



Billet

Information

Package

Dear Billet Family:

The goal of the Okanagan Hockey Academy is right in our Mission Statement.

“To encourage the achievement of each player’s full potential in Academics, Hockey, Sportsmanship and Citizenship through a stimulating and vigorous supportive environment.”

We’d like to take this opportunity to thank you for being a part of that goal. Without the support of you, the billet families, the program would not exist. The billet families help shape these athletes into young adults and help move them onto the next level in school and sports.

Attached you will find a copy of the rules and codes of conduct to which the players of the Okanagan Hockey Academy must adhere.

The players of the academy will be held responsible for their actions on and off the ice. Any type of actions performed by a player that impairs the credibility of the Okanagan Hockey Academy, the Penticton Secondary School and/or his teammates will not be tolerated.

"We are not here to just develop successful hockey players; we are here to develop successful individuals."

Each student must represent himself and the Academy at the highest level possible. The players of OHA are building a legacy with the core values of Dignity, Respect, Discipline, Honesty, Determination and Camaraderie for the students of tomorrow to follow. Each player will be expected to develop and maintain a work ethic that will be unparalleled in athletics and academics.

If you have any questions after reading this package please contact our Director of Residential Life, Daryl Meyers at 250.809.4202 or email darylmeyers@okanaganhockey.com

Best Regards,

Andy Oakes
President
Okanagan Hockey Academy

Player Expectations

We expect our players to be model citizens when enrolled in the Academy. To this end we have developed extensive policies and procedures that they must adhere to throughout the entire year when on ice, off ice, in school and in the home. Players attend monthly meetings where the code of conduct and rules are gone over so they are well versed in what is expected of them. These apply, not only to players who are billeted but, to players who live at home as well.

The other expectation we have is for the billet players to become part of your family. This is why, when recruiting families, we look for people who truly are looking for the family experience. We believe players should be thought of as one of your family members and should also obey the rules you have in your home. The players are told that they are moving into a family home and it will be different than what they are used to. This is part of developing the skills they need to move on in hockey and in school.

As the players are young adolescents they need to develop lifeskills that will assist them to transition into adulthood. Including them in doing chores, whether that be doing their own laundry, helping with dishes, and making their own lunch assists them to develop these skills. They are expected to assist with chores when needed and take on some responsibility with the family. They are young teenagers so they will need guidance to know what to do in your home. Don't expect them to know what to do and don't be afraid to ask them to help out. Mentorship plays a big role in our Academy and we expect our players to interact with your family especially if you have children in the home. We have relayed to the players that hanging out in their bedroom all the time, being on gaming systems and not socializing is not acceptable behaviour.

Technology is a big part of the player's life whether it is their cell phone, computer, or video games. It is our expectation that they turn off all technology at bedtime in order to have a good nights rest. This may mean having them leave it on the counter at night.

The following is a list of Rules and Codes of Conduct we expect from them. If you have any questions or need any clarification please do not hesitate to contact me.

Rules and Codes of Conduct

Academy Rules

Off-Ice Rules

1. Players are forbidden to use the substances listed below:
 - a. Alcohol
 - b. Illicit Drugs
 - c. Chewing Tobacco
 - d. Smoking Tobacco
 - e. Steroids

2. **Midget and Bantam** players are not to drive any vehicles, including billets, or have possession of a vehicle during their time at OHA (unless they are in Grade 12 or have been given a special waiver in the post season). Players are also not allowed to be a passenger in a vehicle if the driver is under 19 years of age.
3. Players are to adhere to all team and household curfews.
4. Players are not allowed to sleepover at another player's house unless given permission by their coaches and the Director of Residential Life

A. **Players On-Ice Code of Conduct**

1. I will play by the rules and in the spirit of the game
2. I will control my temper; fighting and mouthing-off can spoil the game
3. I will respect my opponents
4. I will do my best to be a true team player
5. I will remember that winning isn't everything and that having fun and improving my skills are just as important.
6. I will remember that coaches and team officials are there to help me. I will accept their decisions and show them respect.
7. I will respect the on-ice officials.

