



# THE GMHA HOCKEY EXPERIENCE

*Every player has their own path to playing hockey. Guelph Minor Hockey Association's ultimate goal is to provide an opportunity for kids to play hockey and develop as a hockey player. **The GMHA HOCKEY EXPERIENCE** is a way to outline all the different possibilities for a player's pathway throughout their minor hockey career. GMHA wanted to provide parents the opportunity to understand all the different pathways their child can take within the GMHA program offering.*

*Along with what the program is all about, GMHA wants to provide information on the various levels of commitment for each program, so parents can have reasonable expectations throughout the course of the season. We will outline the 2 most important types of commitment; financial & time. We hope to outline everything in a way that parents can better understand where to register their child to not only help them develop as a player, but to be manageable for their family.*

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**Please note: All pricing listed is subject to change and is based on the 2019-20 season pricing.  
Last Updated: March 8, 2021**

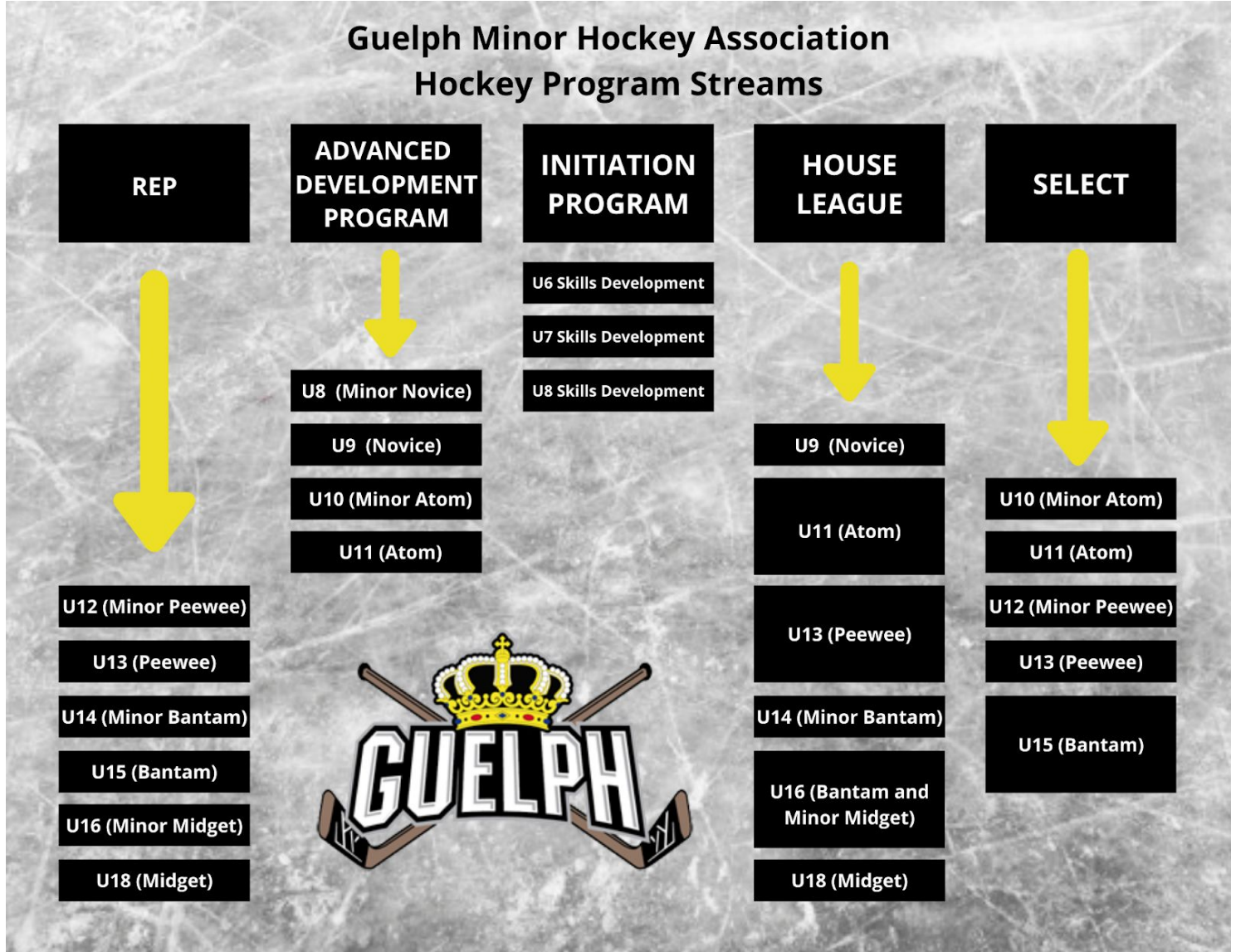
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# Table of Contents

