

Embryo Minor Hockey Association



2024-2025
Handbook

EXECUTIVE 2024-2025

Position	Name	Contact information
Past president	Jordan Munro	
President	Sonya Green	President@embrohockey.com
Vice President/ Referee in Chief/ Timekeeper convenor	Josh Smith	
Secretary	Kaitlan Van Wely	
Treasurer	Jennifer Leversage	
Registrar/ Ice scheduler	Dana Colman	
Tournament convenor	Jordan Munro	
Grand River Local League representative	Jamie Cooper	
Equipment manager/ Coach convenor	Russ Fleming	
Player Development/ Jersey manager	Steve Baker	
Webmaster/Sponsorship program	Natalie Berg	
Banquet Convenor	Kayla Hamilton	
Ohio Convenor	Veronica Sterk	
Director at Large: Fundraising coordinator	Vacant	
Director at Large: Calendar Coordinator	Vacant	

WELCOME



The executive of the **Embro Minor Hockey Association** would like to take this opportunity to welcome you to our minor hockey club. We are dedicated to promoting the game of hockey for the enjoyment of all players, regardless of skill level. It is our goal to promote amateur hockey, sportsmanship and good citizenship among the players, parents and fans. We hope that every player will graduate from minor hockey with a love for the game and a desire to continue playing or coaching for the rest of their life.

The purpose of this handbook is to provide you with some basic information about what your family can expect over the hockey season, and what EMHA will expect of you.

Your team Coach will schedule a parent meeting at the beginning of the season and at that time you will be provided with further information, and you will be given an opportunity to ask questions.

As you review this booklet, remember that you are a member of EMHA, and every member is a volunteer. Hockey is a team sport and EMHA and the individual teams function best with everyone working together. We encourage the contribution and participation of all our members. Please reach out to us if you would like more information about becoming involved in EMHA.

We do not operate as a separate entity in the hockey world. The local association operates within the Constitution and playing rules adopted locally, by Grand River Local League, OMHA and Hockey Canada.

1. Hockey Canada (HC) www.hockeycanada.ca

2. Ontario Minor Hockey Association (OMHA) www.omha.net

3. Grand River Local League <https://grandriverll.ca>

“The Grand River Local League is under the jurisdiction of the Ontario Minor Hockey League to provide recreational (Local League) hockey to players 19 years and under. The centers involved are Ayr, Beverly, Embro, Hespeler, New Hamburg, Plattsville, St. George, Tavistock, and Twin Centre”
(Sourced from Grand River Local League website)

Levels of hockey offered by EMHA are as follows:
U5, U7, U9, U11, U13, U15 and U18.

Have a great hockey season!

Code of Conduct

As per the Ontario Minor Hockey Association:

“This Code of Conduct identifies the standard of behaviour which is expected of all Ontario Minor Hockey Association (“OMHA”) members and participants, including but not limited to all players, guardians, parents, coaches, officials, volunteers, directors, officers, committee members, convenors, team managers, trainers and administrators involved in OMHA activities and events.

The OMHA is committed to providing an environment in which all individuals are treated with respect. Members and participants of the OMHA shall conduct themselves at all times in a manner consistent with the values of the OMHA which include fairness, integrity and mutual respect.

During the course of all OMHA activities and events, members shall avoid behavior which brings the OMHA or the sport of hockey into disrepute, including but not limited to abusive use of alcohol, use of non-medical drugs and use of alcohol by minors. OMHA members and participants shall at all times adhere to the OMHA operational policies and procedures, to rules and regulations governing OMHA events and activities, and to rules and regulations governing any competitions in which the member participates on behalf of the OMHA.

Members and participants of the OMHA shall not engage in any activity or behavior which interferes with a competition or with any player or team's preparation for a competition, or which endangers the safety of others.

Members of the OMHA shall refrain from comments or behaviours, which are disrespectful, offensive, abusive, racist, or sexist. In particular, behaviour, which constitutes harassment, abuse or bullying, will not be tolerated.

Failure to comply with this Code of Conduct may result in disciplinary action, in accordance with the OMHA Code of Conduct Policies & Procedures, including but not limited to, the loss or suspension of certain or all privileges connected with the respective Member Association in the OMHA including the opportunity to participate in the OMHA and its' Member Association activities and events, both present and future.”

EQUIPMENT

It is important for all players to obtain appropriate and well-fitting equipment. Coaches and experienced parent volunteers can assist you if you are unsure about your child's equipment requirements. Please check equipment regularly during the season.

Resource link for proper fitting equipment

<https://www.youtube.com/watch?v=VtzUxPebp2k> (video from Hockey Canada)



Reference: <https://www.hockeymonkey.com/learn/youth-hockey-equipment-buying-guide>

REGISTRATION

Registration and fee schedule information is available on the website www.embrohockey.com under the Registration tab. To register, Respect in Sport must also be completed for first time registration.

