



## **CMHA Jr. Chaos (Female) Program – Player Expectations**

Welcome to the CMHA Jr. Chaos Female Program. Playing in this program is an opportunity to grow as a hockey player, build lifelong friendships, and be part of a supportive, empowering environment. As a player, your effort, attitude, and respect for others are key to shaping your experience and the success of your team.

Below are the expectations, standards, and values that every Jr. Chaos players are expected to follow throughout the season.

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### **1. Player Expectations**

#### On-Ice Expectations

- Attend all scheduled games and practices unless prior notice is given to your coach or team manager.
- Arrive on time and be prepared to play, listen, and participate fully.
- Always give your best effort, work hard, and maintain a positive attitude.
- Show respect to coaches, teammates, officials, opponents, and volunteers.
- Play fairly, follow the rules, and demonstrate sportsmanship at all times.

#### Off-Ice Expectations

- Support your teammates both on and off the ice—celebrate successes and lift each other up in challenges.
- Be respectful and responsible in the dressing room, at the rink, and in the community.
- Represent yourself and CMHA positively, including on all social media platforms.

- Communicate with your coaches if you are unable to attend a practice or game.
  - No cell phones in Change rooms.
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## 2. Coaching Staff Expectations of Players

Your coaches are here to help you develop your skills, confidence, and love for the game. In return, players are expected to:

- Be coachable: Listen, learn, and be open to feedback.
  - Show teamwork: Put the team first and support every teammate.
  - Take responsibility: Be accountable for your actions on and off the ice.
  - Stay positive: Encourage others, give your best effort, and have fun.
  - Keep improving: Strive to learn and grow each week.
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## 3. Evaluations & Team Formation

- Arrival: Players should arrive 30 minutes prior to scheduled ice time and be ready to play at the scheduled time for evaluations.
  - Evaluations are designed to rank players based on skill and ability, and to place them on the appropriate team accordingly.
  - **Jersey Information:** REP, RHL, Jr. Chaos (Female) & Intro to Hockey evaluations, players are required to bring both a black jersey and a white jersey to every evaluation skate. Jerseys must be plain, without names or logos, to ensure a fair and unbiased evaluation process.
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## 4. Attendance & Scheduling

- All game and practice schedules posted to the Jr. Chaos calendars on the CMHA website are considered final.
- Players are expected to attend regularly and inform their coach or team manager in advance if they will be absent.

- Players are expected to respect team guidelines and represent CMHA positively at all times.

## 5. CMHA Core Values

As a Jr. Chaos player, you are expected to live CMHA's core values:



**R**ESPECT

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

**E**FFORT

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

**A**TTITUDE

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

**C**OMPETE

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

**H**ONOR

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

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## 6. Final Notes

Being part of the Jr. Chaos Female Program is about more than just hockey—it's about friendship, empowerment, and pride in the game. Every shift you take and every action you make reflects on you, your team, and the CMHA community.

We are proud to support your journey and look forward to watching you grow both as a player and as a person.

If you have questions or need support, please reach out to your Manager or Female Program Director.

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