

WACHUSETT REGIONAL HIGH SCHOOL ATHLETIC DEPARTMENT



Boys Ice Hockey Program Expectation Sheet

- The Varsity team usually consist of 18-22 players, while the JV team is usually made up of anywhere from 15-20 players depending on the number of students who try out and ability of those players. Because of the limited practice time the JV team is allotted, the varsity team will often keep three to five alternate players that will practice with varsity, but only play in JV games.
- A typical week for the varsity team consist three one-hour, on-ice practices on Monday, Tuesday, and Friday at the North Star Forum in Westborough with games falling on Wednesday and Saturday. The team also participates in an off-ice strength and conditioning program on Tuesdays and Thursdays. Occasionally, we will watch video of our games on Thursday after our lift. Players are expected to be dressed and ready to practice 15 minutes prior to getting on the ice. Players are expected to arrive at games one hour before the scheduled start of the game. Sunday is typically an off day.
- The JV team typically has one on-ice practice per week which is Sunday at the Veterans Skating Rink in Gardener. The JV team will also play one to two games per week.
- Equipment Needed: All players are expected to have their own hockey equipment including, but not limited to skates, shin guards, socks, pants, cup, shoulder pads, elbow pads, gloves, and specifically a black helmet.
- Fundraising: All players are expected to participate in the team's fundraising efforts. Fundraising is used to offset the cost of team apparel and to help to defray the cost of the annual banquet at the end of the season.
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