



Markham Waxers
House League
Orientation

Orientation

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Welcome to the Waxers

The Markham Minor Hockey Association, founded in 1965, runs competitive and house league ice hockey programs in the city of Markham. In the 2024-2025 season over 1,200 children, ages 4 through 20, participated. Many professional hockey players began their playing careers in MMHA programs, including Michael Del Zotto, Brendan Gaunce, Cameron Gaunce, Cody Hodgson, and Steven Stamkos.

We are committed to creating a hockey program that is ***fun*** and where participants can ***develop and learn*** the techniques of the game and sportsmanship in a ***safe, nurturing environment***.

The focus of our house league program is on introducing the game of hockey to beginners and developing the skills of all players. But it's not just about hockey. Waxers House League players also learn how to be a contributing member of a team; to respect each other, their coaches and the referees; and to enjoy the benefits of being physically active.

Our mission statement can be summed up in three words: ***fun, fitness, friendship***.

Waxers House League Program Highlights

- Recreational hockey program for ages 4 through 20
- Season from mid-September through the end of March
- Weekend practices and games at local Markham arenas
 - Mt. Joy (MJ) Community Centre
 - Markham Village Community Centre (MVCC)
 - Centennial Community Centre (Cent)
 - Milliken Mills (MM) Community Centre
 - Angus Glen Community Centre (AG)
- Certified and trained coaches and trainers on every bench
- Coach development and mentorship
- Hockey jersey with player name and socks—*pick your own number!*
- Goalie equipment provided
- Free, weekly goalie clinic
- Development Clinics
- Year-end championship weekend with trophies and/or medals for all players
- Volunteer and Sponsor Appreciation Night
- Individual and team photos

Parent Respect in Sport

The Ontario Minor Hockey Association (OMHA) requires all on-ice volunteers, on-ice officials, and parents to take the appropriate “Respect” education. The program is a proactive, educational program that empowers parents with the tools to ensure the game is enjoyable and respectful for themselves, their children, and all other stakeholders in the game.

At least one parent or guardian of each player registered in minor hockey in the OMHA must complete the online *Respect in Sport Parent Program* prior to registration. Fee for the course is \$12.00. You only need to take the program once—it does not expire.

You must have your child's HCR (Hockey Canada Registry) profile number to attach your completed Parent Respect in Sport certification to their profile properly and to meet the requirement to play. If you do not know it, please email us at admin@waxers.com and provide your child's name as it appears in HCR and their date of birth. If you attempt to attach your RIS certificate to them using only their name, you will create a duplicate profile.

If you have taken the program for another child or another sport, add your child's HCR number to your Respect in Sport account by way of their Child Management tab,

[Instructions on how to complete the Parent Respect in Sport program](#) and update your account may be found on our website: Home → House League → Requirement to Play: Parent Respect in Sport.

Please note: We do not use a pre-registration code for Parent Respect in Sport.

Medical Information Sheet

Please complete a medical information sheet and bring it with you to your child's first session. The team trainer will collect it.

Typical Hockey Weekend

Players in Timbits through U13 practice on Saturday and play games on Sunday. Each division is assigned time slots, and the teams rotate through those time slots throughout the season. Schedules are balanced so that no one team gets all the early morning sessions!

Please plan to arrive at the arena at least half an hour prior to the start of your practice or game start time. If your child takes a long time to get dressed, please arrive even earlier!

Players should be completely dressed no later than ten minutes before practice/game time. We ask parents to leave the change room at that time so that the coaching staff has a few minutes with the team prior to stepping on the ice.

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The change rooms at Markham arenas are not large, so we ask that only one parent and no siblings accompany the player into the change room either before or after the game.

Please note that at least one parent/guardian must always be in the arena for players U13 and younger. Do not drop off your player and leave the arena. Coaches are not babysitters.

Typical Hockey Season

The season begins with Rookie Camp for players new to hockey. This provides players and parents with basic information and a chance to go through a typical practice session.

During early September, after registration closes, the Waxers administration team works behind the scenes to put together volunteers and evaluation teams. Players are assigned to “teams” for the first three weeks of the season while we evaluate them so that we can put together balanced teams for the season.

