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# SUN PRAIRIE HIGH SCHOOL HOCKEY



## HANDBOOK 2021-2022

WIAA State Champions – 1997

WIAA State Runner-up – 1989

6 – WIAA Sectional Championships

6 – Big 8 Conference Championships

Groundhog Tournament Champions – 2001, 2004, 2010, 2020

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# PHILOSOPHY

The Sun Prairie High School Hockey Team has a tradition of success which is based on the simple philosophy of hard work, continuous teaching and a respect for the sport. This approach has resulted in a WIAA State Championship, six appearances in the WIAA State Hockey Tournament and six Big 8 Conference Championships.

The coaching staff promises to work hard with each athlete so they will understand the importance of self sacrifice and help them reap the benefits of their efforts and dedication. Our intention is to create an environment that will provide each athlete the opportunity to grow both individually and as a part of the team. The coaching staff will encourage each athlete to work as hard as possible to help the team reach common goals.

Teaching is the backbone of high school athletics. Our athletes will be exposed to a number of systems and will be responsible for learning and executing them to the best of their ability. In addition to hockey, each athlete will also learn about team work, support and other characteristics that will help them later on in life.

The game of hockey has been around for a long time. It is our intention to help our athletes develop a respect for the game that will last for a lifetime. We are privileged to play such a great game and we will constantly remind our players that the game is much more important than anything we may accomplish in the short term. We have all taken from the sport. We hope that learning to respect the game will remind our athletes to give something back someday.

Finally, we plan to provide a lot of enjoyment for the players during the season. While working hard will be demanded, we want each player to know that having fun is also part of the equation for success.

Hockey is fun; we don't plan to change that.

## 3 PILLARS OF SUN PRAIRIE VARSITY HOCKEY PREPARE—COMPETE—CONTRIBUTE

**LETTERING/AWARDS:** Athletes that play in 2/3 of varsity games (may change depending on injury), are in good standing and contribute to the success of the team during the course of the season will earn a varsity letter in hockey. In addition, the team and coaching staff will name a team MVP, a Most Improved Player and a Churchill Award winner. In conjunction with the Hobey Baker Foundation, one student athlete will be awarded the Hobey Baker Character Award. All conference 1st and 2nd teams, plus honorable mention selections will be made at the end of season conference coaches meeting in March. The Wisconsin Hockey Coaches Association selects a Player of the Year and determines the All-State teams, also in March.



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# EXPECTATIONS

The coaching staff expects each player to work as hard as possible both on and off the ice. Academic performance, attendance, and respect for teammates, teachers, parents and coaches are all important elements to being a member of the Sun Prairie High School Hockey Team.

Specifically, we expect each player to:

- Attend all classes each day during the school year
- Follow the SPHS Athletic code in and out of season
- Put school first, athletics second
- Be on time and attend all practices and team functions
  - **ALWAYS** notify the **HEAD COACH** when unable to attend a team practice or function
- Follow all team rules regarding the locker room, travel, dress code and behavior
- Give maximum effort during all practices and games
- Respect teammates, officials, opponents and coaches at all times
- Be prepared physically and mentally for all contests
- Represent our team, school and community with class at all times
- Respect SPHS equipment and hockey facilities used and/or visited

Athletes who are unable to meet these expectations will face one of the following consequences based on the severity of the incident.

- Meeting with the coaching staff and/or parents
- Dismissal from practice
- Loss of playing time
- Dismissal from the team



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# PRACTICE & TEAM FUNCTIONS

All on-ice practices are at the Sun Prairie Ice Arena.

## JV PRACTICES:

Mondays :: 6:00-7:00 a.m.

Tuesdays-Fridays :: 3:45-4:45 p.m.

Wednesdays & Fridays :: 5:30-6:30 p.m. :: Workouts at the High School

## VARSITY PRACTICES:

Mondays -Fridays :: 3:45-5:15 p.m.

Wednesdays & Fridays :: 5:30-6:30 p.m. :: Workouts at the High School

Varsity players are expected to be available until 6:30 p.m. for workouts and meetings.

*We will be providing a calendar that everyone will have access to review and double check times, as there are certain dates and times that vary.*

From time to time, the players will also be expected to attend team functions. The players will receive advance notice when the functions are not during the normal practice/meeting time periods.

