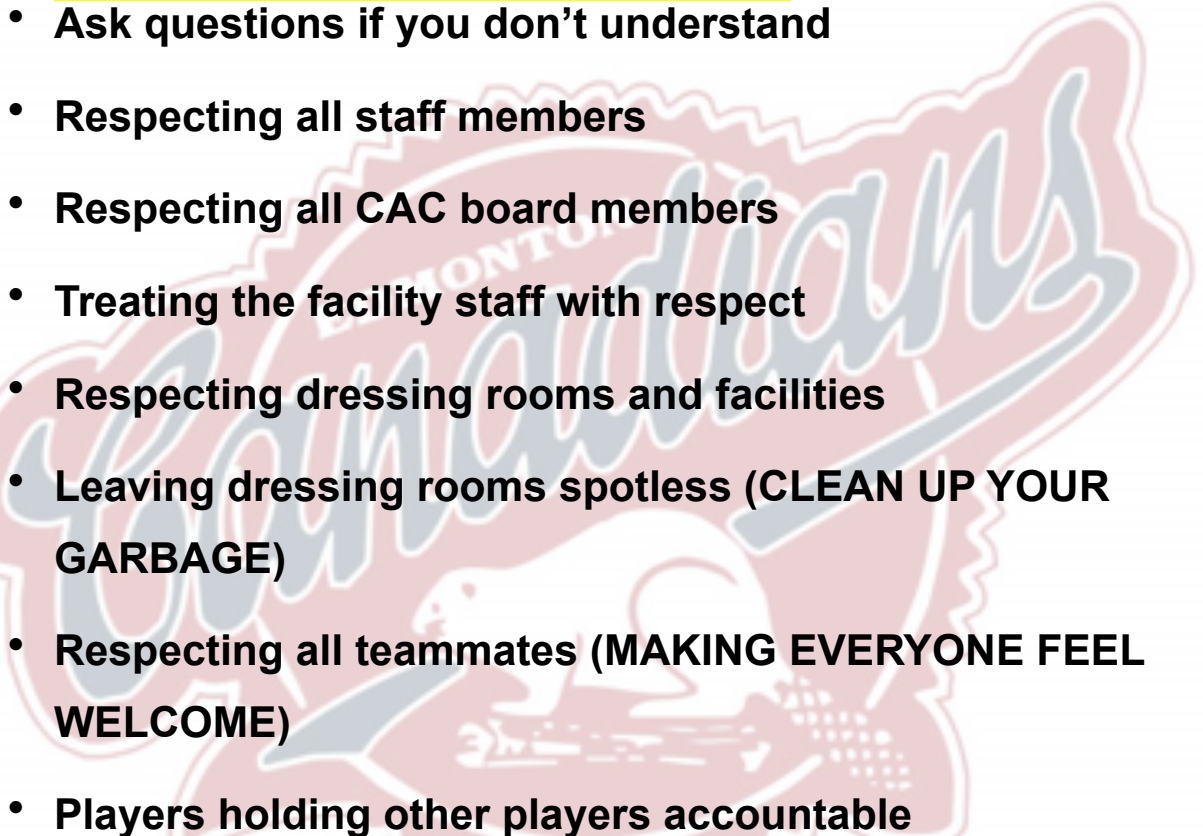


Expectations

- Be on time for ice sessions
 - Be ready 10 minutes before all ice sessions **(IF YOU ARE NOT 10 MINS EARLY, YOU'RE LATE)**
 - Ask questions if you don't understand
 - Respecting all staff members
 - Respecting all CAC board members
 - Treating the facility staff with respect
 - Respecting dressing rooms and facilities
 - Leaving dressing rooms spotless **(CLEAN UP YOUR GARBAGE)**
 - Respecting all teammates **(MAKING EVERYONE FEEL WELCOME)**
 - Players holding other players accountable
- 

CAC U15AAA Team Identity

- **Players Who LOVE Hockey, Not Just PLAY Hockey**
- **Hard Working Players/Compete**
- **Speed and Puck Possession**
- **Grit/Sacrifice**
- **Coachable Players**
- **Respectful People**
- **Leader/Character Type Players**

5 Wills:

Willing to Learn

- The will to be coachable and listen to feedback

Willing to Grow

- The will to learn from mistakes and make adjustments when coaches give feedback

Willing to Compete

- The will to battle and compete to the best of your ability (some days we have off days but still need to compete)

Willing to be Family

- The will to get along with teammates and supporting teammates

Willing to Have Fun

- The will to come to the rink and enjoy playing the game that you love every day whether it is a practice or game

Tryout Keys On Ice

- **Compete**
- **Work Ethic**
- **Communication**
- **Coachability**
- **Speed/Feet Moving**
- **First to Pucks**
- **First Passes**
- **Puck Support**
- **Disciplined**
- **Pucks on Net/Shoot to Score**
- **Good Teammates/Positivity**
- **Body Language**
- **Pressure Pucks**
- **Head Up/Look at Options**
- **Controlling Pucks on Stick**
- **Listen to Details**
- **HAVE FUN**