Timbits through U9 divisions will have development sessions on both Saturday and Sunday during the evaluation season. In December, development sessions will continue on Saturdays, and the divisions will begin playing games on Sundays.

U11 – U21 divisions will play only games the first three weeks so we can evaluate the players on the ice. Over the Thanksgiving break, the coaching staff will meet with Waxers administration to balance the teams. This means your child could be moved to another team.

When we return to the ice after Thanksgiving, the U11 and U13 divisions begin practices on Saturday and continue with two weeks of exhibition games on Sunday to ensure we got the balance right. U15 and U21 divisions continue to play on games with two weeks of exhibition games.

Regular season begins in early November.

2025 Dates to Remember

October 10-12	Thanksgiving weekend	No hockey
November 15, 7:00 am – 3:00 pm	Blackout Mt. Joy	All practices cancelled
November 22	Team Photos	Prior to scheduled practice
December 6	Blackout Mt. Joy & Centennial	All practices cancelled
December 7	Games begin	Timbits, Stamkos, U9
December 22-January 4	Winter break	No practices or games
March 16-22	March break	No practices or games
March 27-29	Championship weekend	

Sportsheadz App

An easy way to keep up to date with your child's team is through the Sportsheadz app. Click the app icon at the bottom of the Waxers homepage for more information.

Goaltenders

In U11 and older, there are designated goalies—players who register to play goaltender full time during the season. In the younger age groups, the position of goaltender rotates with each child being offered a chance to play in goal. We provide all goalie equipment.

We offer a free goalie clinic on Sunday afternoons to all house league goalies or player who want to try out the position.

Photos

All players will receive a hockey photo that includes both a team photo and an individual photo. Additional copies and hockey cards can be ordered directly with our photographer Ice Photo Studios.

Timbits, Stamkos, U9 Skill Development Clinic

The Waxers run development clinics lead by our Hockey Development team for players in the Timbits, Stamkos, and U9 divisions. It runs on Tuesdays at Markham Centennial Arena from 5:00 pm - 6:00 pm beginning on Tuesday, October 7, and will run until the last weekend in March 2025. The cost of the clinic is \$450.00.

The clinic will focus on skating, passing and all things related to the game. The Hockey Canada program will be followed.

Codes of Conduct

When you register to play in the Waxers house league, you agree to abide by our codes of conduct. These codes

- Identify the **standard of behaviour** which is expected of all Markham Waxers House League members and participants, including all players, parents, coaches, team officials, committee members, and directors involved in all activities and events with the Markham Waxers.
- Demonstrate our commitment to providing an environment in which **all individuals are treated with respect**.
- Require members and participants of the Waxers to always conduct themselves in a manner consistent with the values of the Waxers, which includes **fairness, integrity, and mutual respect**.

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- Require members of the Markham Waxers to refrain from comments and behaviour that is disrespectful, offensive, abusive, racist, or sexist.
- Identify consequences of failure to comply with these Codes of Conduct: disciplinary action in accordance with the policy of the OMHA. Such actions may result in the member losing privileges including the opportunity to participate in Markham Waxers House League /OMHA activities and events, both present and in the future.

The full codes can be found on our website: Player's Code of Conduct, Coach's Code of Conduct, and Parent's Code of Conduct. Below are some highlights.

Players agree to

- play and compete for my own enjoyment, as well as for my team.
- always be a good sport.
- always maintain self-control.
- attend all games and practices and be present before games and practices in a timely manner.
- notify the coach ahead of time if you will be absent.
- respect the rights, feelings, and abilities and consider the safety of other players, coaches, trainers, administrators, volunteers and parents.

Volunteers agree to

- devote time, thought, and effort to the duties and responsibilities so that I may render effective and creditable service.
- endeavour to work with players, parents, my fellow volunteers, the Waxers Executive, and administrator in a spirit of harmony and cooperation in spite of difference of opinion that may arise during the hockey season.
- observe proper decorum and behaviour, encourage full and open discussions in all matters and treat them with respect and consideration and not withhold or conceal from them any information or matter with which they should be concerned.
- not use the Markham Waxers House League or any part of the Markham Waxers House League program for my own personal advantage or for the advantage of my family or friends
- respect the rights and the feelings of players and parents.

