



CMHA REP Program – Player Expectations

Welcome to the **CMHA REP Program**. Playing REP hockey is a privilege that requires commitment, effort, and respect. As a player, your attitude and work ethic not only impact your personal growth but also shape your team's success.

1. Player Expectations

On-Ice

- Attend all games and practices unless prior notice is given.
- Arrive on time, ready for pre-ice warm-ups and instructions.
- Work hard every shift and maintain a positive attitude.
- Respect your coaches, teammates, officials, and opponents.
- Demonstrate sportsmanship at all times.

Off-Ice

- Support teammates in both successes and challenges.
- Be respectful in the dressing room, at the rink, and in the community.
- Use social media responsibly—represent yourself and CMHA positively.

- Communicate with your coach if you are unable to attend a game or practice.
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2. Coaching Staff Expectations of Players

Your coaches are here to help you succeed. Players are expected to:

- **Be coachable:** Listen, learn, and apply feedback.
 - **Be a good teammate:** Put the team before yourself.
 - **Take ownership:** Be accountable for your effort and behavior.
 - **Stay positive:** Encourage teammates and show resilience.
 - **Keep growing:** Strive to improve your skills and mindset.
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3. Evaluations & Team Placement

- **Arrival:** Arrive at the rink 30 minutes prior to your evaluation time.
 - **Team Formation:** Evaluations are designed to rank players and place them on appropriate teams.
 - **Effort & Attitude Count:** Coaches and evaluators consider sportsmanship, teamwork, and effort in addition to skill.
 - **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 practice and game schedules posted to the CMHA Website are considered final.

- Players are expected to attend regularly and notify coaches of absences.

5. CMHA Core Values

Players must live out the following values:



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

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

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

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

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

7. Closing Message

REP hockey is about development, teamwork, and respect for the game. Every action you take reflects on you, your team, and CMHA.

We are excited to support your hockey journey!