The school district has an emergency school closing policy. In the event of a cancellation, the team will be notified by the coaches and/or the school regarding the impact on practices and/or games. *Please note that if school is cancelled, the premise is that all events will be cancelled for that day including practices and games.*

## **VOLUNTARY PRACTICES ARE NOT ALLOWED.**

As a member of the Sun Prairie High School Hockey Team, players will be expected to participate in community service events. Throughout the season, there will be opportunities for players to work with children within the Sun Prairie Youth Hockey Association by working with specific teams and running skill sessions. This is a part of our team mission to support our community and give back to a game we have all benefited from.



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# TRYOUTS / SEASON

*All players planning to participate in the 2021-2022 must:*

- Have a current physical examination form on file in the Athletic Office
- Complete the athletic registration through Infinite Campus opens October 1:  
[www.sunprairieschools.org/high/athletics/forms](http://www.sunprairieschools.org/high/athletics/forms)

Further information on Registration:

<https://resources.finalsite.net/images/v1623424440/sunprairiek12wius/qzhc2qb0o9btsdijn8ww/SummerEmailtoEmail2122.pdf>

**\* Note there will be an \$95 athletic fee that will be paid at the time of online registration.**

## THE 2021-22 SEASON WILL BEGIN ON MONDAY, NOVEMBER 8, 2021.

Tryouts will be held November 8-12. All players who tryout will be selected for either the JV or Varsity team. Final selections will be announced on Friday, November 12, 2021. Following Friday's practice, each player will meet with the coaching staff to discuss their individual team placement.

At this time, we anticipate the Varsity roster will hold roughly 15 skaters and 2 goalies while remaining players will be assigned to the JV roster. Our schedule this season allows for the Varsity and JV rosters to be flexible for both practices and games. We look forward to providing opportunities for 5-6 JV players to finish daily practices with the Varsity team and/or suit up for Varsity games.

All JV and Varsity players will be required to attend Equipment Handout and Locker Selection on Friday, November 12, 2021, AND Team Pictures on Saturday, November 13, 2021 at 6:15 a.m.

**DO NOT MAKE ANY PLANS FOR FRIDAY NIGHT or SATURDAY IF YOU PLAN TO PLAY SUN PRAIRIE HIGH SCHOOL HOCKEY.**



During tryouts, players will be evaluated based on fundamental hockey skills, game knowledge and performance, attitude, work ethic, dedication and respect for the game. Attendance, grades, behavior and code violations will also be included as part of a player's evaluation.

***The following criteria will be used to evaluate players during the tryout period:***

***Skating:*** The players' technique, speed, balance, agility, and power.

***Puckhandling:*** The players' ability to control the puck while skating in a straight line, turning, stopping and starting. Puck protection and control in tight areas is also considered.

***Passing:*** The players' ability to accurately pass to a target while moving, as well as, the ability to receive a pass.

***Shooting:*** The players' ability to accurately shoot a puck in a variety of situations. Scoring ability is also considered.

***Body Contact:*** The players' ability to handle physical play and body checks, as well as, their ability to gain puck possession through the use of appropriate body contact techniques.

***Knowledge:*** The players understanding of game rules, procedures, and positioning.

***Hockey Sense:*** The players' ability to read and react to the play appropriately.

***Attitude:*** The players' ability to handle success and failure, as well as, coaches instruction.

***Intensity:*** A measure of the players' work ethic and effort.

# INJURIES

All players are required to provide and wear protective equipment during the tryouts, including mouthguards. Team equipment will not be distributed until after the team is selected.

If an injury occurs during practice, the coaching staff will determine the action required based on the severity of the injury. The Athletic Trainer will be notified immediately and, if emergency personnel are required, the coaching staff will initiate the 911 call.

In all emergency situations, the parents will be contacted by the coaches. For minor injuries, the coaches and/or athletic trainer may rely on the player to communicate the extent and follow-up requirements to the parents.

Anytime the Athletic Trainer determines that an athlete needs a follow-up from an injury it will take place in the training room at the High school immediately following class the next day. The athlete will be excused from the first part, or all of practice when visiting the athletic trainer.