Household Rules

Curfews

Sunday – Thursday	9:30 pm at home for all OHA Midget Players 9:00 pm at home for all Bantam Players
Friday & Saturdays	10:30 pm at home for all Midget players 9:30 pm at home if there is a game the next day 10:00 pm at home for all Bantam players 9:00 pm at home if there is a game the next day

These curfews are to be followed by all players. Curfews may change depending on game schedules. The Academy Staff may make curfew calls any night of the week.

Meal Times

All players are to respect the meal times established by the billet family and be present and on time. Players should inform their billet families if they will not be home or on time for dinner. Players are expected to help out the billet families in the kitchen by assisting with meal preparation or meal clean up.

The importance of nutrition in an athlete's life is immeasurable. These players are on the ice six days a week and have dryland 4-5 times a week. In order for them to perform effectively in their academic and athletic lives they need the proper nutrition to fuel there mind and body. Growing athletes need a minimum of about 3000 calories a day in order to put on the weight and develop the muscle mass they need. We expect both our Billet Families and Players to use our nutritional program when it comes eating.

Chores, Duties & Responsibilities

All players are to respect the rules of their billets' homes and are expected to help out with some of the chores around the house. The billet families are to be given the utmost respect by the players.

The following are rules the academy has for its players in the billet household:

1. Make your bed in the morning and tidy up your room. All dirty clothes are to be picked up and placed accordingly and clean clothes put away.
2. Pick up and store any dishes or personal items after being used.
3. For players with billets who have younger children in the household, we ask that the player act as a role model with them.

Periodic room checks may be done to ensure that the players are keeping their living spaces clean. If you are having troubles with your player keeping their living space clean please contact Daryl Meyers and she will assist with the situation.

Each billeting home will vary in regard to expected chores and meal times.

School

Academics are also a vital part of the program. We would like to give these players every opportunity possible to play hockey at an elite level while pursuing an education. If your player's marks are low they will be put on a Study Plan until their marks improve.

The Study Plan is a program put in place to make sure that players are doing their homework. Players will be required to stay at school in the afternoon if they are on the study plan. They should also be doing homework at home so they can get their marks up and get off the study plan as soon as possible.

If a player's grade still doesn't improve on the study plan then practice time will also be taken away. They will have to study during gym and practice until their marks improve.

You will be notified if your player is on the study plan so that you are aware of the situation.

Billet Family Expectations

As a billet family we have some expectations of you, as well, in order to make sure the players are provided with a safe and nurturing place to call home. Looking after teenagers can be a challenge. Flexibility and a good sense of humour is what you will need. If you have teenagers already you will know what it is like. Along with this Billet families are to include the player in their family meals, some outings and be able to provide transportation on occasion when they need to pick up items or maybe want to socialize with other players. The billet fees are not meant to help pay your mortgage or your rent. A good portion of the

money will go to food as they are growing teenagers and there may be a bit left over to cover extra hydro and water.

When it comes to meals this is where the fun begins. Some families are content to make the players breakfast, lunch and dinner. Others would like them to make their own breakfast and lunch and this is all right by us. Breakfast is important for the players as they need the fuel in the morning to prepare for their workout in the afternoon. Players do not have an official lunch break and so they tend to "graze" all morning. They go right from school to work out or being on the ice and do not have time to eat a full lunch. Please supply them with food they can eat quickly and often during the morning, a wide a variety of foods including fruit and vegetables is important. We do expect that dinner be made for the players each evening and that they sit down with the family to eat most nights. This does not mean you have to put your life on hold each night and not go out. Our expectation is if you are going to be out for the dinner hour then a prepared meal be there for the player to eat. They have put in a very long day and we do not expect them to come home and have to prepare, from scratch, their dinner. They are capable of putting a plate in the microwave and heating up their dinner though.

The schedule they adhere to is extensive and for most exhausting. In order for them to increase muscle mass and weight they need a nutritious balanced diet. It is imperative that the players receive enough nutritious food and are not hungry. Everyone's idea of healthy is different. **Our interpretation is that most meals be cooked from scratch. Chicken fingers, fish sticks, frozen pizza, KD and other frozen meals are alright on a limited basis. Providing a variety of healthy food, not pre-packaged food is the best.** Families are expected to provide enough food for 3 meals a day and snacks; this would include fruits, vegetables and a variety of other healthy foods to snack on. Our athletes will eat more than the average teenager and we know how much a teenager eats. OHA does not expect you to provide any nutritional supplements such as protein powder or vitamins, Gatorade; the players are responsible for these kinds of things. A nutritional seminar will be provided for the Billet Families so they are kept up to speed on how to feed a growing athlete.