- U5 – for players 4 years of age or younger
- U7 – for players 6 years of age
- U9 – for players 7 and 8 years of age
- U11 – for players 9 and 10 years of age
- U13 – for players 11 and 12 years of age
- U15 – for players 13 and 14 years of age
- U18 – for players 15, 16, and 17 years of age

Players are placed into age categories according to what age they will be by December 31 of the current calendar year.

FUNDRAISING

Fundraising is a particularly important way to subsidize our club's operational expenses which would otherwise be collected through an increase in registration fees. Our fundraiser program is "Cash Calendars."

AN INCOMPLETE TICKET WILL BE CONSIDERED INVALID.

Name: _____

Address: _____

Postal Code: _____

Telephone: _____

Seller's Name: _____



Thank you for supporting
Embryo Minor Hockey
License # MT66754

\$10,000
Prize Board



Embryo Minor Hockey Association presents...

CASH Calendar

\$25 EACH

Ontario residents only
Must be 19 yrs of age or older to win prize.

CASH PRIZES SHOWN ON CALENDAR POSTED AT THE ARENA.
A cheque will be issued & mailed to each daily winner - winning tickets are re-entered for each draw.
WINNERS WILL BE PUBLISHED ON THE EMBRO BULLETIN BOARD.

AN INCOMPLETE TICKET WILL BE CONSIDERED INVALID.

DECEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
\$100	\$50	\$50	\$50	\$50	\$50	\$100
8	9	10	11	12	13	14
\$100	\$50	\$50	\$50	\$50	\$50	\$100
15	16	17	18	19	20	21
\$100	\$50	\$50	\$50	\$50	\$50	\$100
22	23	24	25	26	27	28
\$100	\$50	\$300	\$500	\$50	\$50	\$100
29	30	31	Merry Christmas & Happy New Year!			
\$100	\$100	\$250				

JANUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			\$1000	\$50	\$50	\$100
5	6	7	8	9	10	11
\$100	\$50	\$50	\$50	\$50	\$50	\$100
12	13	14	15	16	17	18
\$100	\$50	\$50	\$50	\$50	\$50	\$100
19	20	21	22	23	24	25
\$100	\$50	\$50	\$150	\$50	\$50	\$100
26	27	28	29	30	31	
\$100	\$50	\$50	\$50	\$50	\$50	\$50
There's lots more prize \$\$\$ in February!						

FEBRUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						\$100
2	3	4	5	6	7	8
\$100	\$50	\$50	\$50	\$50	\$50	\$100
9	10	11	12	13	14	15
\$100	\$50	\$50	\$50	\$50	\$150	\$100
16	17	18	19	20	21	22
\$100	\$100	\$50	\$50	\$50	\$50	\$100
23	24	25	26	27	28	29
\$100	\$50	\$50	\$50	\$50	\$50	\$50
DAILY CASH DRAWS!						

MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
\$100	\$50	\$50	\$50	\$50	\$50	\$100
8	9	10	11	12	13	14
\$100	\$50	\$50	\$50	\$50	\$50	\$100
15	16	17	18	19	20	21
\$150	\$50	\$50	\$50	\$50	\$50	\$100
22	23	24	25	26	27	28
\$100	\$50	\$50	\$50	\$50	\$50	\$100
29	30	31	Thanks for your support!			
\$100	\$50	\$50				

How it works:

Each player pays for the calendars in the registration process. The cost is built into the registration fee. The first player in the household pays \$250.00 and the second player in the household pays \$125.00. The first player in the household will receive 10 calendars to sell or keep. The second player will receive 5 calendars to sell or keep.

Selling calendars: If you would like to recoup your \$250.00 or \$125.00, you can sell each calendar for \$25.00. Once you sell a calendar, ask the buyer to complete the top left corner with name, address, and phone number. (**we cannot mail their prize money to them if the address is incorrect or not complete). They will tear away that top left corner and give it to you. The buyer will keep the remaining calendar to reference the prize money for each day. Once you have all the "stubs," please put them in the box titled "Calendars" on the wall by the food booth at the arena. The box is on the wall to the right of the booth window.

The draws start December 1st so it is wise to have all your "stubs" in the box by then to ensure everyone has a chance to win. The box is emptied on a weekly basis. Winners' names are written on the large calendar poster found in the hallway to the dressing rooms.

If you choose to not sell the calendars, remember to enter your name on the stubs and place them in the box so that you have a chance to win.