<a href="#">Guelph Minor Hockey Player Pathway</a>	3
<a href="#">First Shift Program</a>	5
<a href="#">Second Shift Program</a>	7
<a href="#">Skating School Program</a>	8
<a href="#">U7 - Skills Development 1 &amp; 2</a>	10
<a href="#">U8 - Skills Development 3</a>	12
<a href="#">U8 - ADP</a>	13
<a href="#">U9 - House League</a>	17
<a href="#">U9 - ADP</a>	19
<a href="#">U10/11 - House League</a>	23
<a href="#">U10/11 - Select</a>	25
<a href="#">U10/11 - ADP</a>	27
<a href="#">U12/U13 - House League</a>	31
<a href="#">U12/13 - Select</a>	33
<a href="#">U12/13 Rep</a>	35
<a href="#">U14 - House League</a>	37
<a href="#">U14 - Select</a>	39
<a href="#">U14 - Rep</a>	41
<a href="#">U15/16 - House League</a>	43
<a href="#">U15 - Select</a>	45
<a href="#">U15/16 Rep</a>	47
<a href="#">U18 - House League</a>	49
<a href="#">U18 - Rep</a>	51

# PLAYER PATHWAY

Below you will find an image that outlines the player pathway from joining hockey to your child's final year of minor hockey.



# Summary

## *3-10 years old*

- Skating School

## *6-10 years old*

- First Shift
- Progression to Second Shift

## *5 years old*

- U7 Skills Development 1

## *6 years old*

- U7 Skills Development 2

## *7 years old*

- U8 Skills Development 3
- U8 Advanced Development Program

## *8 years old*

- U9 House League Program
- U9 Advanced Development Program

## *9 years old*

- U10/11 House League Program
- U10 Select Hockey
- U10 Advanced Development Program

## *10 years old*

- U10/11 House League Program
- U11 Select Hockey
- U11 Advanced Development Program

## *11 years old*

- U12/13 House League Program
- U12 Select Hockey
- U12 Representative Hockey

## *12 years old*

- U12/13 House League Program
- U13 Select Hockey
- U13 Representative Hockey

## *13 years old*

- U14 House League Program
- U14 Select Hockey
- U14 Representative Hockey

## *14 years old*

- U15/16 House League Program
- U15 Representative Hockey

## *15 years old*

- U15/16 House League Program
- U16 Representative Hockey

## *16-17 years old*

- U18 House League Program
- U18 Representative Hockey

# FIRST SHIFT

GMHA has partnered with the NHL/NHLPA First Shift Program. GMHA typically runs a Fall & Winter program. The Fall program starts in late October, with registration beginning throughout the summer. The Winter program starts in February, with registration beginning throughout the Fall. This program is for children 6-10 years old and this will be their first time on the ice.

The NHL/NHLPA FIRST SHIFT program is designed to ensure a positive experience for new-to-hockey families. We want families to experience the game at its best — to understand why so many Canadians feel an inherent love for the sport, and to stimulate a desire for continued participation. We want to take away any intimidation as it relates to equipment requirements, and/or rules of the game, remove potential safety concerns, and most importantly, provide an experience that is memorable and fun.

## The Goal

We believe in all that hockey has to offer kids, their families and our communities. We designed the NHL/NHLPA FIRST SHIFT to facilitate entry into hockey by offering a program that is ACCESSIBLE, AFFORDABLE, SAFE, and most importantly, FUN! We cannot wait to help your kids fall in love with hockey.

## The Program

The NHL/NHLPA First Shift Makes Hockey

- Affordable
- Manageable (time commitment)
- Safe
- Fun!

Participant Registration fee of \$199 Includes:

- BAUER Equipment (Head-to-Toe)
- Welcome Event
- Equipment fitting demonstration
- Expert fit session and equipment distribution

Program Capacity

- Maximum Capacity: 45 participants, 10 on ice instructors

On-Ice Experience Includes:

- 6 Weeks, 1 session/week, 1 hour on a consistent day and time
- Focus on Fun and Learn to Play
- Insurance for participants

Hockey Canada On-Ice Curriculum

Hockey Canada has created a fun curriculum that focuses on:

- Small areas games and skills stations active
- Wide variety of skating skills, puck handling, passing and shooting exercises
- Discovering the sport through variety of basic motor movement patterns
- Fun games to ensure participants enjoy a full range of hockey experiences

#### Welcome Event

The NHL/NHLPA First Shift kicks off with a Welcome Event which is our opportunity to welcome you into our hockey community. We will introduce kids and parents to the local program administrators, and coaches, provide an overview of the 6 week program, and offer important information about proper fit and maintenance of equipment, as well as a demonstration on “how to get dressed”. After the 15 minute information session, each child is individually fitted for the equipment he/she will collect and take home- ready to start the first session!

