

## OUR TEAM AGREEMENT

According to the dictionary, an agreement is "the act of coming to a mutual consensus or understanding." In the setting of a team expedition such as a hockey season, a group agreement is valuable for setting standards, establishing rules, and defining boundaries that will make this year a success for everyone on our team.

The agreement for this team will have two sections. The first section has been created by coaches, leaders, and mentors who have logged many team/hockey miles. We will discuss them as a team to make sure you understand why they are so important, but since they are rooted in your safety or in the fundamental mission of LHA/CAHA programs, they are not negotiable. The second section will be created by you. It should set your group apart from any other LHA team before or after you. When building it, you should be creative, honest, empathic, and vulnerable.

### **Section 1. Just as every other LHA 18U AA participant before me, I agree to:**

- disconnect from unnecessary technology.

*I will not allow my devices, or my actions thereupon, to negatively disrupt, distract, or harm others or myself in any way.*

- care for myself, my teammates, and our community in a harsh competitive environment.

*I will protect myself and others from injury of body, mind, and spirit, because I am responsible for my mental, emotional, physical, and spiritual well-being.*

- practice the PONY principles of respect (Property, Others, Nature, You).

*I will respect Property, Others, Nature, and Myself.*

### **Section 2. These are agreements we unanimously accept. To set our team apart from others, we agree to:**

