



Player Orientation Packet

New Player info

Joining the team/expenses-

- Dues are \$525.00 for the 2010-2011 Season. We take new players at any time during the season. If you join, we are able to **prorate** dues based on your start date.
- Our team season is typically September through March.
- We skate on ice at the Everett Events Center. In the event that changes, we skate on other local ice.
- If you want to just come out and practice with us for an ice session with the team, the fee is \$20. That would be credited to your dues, should you choose to join the team after that (USA Hockey registration required).
- A membership/registration with USA hockey is required to be on the ice with the Ravens. Check out www.usahockey.com. Fee is \$30.00 (+\$1.00 affiliate fee) paid online to USA hockey.
- Jerseys are \$185.00. This would include home and away jerseys and socks (this is not a required up front expense, you can add a jersey package when you are ready). A deposit of ½ the cost of jerseys due upon order and will need to be paid in full before jerseys are given to the player.
- Tournaments have player fees that are determined by the host team. Usually around \$50.00. Travels expenses are the obligation of the player attending.

Practice/Games-

- Once a week (Tuesday evenings) are practice and/or games.
- We play local women's or co-ed teams.
- All play is non-checking level.
- We play tournaments throughout the season (usually at least 2) as well as we host our own tournament in March.

Attendance Policy-

- As we all know, hockey is a team sport. The primary way a team develops is not only by practicing individual skills, but also by focusing on common goals and strategies. When a team member misses a practice, not only does she fail to improve on her individual skills, but she may also restrict what the remaining players are able to accomplish.
- Please keep in mind that coaches volunteer their time to be available at each and every practice. Players are expected to take advantage of their coaching skills and instructions.

- Maximum player attendance at all practices is considered mandatory. If you are unable to attend a practice, please communicate this to a board member as early as possible. At the board's discretion, failure to communicate an absence and or/lack of practice attendance may result in the reduction of that individual's playing time in scheduled games.

Communication-

- Most team communication is done via email.
- Game rosters are developed by email response to game attendance.
- We also have an email lottery system for additional players that exceed our roster.
- For example, once an ice time has been confirmed for a game, you will get an email announcing the date, time, team we are playing and it will state "roster is now open." You will need to reply to this email as soon as possible to get your name slated on the roster for that game. Once the roster is full another email will go out to the team stating the players on the roster as well as "roster is now full." This email may request any additional players that are interested to reply to be added for the alternate's drawing. You then would need to reply to this if you did not make the open roster for the game. You will be notified if you are an alternate and you would need to bring your gear and be ready to play at that game.

Team Goals-

- We are a novice team that plays to enhance our experience and skill level of the game.
- We encourage women 16 years and older to join. We accept players of all skill levels and welcome beginners!
- We adhere to bench etiquette, i.e. no player intimidation on the ice, and coaches voice comes first from the bench.
- If a player has issues to discuss on or off ice-feel free to contact the Captain, Alternate Captain, or Player Representative. This can be of any nature. Comments and suggestions, player to player issues, practice feedback, etc.

Skating-

- Players are encouraged to get as much ice time under their belt as possible.
- We have players of all skill levels and work on various drills for the spectrum of learning and ability.
- Often players will meet up at free skates to work on drills and skating outside of practice.

Gear-

- Full gear is required.
- This includes the following from head to toe: Helmet, shoulder pads, elbow pads, practice jersey, gloves, hockey pants, shin/knee pads, socks and skates.
- Purchase of full set of gear just to get out there with us to see if the team is a fit for you, is not required. Just let us know and often times we can gather spare gear for you.

Players/Coaches-

- We currently have a roster of 10-15 players.
- We have 3 wonderful coaches!!
- Our team has great communication, high energy and very good helpful attitudes.
- We are fairly low key, we all just want to have a good time out there on the ice.

The Board

The Everett Ravens is part of the Everett Women's Ice Hockey Association. We are a non-profit organization that is run and managed by a board elected by the members. Board positions are as follows:

President	Tricia Green	tricia.green@premera.com
Vice President	Cynthia Fox	c.fox1966@gmail.com
Treasurer	Jolene Steen	sprintcarsnhockey@yahoo.com
Secretary	Gina Janisko	gjanbo24@yahoo.com
Player Rep	Emma Felten	emma.felten@yahoo.ca

Training Plan

If you are looking to DIVE into learning hockey with as many tools as possible, here are some of your options:

- Check out books from the library, also hockey DVDs are available.
- Heather Fosth is a skating coach at the Comcast Community Arena. She's awesome and you will learn excellent hockey skating techniques from her! She can be reached at 425-508-0660.
- Coach Sheldon Haskell has a wealth of skills to share and put you on a hockey training plan. He can be reached at 425-260-1960.

- Go to Silvertips games!! Excellent opportunity to watch game play. Especially if you go with someone that knows the game better and can talk you through it.
- Go to free skates and/or stick-n-puck sessions to practice your skating and to get your bearings on the ice.
- <http://ca.geocities.com/hockeyforwomen/welcome.html> is a good website for learning hockey terms and positioning.

If you are completely new to the "hockey game".....it will come. Just expose yourself to as much information as you can stand and end of season as well as next year you will find yourself leaps and bounds with terminology and game play. We are ALL constantly working on our skating and game!!

Tournaments

Every year our team attends several tournaments. The exact number depends on availability and roster of players. Typically we attend tournaments hosted by Wenatchee and another in Tri-Cities. The other definite tournament is our own tournament at the end of March.

