



2026-2027



Welcome to the Cleveland Flames!

Congratulations! It is a great pleasure to invite you to join the **Cleveland Flames** for the upcoming season. We truly appreciate your interest in becoming a member of the premier girls hockey organization in Northeast Ohio. Based on your performance during tryouts, we believe you have the skill and character to contribute to our success on the ice.

Our mission is simple: **to help you reach your personal goals and become the best version of yourself**, both as an athlete and an individual, through the game we dearly love.

We can't wait to see you hit the ice in the Flames colors!

Welcome to the Flames where “The Standard is the Standard”.

-The Cleveland Flames Leadership Team and Coaching Staffs.



What you can Expect from the Cleveland Flames

- **Focused:** The success of the team always comes first. We make decisions accordingly.
- **Highly Motivated:** We give our best every day and are constantly looking for ways to get better.
- **Passion:** We live and breathe a love for this game.
- **Standards:** We instill the ‘right way’ to play in all situations. We are accountable for our actions.
- **Mentorship:** Leadership team to coach, coach to coach, coach to player, player to player.
- **Support:** We create an environment that instills confidence. We know their value and lean into strengths.
- **Direct and clear:** “Clear is kind.” We set clear expectations and hold our athletes to them.
- **Communication:** We communicate and give timely feedback. We address things on time and head on.
- **Role model:** We exhibit the values we expect: I’m on time, you’re on time. I’m prepared, you’re prepared.

Our Approach to Hockey

- **Opportunity:** To get better, compete at the highest level possible.
- **Mindset:** to become “Hard to play against”.
- **Stronger every day:** “The aggregation of marginal gains.”
- **Playing Time:** It is important to distinguish that “fair treatment” does not guarantee “equal playing time.”

Cleveland Flames Motto: If you want more ice time - EARN IT!



What We Expect from our Athletes

- **Dedication & Discipline:** A commitment to the "hard and fun" work required to improve.
- **Character:** A willingness to learn, being a good teammate, pride in your performance, and putting the team first.
- **Conduct:** Representing the Cleveland Flames with class and respect. We treat all facilities like they are our home.
- **Accountability:** Be accountable for actions. No one is perfect, we expect you to be honest and course correct when needed.
- **Academic Excellence:** Maintaining a high standard in the classroom as we promote "student-athlete" development.
- **Show Up:** Emphasis on being early, ready to give top effort. Do your best, 100% of the time.
- **Bring Energy:** Smiling helps!
- **Coachable:** Listen and apply what is being taught.
- **Be a Good Teammate (especially when things are hard):** Unselfish hockey, positive, high five's, help others, team first.
- **Be Prepared:** Bring your water bottle, maintain proper nutrition and hydration habits.
- **Body Language:** Perception is reality. Never lay on ice (Hockey Players take a knee), never lean on the boards, never show weakness.
- **Lead by Example:** Act as a role model, not a distraction, pick up pucks, move nets (Hockey is a privilege never given - always earned)
- **Resilient:** If hurt, the player must skate to the bench for a change - if play stops because the player is down on the ice = injured. Regardless if that player feels better by their next shift - that player will sit additional time as required by Safesport.



What We Expect From Our Parents

- **Set Your Player Up for Success:** Clearly communicate any learning, medical, or other miscellaneous needs. Anything shared is held in strict confidence.
- **Positive and Constructive:** Support the team, Support all team members. Children are not perfect, there will be bumps in the road - we expect our athletes to take accountability for actions, and we expect you to be productive. Help maintain a positive team spirit!
- **Coaching Staff First:** Questions and concerns conversations begin directly with your coach.
- **No Gossip Policy:** Gossip kills teams, we ruthlessly protect our culture. Back-channel criticism, and parent-to-parent speculation/complaints about players, coaches, or families is not tolerated. If you have a concern, bring it to leadership.
- **Be Early** - Have your athletes be on time (ice costs \$5 a minute - lets not waste it.)
- **Help Buffer Frustrations:** Positive Encouragement.
- **Know Schedule:** Communicate future conflicts as early as possible.
- **24 Hour Rule:** Players, coaches, parents all have emotions in hockey. Pause, reflect, and address any concerns at that appropriate time.
- **Healthy Snacks / Drinks:** Locker Room Policy - No Candy, No Soda. "Athletes are athletes all of the time - not some of the time."