TEAM ROLES AND RESPONSIBILITIES

Coaches: Each team needs a coach. This is a volunteer position that comes with responsibility and commitment. Each team may have several volunteers for the bench staff however there needs to be someone dedicated to act as Head Coach for the team. The coach role is to encourage and foster sportsmanship and teamwork amongst the players.

Duties include:

- Serve as the official spokesperson on behalf of the team.
- Coordinate the delegation of responsibilities to the other members of the bench staff.
- Plan on and off-ice activities in consultation with the bench staff
- Organize parent meeting to inform them on the team's hockey season plan.
- Plan, implement and control pre-game preparation and communication with the team.
- Design and implement practice plans.
- Coach the team in all games and practices.
- Establish rules for the team and oversee the supervision of the players.

All coaches must attend a coach's clinic to become certified. Other qualifications include completing: Respect in Sport (RiS) - Activity Leader or Speak Out! • Gender Identity & Expression Course • Hockey University – Planning a Safe Return to Hockey • Rowan's Law Resource Review & Acknowledgement. Police checks are required.

If you are interested in coaching, please complete a coach's application by August 15th. The application is found on the website under the "Bench Staff Information" tab.

Trainers: Each team should have a trainer on the bench during games. This individual is a parent that has taken the Hockey Trainer Certification Program [HTCP]. This is a risk management and safety education program for the volunteer hockey trainer. The ultimate goal of the program is to have all Hockey Trainers implement effective risk management on their own teams, where safety is always the first priority, both on and off the ice.

Some duties include:

Examines the arena and player for equipment and safety.

Develops and disseminates an emergency plan for injured players.

Brings the First Aid kit to all games and practices.

Provides on-ice assistance if needed though this is not a first aid provider position.
Provides an Injury Report that is made available to the attending physician in the event a player must attend Emergency.
Uses standardized tools to assess players for concussions.

Other qualifications include completing: Respect in Sport (RiS) - Activity Leader or Speak Out! • Gender Identity & Expression Course • Hockey University – Planning a Safe Return to Hockey • Rowan’s Law Resource Review & Acknowledgement. Police checks are required.

Team Managers/Parent Reps: Each team should have a team manager/parent rep. This person’s role is to be the “team communicator” and to help ensure the season goes smoothly. The below duties are not an exclusive list. All the below duties can be delegated to other team parents, but the team manager/parent rep is responsible for coordinating the duties and overseeing that they are completed.

List of duties:

Distributes the fundraising Cash Calendars to the players and families.
Coordinates a communication strategy for players and families i.e. What’s app.
Makes reservations at restaurants for team dinners if applicable during tournaments
Coordinates hotel bookings for tournaments
Communicates to the parent group about fundraising activities throughout the season.

24 Hour Rule

If a parent has an issue regarding an incident, we ask all parents/guardians to use the 24-hour rule before attempting to engage in conversation with the coaching staff, trainer, or parent rep. This allotted time frame allows all parties involved to gather their thoughts and not turn a potential disagreement into something other than a differing point of view and allows cooler heads to prevail.

Website, Calendar, and Schedules

It is important to check the website frequently. This is where all the information is posted. The website has a calendar. This is where all the games and practices are entered. The scheduler makes changes frequently, so it is important to sometimes check daily for the correct schedule. There is capability to link the calendar to your phone.

Picture Night

Team and individual photos will be available to purchase following our annual picture night. Teams may be dressed in full equipment depending on the coach's request. This typically is held in the large hall at the Embro Community Centre. This is a nice token to remember the team in coming years.

Year-end Banquet

The year-end banquet will take place following the regular hockey season. It is a night to honour and congratulate teams, and coaching staff for the season. The date will be posted on our website and tickets will be available for purchase.

Inclement Weather

If hockey is cancelled due to inclement weather, an announcement will be posted on the website.

Tournaments

EMHA hosts 2 tournaments each season.

1. Aaron Yeck Local League Tournament - U11
2. Embro Hockey Day in Canada - U9

For more information, please visit our website under the Tournament tab.

EMHA teams are welcome to participate in other tournaments.

Players and coaches will need to agree to enter these tournaments, all fees and other expenses will be covered by the participating team members.

Bursary Awards

EMHA offers 2 Bursaries for students entering their 1st year of post-secondary education.

1. The Carolyn Piett Memorial Bursary Award available to all female players who are 21 years of age or younger and have played most of their hockey career with EMHA.
2. The Aaron Yeck Memorial Bursary Award available to all players who are 21 years of age or younger and have played most of their hockey career with EMHA.

For more information, please visit our website under the “Bursaries tab.”

Annual General Meeting (AGM)

The annual general meeting (AGM) is held every spring. The meeting is open to all members of the hockey association, and we encourage all to attend. The date and time will be posted on the website.