Out of Town Tournaments-

Most players carpool to tournaments. There is no formal method of deciding this. Many times it is simply a matter of, "Hey can I get a ride from you?" The driver is usually decided by the person with the biggest area to store gear. Individual carpools arrange meeting times and places.

The same is true with hotel rooms. Between the casual conversation and email most people find a roommate, or two, or three. If a block of rooms has been set aside, the tournament coordinator sends out an email with the necessary information to officially reserve your room.

Families are welcome to join in tournament fun. Some players bring their husbands, children, friends, and extended family to tournaments. Having said that, some players do not bring family at all. You can choose to use a tournament as a time away from family or a time to hang out together away from home. It is up to you personally!!!

Next is food. This can actually be one of the biggest costs of a tournament because you end up eating out every meal. Once people check in to the hotel room numbers and cell phone numbers are exchanged so if someone decides to eat, go shopping, swim, go watch another hockey game people just call each other and see if anyone else wants to join.

It is a rarity that definite plans at the tournament are established in advance. The exact number of games and types of post-game activities depends greatly on the tournament. With a round robin you theoretically know when all of your games are as soon as you get the schedule. This is not the case if there are playoffs or championship games. The amount of advance notice with schedules also depends on the tournament; you should know it can sometimes be as late as a day or two before the tournament.

Dress is optional as well. Most players are very casual, the same might not be true for everyone. Usually you would have your hockey gear and just a few "normal" clothes. Hanging out around the rink is definitely casual. If game times are reasonable, then sometimes in the evenings people will dress nicer and go out.

This Out of Town tournament topic is to let you know that everyone is invited to tournaments. Yes we want to win. But tournaments should not be another stress in your life, they should be something fun.

Our Ravens Tournament-

Our tournament signifies the end of our regular season. Typically this would fall at the end of March. As with any large coordinated event, there is much to handle and complete to be prepared for our tournament. It is likely to have 18-20 teams in attendance and we strive to make it an exciting, memorable event for all players in attendance. This takes a lot of team effort off ice in planning and volunteering. Here's an idea of what needs to be handled. Many of these tasks and roles overlap and a tournament committee is formed to handle all these tasks cohesively.

ICE & GAME TIMES- Ice time must be booked and coordinated (usually involving 3 rinks). As well as a master schedule must be made for all game times, ice location and teams to play.

HOTEL- Hotel blocks of rooms need to be negotiated for visiting teams from out of area.

RAFFLE- We host a raffle at the tournament. This means ticket sales as well as handling of the disbursement of baskets to winners. This is a fundraiser for the team.

RAFFLE BASKETS- Team members put together baskets to raffle off for funds for the team. Often players pair up to do this and pick a "theme" to build their basket around. The time and money spent on these baskets are donation from players.

SPONSORSHIP- We need ideally at least \$1,000 in sponsorship. All players are asked to find sponsors for the tournament.

SCOREKEEPER/ LOCKER ROOM- We need scorekeepers and locker room coordinators at every game. All players are asked to bring and enlist family and friends to help.

REFEREES- Referees needed for all games and must be in line along with ice time and game schedules.

PICTURES- We take team photos to give to teams. This would mean someone designated at each game to take snapshots of each team in attendance.

TOURNAMENT LOGO- Typically we can find a volunteer to donate a bit of their time in graphic design to make changes or come up with a different tournament logo.

PROGRAMS- Programs must be made to list all details of game times, locations, raffle, etc.

MVP/PARTICIPATION/CHAMPIONSHIP- We give select MVP, participation and championship prizes to players. Things in the past have been: tote bags, sock tape, food certificates, small towels and bandannas.

TOURNAMENT SPONSOR THANK YOU-Following the tournament we provide thank you's to our sponsors to show our appreciation. Often these are small gift baskets.

This Ravens Tournament topic is to give an idea of how we strive to make a **GREAT** tournament with an outstanding turnout that grows the game of women's hockey in our area and raises funds for our team.

Website

www.everettravens.com

Here you will find TONS of information about the team, association docs, tournament, and image galleries. Check it out!

Rinks & Pro Shops

Castle Ice
www.castleice.com
12620 164th Ave SE
Renton, WA 98059
(425) 254-8750

Kent Valley Ice Center
www.familynightout.com
6015 S 240th St
Kent, WA 98032
(253) 850-2400

Highland Ice Arena
www.highlandice.com
18005 Aurora Ave N
Shoreline, WA 98133
(206) 546-2431

Olympicview Arena
www.olyview.com
22202 70th Avenue W
Mountlake Terrace, WA 98043
(425) 672-9012

Kingsgate Arena
www.snokinghockey.com
14326 124th Ave NE
Kirkland, WA 98034
(425) 823-1242

Lynnwood Ice Center
www.lynnwoodicecenter.com
19803 68th Ave W
Lynnwood, WA 98036
(425) 640-9999

Comcast Community Ice Rink
www.comcastarenaeverett.com/icerink
2000 Hewitt Ave
Everett, WA 98201
(425) 322-2635

**Olympic view offers a 10% team discount at the pro shop. Mention that you are a member of the Everett Ravens.

Play It Again Sports is a northwest hockey retailer as well.

Play it again sports
19513 Highway 99
Lynnwood, WA 98036
425-670-1184

*Be sure to use your USA hockey coupon. Also add your email to the Play it Again email list at the store to receive future discounts or promotions.