Every effort is made to match players with families. The best way to get off on the right foot is when the player first arrives. Set aside a time to have a family meeting and discuss likes, dislikes, rules of the house and your expectations. There will certainly be some give and take on both sides as there is with every family. If you do find that your player is having a tough time adjusting please contact the Director of Residential Life to have the situation resolved. It has been found that if small things are addressed right away then it sets the stage for a very successful year. We also expect you to inform Daryl if a player in your home is breaking any rules so we are able to deal with them. Remember they are away from home and OHA is responsible for their wellbeing while they are here. We count on you to assist with this. Billet families are not permitted to make final decisions on sleepovers, curfews etc. This is left to their Coach and Director of Residential Life.

Billet families are given a remuneration of \$600.00 a month plus season tickets to the Penticton Vees. A huge percentage of this money will go to feed your player. This is not a program where the billet money is used to augment your mortgage, rent or other bills. It is not considered income and should go to take care of the player.

We trust your experience will be an amazing one as it has been for many people over the years. Some of the comments we have received from Billet Parents are:

Extremely polite boys, well behaved, a pleasure to have (family who had 4 players).

Loved having the young peoples' energy in our house.

I like the way the boys are trained to respect themselves and others.

We all enjoy the interaction with the boys and their families.

How well the information was relayed to us, curfew checks were amazing.

The enjoyment of watching them develop over the year.

The bonding that occurs with the other boys and with the children in our family.

Lasting friendships.

Support from OHA when needed.

The program is extremely well run.

Frequently Asked Questions

Most people have the same questions when inquiring about billeting. We have put together some answers to these frequently asked questions below. If you have any more questions or would like something clarified after reading this package please call Daryl Meyers @ 250.809.4202 or email darylmeyers@hockeyschools.com

Do we have to have a place for them to store their gear?

No, we have dressing rooms at the rink where they hang their gear up everyday.

How do we know what they are doing?

We send out a weekly schedule, via email, on the Thursday before so you know exactly what is going on for the coming week.

What happens if we leave for the weekend or go on holiday?

We don't expect your life to stop because you have a billet. If you are leaving for a week, weekend, or even a night, please contact Daryl. We will arrange to have your player put into a temporary house while you are out of town. We will deduct some money from your next months billet cheque to compensate the temporary house for taking your player.

What do you expect with regards to meals?

For breakfast and lunch all we ask is that the kids have access to food for both of these meals. We don't expect you to make their breakfast and lunches for them but you are more than welcome to if you want. When it comes to dinner we ask that a meal is there for them. We don't mind if they have to heat something up in the microwave because of scheduling conflicts.

Do we do their laundry?

No, we do not expect you to do their laundry. The boys are more than capable of doing it themselves as long as you show them how to run the washer and dryer.

Do we have to drive the kids around once they are dropped off at night?

We do ask that you do drive the kids around once and awhile so they can do some errands, go watch a movie or hang out with some friends. We don't expect you to drive them every single time but it is expected that they are able to hang out with friends, go to the movies, shopping, etc when their schedule permits.

What do we do if we have a player who is not obeying the rules?

Do not be afraid to discuss the rules to them and give them gentle reminders about curfews and such. They are like a son/daughter in your home and OHA is alright with you enforcing the rules. If mentioning the rules again does not stop the behavior then please contact Daryl, Director of Residential Life right away. Sometimes the player forgets how important the rules are. We are more than happy to meet with a player and relay this information to them. It is in your best interest to report any infractions to the Director of Residential Life. By doing this the behaviour can be put in check. We want to take the responsibility of players obeying the rules out of your hands. This way we can ensure the player knows the expectations and that their behaviour will not be tolerated. Trying to deal with it yourself or ignoring it usually increases the likelihood of more incidents.