

SMHA Values and Culture Committee

Purpose: This document outlines ways that managers and coaches can encourage their teams to live the SMHA values, which will in turn support a healthy culture for a successful hockey season.

BELONGING

- **Organize a Team Building Activity:** Plan a season kick-off party for players and families; do a fun ice breaker activity; have an impromptu team social after practice (coffee & donuts in the parking lot); have the players contribute to a pump-up playlist.
- **Open Your Circle:** Invite a new hockey friend over to hangout after practice; welcome new team members with a card; encourage families to sit together at games.
- **Support Other SMHA Teams:** Gather the team to attend other SMHA home games; make signs; wear spirit wear.
- **Be Inclusive:** Greet teammates in the locker room/at the rink; invite another parent or player for a pre-practice/game walk on trail to Adventure Centre; consider individual dietary restrictions, abilities and interests when planning team events.
- **Celebrate Differences:** Emphasize the value of diversity on the hockey team and celebrate players' differences.
- **Be a "Big Buddy":** Help younger players - carry their bag, tie their skates, high five them

INTEGRITY

- **Start a Pre-game Ritual:** Consider incorporating a pre-game ritual or pep-talk that emphasizes integrity, discussing the team's commitment to sportsmanship and fair play.
- **Celebrate Strong Sportsmanship:** Acknowledge players who celebrate other team members' achievements; remind players and parents the importance of losing well; ask parents to "host" opposing teams at home games, just say hi or bring coffee to share
- **Teach Respect for Officials:** Teach players and parents to respect referees and officials, even when they disagree with their decisions; encourage players to thank officials after games (fist pump or hand shake).
- **Organize a Team Volunteer Day:** Encourage a team donation to the Squamish Food Bank, The Women's Centre or Community Christmas Care; create off-ice team activities such cleaning up a playground, visiting the Senior's Centre.
- **Remind Players to Lead by Example:** Acknowledge kids who help with puck and equipment clean up after practices; encourage players to say thank you to coaches after games and practices; teach locker room etiquette.
- **Show Gratitude:** Encourage the team to write thank you cards to their parents and team volunteers at the end of the season; encourage players and parents to learn the names of the Zamboni drivers (say hello, thank them)
- **Review the Code of Conduct:** Regularly review and update the player and parent code of conduct to ensure that it reflects the values of integrity and sportsmanship.

STRENGTH

- **Promote Physical Activity:** Schedule team dryland practice before games
- **Introduce Meditation & Mindfulness:** Schedule team mindfulness practice; encourage players to maintain a hockey journal; limit screen time before games.
- **Educate on Healthy Eating & Sleep Habits:** Schedule a food/dietitian talk for the team; have a curfew on game nights and during tournaments.
- **Reward Positive Behaviors:** Acknowledge players and parents when they show self restraint, humility, perseverance.