to hockey! Playing in CMHA's **Intro to Hockey Program** is about having fun, learning new skills, and being a great teammate.

### **1. On-Ice Expectations**

- Come to the rink ready to learn and play.
- Listen to your coaches and try your best at every practice and game.
- Show respect to your teammates, coaches, officials, and opponents.
- Always have fun and play fairly.

### **2. Off-Ice Expectations**

- Be a good teammate by encouraging others.
- Treat the dressing room, rink, and community with respect.
- Communicate with your coach if you can't make a game or practice.

### **3. CMHA Core Values**



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

**R**ESPECT

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

**E**FFORT

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

**A**TTITUDE

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

**C**OMPETE

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

**H**ONOR

#### 4. Closing:

Intro to Hockey is about fun, friendship, and learning to love the game. We can't wait to see you on the ice!

---