Parents agree to

- remember that participants play sports for their enjoyment. They are not playing to entertain me.
- never ridicule a player for making a mistake during a game. Give positive comments that motivate and encourage continued effort.

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- lead by example.
- encourage my child to remember that he or she is part of a team and to work for the good of the team.
- not have unrealistic expectations. Remember that players are not professionals and cannot be judged by professional standards.
- not use bad language, nor will I harass players, coaches, officials or other spectators.

Issue resolution: The 24-hour Rule

When an issue occurs and a party has a resulting complaint to make or issue to be resolved, they are asked to wait 24 hours. Then put the issue in writing and submit it to the Waxers administration. Whether this issue is labelled as coaching error, teammate interference, parent conflict, or any other of a number of possible situations, it is very important that all parties involved take the full 24 hours to remove or decrease the emotional element so that the actual issue can be resolved quickly, in a civilized manner, and to everyone's satisfaction.

This rule has several purposes:

1. Allows each party involved during an issue to step back and clear the initial emotional elements.
2. Provides a clear and concise process for problem resolution.
3. Provides a clear understanding of what is expected from all parties involved.
4. Promotes direct communication.
5. Provides an avenue of fairness and opportunity to every parent, player and coach.

Volunteers

We are a volunteer-run organization. We do not hire coaches and staff to run the league. If we did, your registration fees would be much higher.

The goal of the Waxers is to come together as a community and pool our resources to provide our children with a place to learn and play Canada's game. We need you!

Volunteer Roles

Convenor

- Communicating with coaches
- Liaise between MMHA executive team and divisions.

Coach

- Ensuring a safe and positive experience for kids.
- Communicating with parents

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- Assisting the Hockey Development team in running practices

Trainer

- Team safety person
- Manage team Emergency Action Plan
- Ensure player equipment is properly worn and in good working order

Certification Requirements

To ensure the safety of all participants, there are certification requirements for each role.

All volunteers must complete

- Respect in Sport for Activity Leaders
- Gender Identity & Expression course
- Vulnerable Sector Check

In addition, coaches must take the appropriate online coach certification: Timbits, Stamkos, and U9: Coach 1; U11-U21: Coach 2. And trainers must complete an online course.

Volunteer!

Simply put, if we don't have enough volunteers, the kids don't play. It really is that simple.

But it's not just an obligation. It's fun! Not only do you get to spend quality time on the ice with your child, but with their friends and your colleagues. The Waxers house league is really a hockey community!

And, if you still need some convincing, we hold an annual volunteer thank you dinner where we present awards and provide all volunteers with a thank you gift.

Let us know how you can participate by emailing us at admin@waxers.com. You won't regret it.

Contact Information

Please email us if you have any questions or concerns.

President	George Schnarr	president@waxers.com
Vice President	Al Simpson	vphouseleague@waxers.com
Administration	Deb Larsen and Allyson Gaunce-Garnett	admin@waxers.com

Have a great season!

Dressing Your Player

- To start dressing, your child should only have a shirt (sleeves will become their personal preference), briefs and socks on. Their socks should not be too bulky as that can create friction inside the skate that will lead to blisters. Some players choose to not wear socks and go barefoot in their skates.
- When fitting, the desired result is to overlap equipment to minimize exposed/unprotected flesh—i.e., pants should overlap the top of shin pads, shin pads should overlap tongue of skates.
- If you only want to dress your child once for a game, make sure your little player goes to the **restroom before you continue**.
- Next is the Neck Guard. **Neck Guards are mandatory.** A player will be sent off the ice and the team may be assessed a penalty if neck guard is not worn.
- Jock or Jill, which provide groin protection, get put on first.
- Shin pads get strapped on next followed by hockey socks.
- Players should have a set of socks. The socks will have to be attached to the Jock or Jill by the garter straps or by the Velcro.
- The clear or white sock tape can be wrapped around the outside of the sock and around their calf to help keep everything snug. This is at your discretion
- The hockey pants go on next. Tip for the parent - If your child finds the pants a bit too loose you can purchase suspenders.
- Skates are next. The trick to putting on skates is to loosen the laces right to the bottom and start tightening from the bottom of the skate to the top of the skate pulling each pair tight before moving up.
- Your child and the type of foot they have will determine how tight the skate needs to be. Some players like to have the shin pad and sock pulled over the tongue of the skate and laces.
- I recommend a pair of WAX laces, as they are more likely to remain tight.
- Next put on the shoulder pads, elbow pads, and the jersey—in that order.
- The mouth guard is next. **The mouth guard it is mandatory. Players will not be allowed on the ice without a mouth guard.** Mouth guards need to be fitted by heating in boiling water and molded to the teeth. Follow the instructions that are provided by the manufacturer. Alternatively, some dentists in Markham offer custom mouth guards.
- Finally, the helmet. There are two sets of straps, one for the helmet and one for the cage. The straps should be snug, but not tight.