# SUN PRAIRIE HIGH SCHOOL HOCKEY SCHEDULE 2021-2022

Tue	Nov 18	7:00 PM	Oregon (Scrimmage)	HOME
Tue	Nov 23	7:00 PM 5:00 PM	Beloit Memorial JV T.B.D.	HOME HOME
Thu	Dec 2	7:00 PM 5:00 PM	Madison LaFollette/East Lakers JV T.B.D.	HOME HOME
Sat	Dec 4	T.B.D. T.B.D.	Onalaska JV Onalaska	Away Away
Tue	Dec 7	7 or 8 PM 5 or 6 PM	Middleton JV Middleton	Away Away
Thu	Dec 9	7:00 PM 5:00 PM	Janesville JV Janesville	Away Away
Tue	Dec 14	T.B.D. T.B.D.	Madison West JV Madison West	Away Away
Fri	Dec 18	7:00 PM 5:00 PM	Verona JV Verona	Away Away
Tue	Dec 21	7:00 PM 5:00 PM	Arrowhead (Staff Appreciation) JV Arrowhead	HOME Away
Thu	Dec 23	T.B.D. T.B.D.	Madison Memorial JV @ T.B.D.	Away Away
Tue	Dec 28	T.B.D. T.B.D.	Joe Raymond Tourny @ Naga-Waukee JV @ Culver's Cup Tournament	Away Away
Wed	Dec 29	T.B.D. T.B.D.	Joe Raymond Tourny @ Naga-Waukee JV @ Culver's Cup Tournament	Away Away
Thu	Dec 30	T.B.D. T.B.D.	Joe Raymond Tourny @ Naga-Waukee JV @ Culver's Cup Tournament	Away Away
Tue	Jan 4	7:00 PM 5:00 PM	Madison West JV Madison West	HOME HOME
Thu	Jan 6	7:00 PM T.B.D.	Beloit Memorial JV @ T.B.D.	Away Away
Fri	Jan 14	7:00 PM	D.C. Everest	Away
Sat	Jan 15	2:00 PM	Wisconsin Rapids	Away
Tue	Jan 18	7:00 PM 5:00 PM	Sauk Prairie JV Sauk Prairie	HOME HOME
Thu	Jan 20	7:00 PM 5:00 PM	Middleton (Parent Night) JV Middleton	HOME HOME
Tue	Jan 25	7:00 PM 5:00 PM	Madison Memorial (GHT #1) (Sr.Night) JV T.B.D.	HOME HOME
Fri	Jan 28	TBD	TBD (GHT #2)	HOME
Sat	Jan 29	TBD	TBD (GHT #3)	HOME
Tue	Feb 1	7:00 PM 5:15 PM-Tubbs	Janesville (HNiSP-Youth Night) JV Janesville	HOME HOME
Thu	Feb 3	7:00 PM 5:00 PM	Verona JV Verona	HOME HOME
Tue	Feb 8	T.B.D. T.B.D.	Madison LaFollette/East Lakers JV @ T.B.D.	Away Away

Regionals Feb 15 & 17 or 18

Sectionals Feb 22 & 25

STATE Mar 3, 4, 5

BANQUET @ High School  
Mar 6 (4:30-7:30pm)



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# CONTACT INFORMATION

## COACHES

**Head Coach:** Troy Giesegeh

Address: 612 Featherwood Pass, Sun Prairie, WI 53590

Phone: 608.239.2550

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Asst. Coach: Austin Luxford

Phone: 608.692.5718

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Asst. Coach: Chris Rentschler

Phone: 920.397.0176

E-mail: [crentschler20426@gmail.com](mailto:crentschler20426@gmail.com)

**JV Head Coach:** Beau Bingham

Phone: 608.513.5313

E-mail: [hockeybeau14@yahoo.com](mailto:hockeybeau14@yahoo.com)

Asst. Coach: Mike Mosso

Phone: 608.843.9606

E-mail: [mmosso@mmiemail.com](mailto:mmosso@mmiemail.com)

## ATHLETIC DEPARTMENT

**Athletic Director:** Eric Nee

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Administrative Assistant: Deb Harbort

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Clerical Assistant: Melinda Ripp

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**Athletic Trainer:** Ben Becker

Phone: 608.834.6859

E-mail: [bbecker@uwhealth.org](mailto:bbecker@uwhealth.org)

## SUN PRAIRIE HOCKEY BOOSTER CLUB

**President:** Stacy Hollfelder

E-mail: [sunprairiehbc@gmail.com](mailto:sunprairiehbc@gmail.com)

