

Youth hockey provides opportunities for young adults to grow physically, socially, and morally, families to come together, and strong communities to be built. In unfortunate circumstances, youth hockey yields youth dropping out of sport, unhealthy families, and communities driven by unreasonable expectations and violence.

EFFORT strives to create athlete-centered youth hockey in Massachusetts. It establishes a common philosophy in rinks and training centers that yields optimal hockey and personal development. An environment highlighted by:

- ★ Players respecting themselves and fellow competitors
- ★ Coaches focused on developing hockey players and citizens
- ★ Families supporting coaches, their children, and other youth
- ★ Spectators cheering the efforts of all game participants
- ★ Respect for the game of hockey
- ★ A zero-tolerance policy on violence and checking
- ★ A fun, encouraging atmosphere



For More Information Visit:

www.masshockey.com/Effort/



Building Strong and
Healthy Hockey
Communities in
Massachusetts



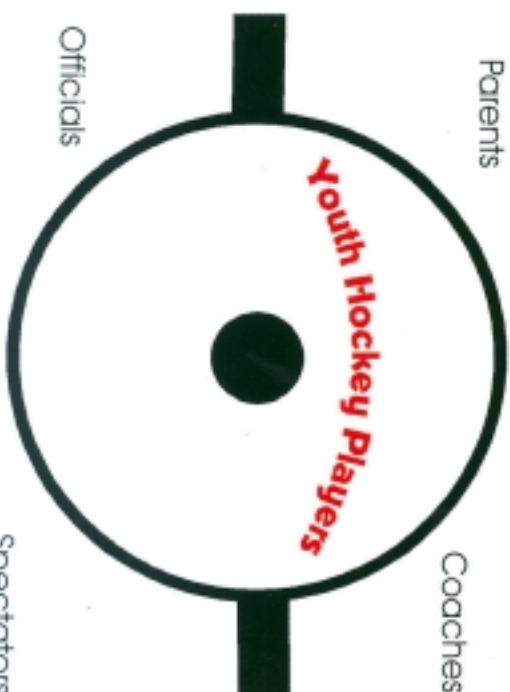
Essential Elements of EFFORT

- ☆ Young Athletes Bill of Rights
- ☆ EFFORT Compacts (players, coaches, parents, officials)
- ☆ Codes of Conduct
- ☆ Association Education and Legislation
- ☆ Website Support and Education
 - ☆ www.masshockey.com/Effort/
- ☆ Coach-Parent Meetings
- ☆ Player EFFORT Active Education
- ☆ Parent Reflection
- ☆ Visual Cues - Posters, Bag Tags, T-shirts

Together with team, family, and association support, these elements ensure **fun, safety, and high levels of play** in rinks around Massachusetts.

Center of Attention

- Kids play to...
- Have fun! - Learn new skills -
 - Laugh and compete with friends
 - Use their imagination -
 - Experience the excitement of hockey



A Philosophy for Building Excellent Athletes and Well-Adjusted Youth

The best hockey players come out of positive youth hockey environments. Perhaps more importantly, athletes who participate in youth sport programs fare better in school, adapt well to new social situations, have higher self-esteem, work well as part of a team, and are healthier than their peers.

Adult Roles at Hockey Games:

- ☆ Cheer for all good plays and efforts
- ☆ Say only positive things
- ☆ Model behaviors you would like to see in our children
- ☆ Respect and support officials, coaches, and fellow spectators
- ☆ Congratulate all players involved in the game
- ☆ Focus on and reinforce the positives
- ☆ Ask, "Did you have fun?" and "How did you play?" Success is found in striving.

Adults support....

- Having fun - The challenges of youth hockey - Coaches' decisions -
- Learning new skills and strategies -
- Socializing with friends - Safety

Model Positive Behaviors