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- Helmets have expiry dates, as the plastic degrades and loses its protective qualities against impact. Check the dates on the label on the back of the helmet. Also avoid putting stickers on the helmet as this too can affect performance.
- Their hockey stick should be no taller than the height of their chin with their skates on. The stick can be cut with a hacksaw and should be taped off at the end to hide the rough edge. Most players tape the blade of the stick as well for better control of puck. This will become something your child will most likely spend hours perfecting.
- Regular hockey bags are smaller and cheaper than the ones with rollers, but if you are envisioning your child carting the gear around, the roller bag might be the wiser purchase.
- Skates should be sharpened after every 6 skates. With a practice and a game each week, in practice this means every 3 weeks. You can buy a skate sharpening card that gives you a discount for buying ten sharpenings up front.
- Finally, when you get home, take all of the equipment out of the bag and let it dry thoroughly. Leaving the gear in the bag will allow bacteria and mold to grow. In addition, it is the mold and bacteria, (not your children) that causes hockey equipment to stink. Trust me when I tell you it is worth taking the two minutes to take the gear out of the bag.

Equipment Maintenance

Immediately after every game and practice, equipment should be hung up to dry. Moisture allows bacteria to grow so air drying after every use is essential. This will assist in preventing athlete infections and in prolonging the life of the equipment.

Never place leather equipment over any source of direct heat, as cracking will occur.

All equipment including the hockey bag should be washed/cleaned on a regular basis and periodic spraying with an alcohol-based equipment disinfecting spray is also recommended.

The Centers for Disease Control (CDC) issue warnings to athletes and sports teams to routinely clean all sports equipment due to a dramatic increase in serious infections. Cleaning can be done at home or through professional cleaning services. The CDC recommends professional cleaning at least once a year.

Skate Maintenance

Always dry skates by opening boots wide and pulling out removable liners after every session.

Regularly check skate blades for:

- sharpness
- bending of the blade, which can be corrected
- loose rivets
- cracked blade holders or blades
- loose blades

If you are on the ice more than three (3) times a week, skates should be sharpened weekly. Skates should also be sharpened if there is a noticeable reduction in the player's ability to stop or turn. If the blades squeak when stopping, check for bending. Also, regularly check the skate boots, laces and eyelets. Repair or replace as needed.

Skate blades should be wiped dry after each use. Skate guards should be placed on the skate blades to avoid damage during transport or when walking on non-ice surfaces.

Helmet Maintenance

Regularly check the helmet to ensure screws are in place and secure.

Only use manufacturers approved replacement parts on helmets.

Helmets should never be painted or have stickers affixed to them as this may weaken the structure and voids the CSA certification.

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Any alterations such as: drilling extra holes, removing side straps, clamps or chin cup, will void the CSA certification.

Always air dry the helmet after all on-ice sessions.

HELMETS have an expiry date.

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Medical Information

HOCKEY CANADA



MEDICAL INFORMATION SHEET

Name: _____

Date of birth: Day _____ Month _____ Year _____

Address: _____

Postal Code: _____

Telephone: (_____) _____ Cell: (_____) _____

Provincial Health Number (optional): _____

Parent/Guardian #1: Name _____

Business Phone Number: (_____) _____

Parent/Guardian #2: Name _____

Business Phone Number: (_____) _____

Alternate emergency contact (if parents are not available)

Name: _____

Relationship to Player: _____

Telephone: (_____) _____ Cell: (_____) _____

Doctor's Name: _____

Telephone: (_____) _____

Dentist's Name: _____

Telephone: (_____) _____

Date of last complete physical examination: _____

Before a player participates in a hockey program it is recommended that they have a medical and that they also have any medical condition or injury problem checked by their family physician

Please check the appropriate response and provide details below if you answer "Yes" to any of the questions.

