



## Welcome to Hastings Sharks Poly Hockey!

**PRACTICES:** Poly Hockey practices are scheduled on Wednesday evenings in the Pinecrest Elementary School gymnasium. Pinecrest Elementary is located at 975 12<sup>th</sup> St West, Hastings.

December	14 & 28 (no practice December 21st)
January	4, 11, 18, & 25
February	1, 8, 15 & 22
March	1 (practice will be held at the Tilden Community Center Gym)

Only Hastings Sharks athletes can practice with our team.

**PRACTICE TIME:** Arrive at 6:15pm. Practice is from 6:30 – 8:00pm. Please use the restroom before practice begins. Change from your street shoes into your gym shoes before walking on the gym floor. Bring a water bottle. Do not go into the gym until given permission by your coach. Do not enter the gym if it is occupied.

**TEAM SPORT:** Poly Hockey is a team sport. It is very important that our athletes understand the consequences to the entire team if they are unable to attend the regional or state competition. If you know that your athlete cannot attend either of the competitions, please do not register them for the team.

**COMPETITIONS:** A parent, friend or staff must accompany their athlete to the competitions and make sure they are ready to compete.

**Regional Competition:** January 28 & 29 at Breck High School, 123 Ottawa Ave E, Golden Valley, MN

**State Competition:** March 4 & 5, at Stillwater Area High School, 5701 Stillwater Blvd N, Stillwater, MN

**Athletes will never be turned away if they are unable to pay the participation fee. Contact Liz Alexander at 651-437-4277 to discuss participation fees. Information is confidential.**

## Poly Hockey Rules

**Special Olympics coaches prepare athletes to compete individually and as a team. A parent, guardian or staff member must attend all practices and competitions.**

**ATTENDANCE:** Please notify the Head Coach **Scott Tinucci (651) 695-9863** if your athlete is unable to attend a practice. Two unexcused absences from practice may prevent your athlete from competing in the Special Olympics State Poly Hockey competition or from qualifying for a Hastings High School letter.

**CODE OF CONDUCT:** All Hastings Sharks athletes and caregivers are required to read the Sharks Code of Conduct and agree to comply with the code when completing the online registration. Tobacco and /or vaping products are not allowed at practice or during a competition.

If you have any questions about this requirement, please contact Lisa Sieben at (651) 308-7475.

**PARTICIPATION FORMS:** The Hastings Sharks must receive all required Special Olympics paperwork, including a current physical examination before the first practice. Your athlete will not be allowed to participate if all paper is not on file with our team and Special Olympics Minnesota. You will be notified if any paperwork is needed.

**SUPPORT YOUR COACHES:** We are all volunteers! If your athlete is not participating, step in and help the coaches. If behavior is an issue, share a strategy with the coaches that will work for your athlete.

**We need coaches!** SOMN has a trained coach to athlete ratio for every sport. Please consider becoming a certified coach. Volunteers are not allowed to help coach unless they have completed the SOMN training and passed a background check. Contact Ray Kennedy (651) 402-8786 to start your certification.

**SAFETY:** You are responsible for your athlete's safety! **A parent, friend or staff is required to be in the gym during all practices.** Be prepared to take your athlete home when practice ends, especially if bad weather forces practice to end early. Athletes must be escorted by an adult/staff when using the restroom in the school. Our permit allows our team to use the gym only. We do not have the right to use other areas of the building.

**ELECTRONICS:** Please leave electronic devices at home. We want your athlete to be safe at practice and the Sharks are not responsible for lost or stolen items.

**UNIFORMS AND EQUIPMENT:** The Hastings Sharks will provide each athlete with team jersey and equipment for use during practice and competitions. Jerseys and equipment must be returned to coaches at the end of the state competition. Athletes will not be allowed to register for the next sport if all items have not been returned. Hats are not allowed.