Yes <input type="checkbox"/> No <input type="checkbox"/> Medication	Yes <input type="checkbox"/> No <input type="checkbox"/> Asthma	Yes <input type="checkbox"/> No <input type="checkbox"/> Health problem that would interfere with participation on a hockey team
Yes <input type="checkbox"/> No <input type="checkbox"/> Allergies	Yes <input type="checkbox"/> No <input type="checkbox"/> Trouble breathing during exercise	Yes <input type="checkbox"/> No <input type="checkbox"/> Has had an illness that lasted more than a week and required medical attention in the past year
Yes <input type="checkbox"/> No <input type="checkbox"/> Previous history of concussions	Yes <input type="checkbox"/> No <input type="checkbox"/> Heart Condition	Yes <input type="checkbox"/> No <input type="checkbox"/> Has had injuries requiring medical attention in the past year
Yes <input type="checkbox"/> No <input type="checkbox"/> Fainting or seizure during or after physical activity	Yes <input type="checkbox"/> No <input type="checkbox"/> Palpitations or Racing Heart	Yes <input type="checkbox"/> No <input type="checkbox"/> Been admitted to hospital in the last year
Yes <input type="checkbox"/> No <input type="checkbox"/> Near fainting or Brownouts	Yes <input type="checkbox"/> No <input type="checkbox"/> Family history of heart disease	Yes <input type="checkbox"/> No <input type="checkbox"/> Surgery in the last year
Yes <input type="checkbox"/> No <input type="checkbox"/> Seizures and/or epilepsy	Yes <input type="checkbox"/> No <input type="checkbox"/> Family history of unexpected death during physical activity	Yes <input type="checkbox"/> No <input type="checkbox"/> Presently injured
Yes <input type="checkbox"/> No <input type="checkbox"/> Wears glasses	Yes <input type="checkbox"/> No <input type="checkbox"/> Family history of unexplained death of a young person	Injured body part: _____
Yes <input type="checkbox"/> No <input type="checkbox"/> Are lenses shatterproof	Yes <input type="checkbox"/> No <input type="checkbox"/> Diabetes – Type 1 _____ Type 2 _____	Yes <input type="checkbox"/> No <input type="checkbox"/> Vaccinations up to date
Yes <input type="checkbox"/> No <input type="checkbox"/> Wears contact lenses	Yes <input type="checkbox"/> No <input type="checkbox"/> Wears medical information bracelet/necklace	Date of last Tetanus Shot: _____
Yes <input type="checkbox"/> No <input type="checkbox"/> Wears dental appliance	For what purpose? _____	Yes <input type="checkbox"/> No <input type="checkbox"/> Hepatitis B vaccination
Yes <input type="checkbox"/> No <input type="checkbox"/> Hearing problem		

Please give details if you answered "Yes" to any of the above. (Use separate sheet if necessary)

Medications: _____ Recent injuries: _____

Allergies: _____ Any information not covered above: _____

Medical conditions: _____

I understand that it is my responsibility to keep the team Safety Person advised of any change in the above information as soon as possible. In the event of a medical emergency and that no one can be contacted, team management will arrange to take my child to the hospital or a physician if deemed necessary. I hereby authorize the physician and nursing staff to undertake examination, investigation and necessary treatment of my child. I also authorize release of information to appropriate people (coach, physician) as deemed necessary.

Date: _____ Signature of Player: _____

Date: _____ Signature of Parent or Guardian: _____

Disclaimer: Personal information used, disclosed, secured or retained by Hockey Canada will be held solely for the purposes for which we collected it and in accordance with the National Privacy Principles contained in the Personal Information Protection and Electronic Documents Act as well as Hockey Canada's own Privacy Policy.