## Commitments

#### Financial

- \$199 - which covers costs for ice time, equipment, other administrative fees
- Other expenses will come from
  - Travel expenses to and from the rink
  - Skate sharpenings

#### Time

- 1 hour of ice per week for 6 weeks
- Travel time
- Children changing time

# SECOND SHIFT

The Second Shift Program is intended for those graduating from the First Shift program. Following the initial 6-week On-Ice Trial, families will have the opportunity to participate in a program hosted by GMHA. The Second Shift will run a similar schedule and development model as First Shift, with progressive development along the way for those participating.

Following the Second Shift Program, GMHA hopes to have the participants join into GMHA programs, or any other hockey related programming to continue playing hockey and developing their skills and interest in the sport.

## Commitment

### Financial

- \$75 - program cost
- Other expenses will come from
  - Travel expenses to and from the rink
  - Replacement equipment as needed
  - Skate sharpenings

### Time

- 1 hour of ice per week for 6 weeks
- Travel time
- Children changing time

# SKATING SCHOOL

GMHA's Skating School is run by Sharon Richardson. Sharon's love for skating, hockey, and coaching has been developing for most of her life. With over 30 years of combined skating and coaching experience, Sharon has trained as a competitive figure skater, a skating coach, and trainer, and developed her own skating and hockey program - Inside Edge Skating & Hockey School.

INSIDE EDGE is not your typical skating and hockey school. We offer a variety of programs, which teach the fundamentals of skating and hockey using skills and techniques which create a fun, creative atmosphere. With our talented, dedicated, experienced instructors we are confident that we will be able to provide your child a unique learning experience.

## Structure & Format

Skating School is broken into three different levels; Skating Skills, Hockey Basics, & Hockey Skills. Each session will run for 50 minutes, and be run on one third of the ice surface. These programs will run for 19 weeks starting near the end of September/early October until early March. Depending on where your child's abilities are, details on the recommendation on what program would be best suited for them are listed below. Typically, our Skating School participants range in age from 3 to 10 years old.

## Level 1: Skating Skills

This is your beginner program. If your child has minimal experience on the ice, and you would like them to learn the skating basics, this is the appropriate program for them. With a 6:1 instructor to participant ratio, instructors will be able to focus on the very basic skills to help your child learn to skate. Full hockey equipment is **NOT** required for this program. Participants must wear a CSA approved helmet with facemask, skates, and appropriate winter clothing (ie: snow/splash pants, winter gloves, etc.)

## Level 2: Hockey Basics

This program is the next step up from learning to skate. All participants must be able to stand on their own unassisted. The program will cover basic hockey skills, and have a heavy focus on skating fundamentals that transfer directly to hockey skills development. Participants **MUST** wear full equipment. See our reference guide here: [Equipment Checklist](#).

## Level 3: Hockey Skills

This program is ideally for skaters with some experience, who are looking to advance their skating skills as they prepare to join the GMHA Hockey Program. More advanced skating skills will be worked on, with some puck handling involved in each session. Participants **MUST** wear full equipment. See our reference guide here: [Equipment Checklist](#).



# Commitments

## Financial

- \$395 - program cost
- Other expenses will come from
  - Travel expenses to and from the rink
  - Replacement equipment as needed
  - Skate sharpenings

## Time

- 1 hour of ice per week for 19 weeks
- Travel time
- Children changing time

## U7 - SKILLS DEVELOPMENT 1 & 2

The Hockey Canada U7 Pathway is an essential component in developing the hockey skills of all young kids playing hockey in Canada. The Hockey Canada U7 Skill Development resource is the official hockey instructional curriculum of Hockey Canada.

More than 30 years ago, Hockey Canada developed the Initiation (now U7) Program to ensure a fun, safe and positive hockey experience. It served as a structured, learn-to-play program designed to introduce beginners to basic skills. It also enabled young players to build a solid skill base and become contributing members of a team effort, develop self-confidence and experience a sense of personal achievement – goals achieved in an atmosphere of fun and fair play. In 1995, Hockey Canada passed a motion requiring the program to be implemented by every minor hockey association across the country and to change their constitution/bylaws to reflect the creation of a new division in hockey.

### **Skills Development 1:**

By age 5, most will be graduating from a Skating School program and looking to get into organized hockey. Typically, SD1 participants can skate, and have some experience being on the ice. If your child has little to no experience being on skates, we recommend looking into our Skating School program first.

### **Learning Goals & Objectives**

In SD1, the focus is on skating fundamentals. No hockey experience is required, as this is an introduction to hockey type of program. Small Area Games (SAGs) are used to create a fun and interactive learning environment to develop individual skills. SAGs are competitive hockey drills done in a smaller-than-normal playing area and are designed to teach players through the simulation of game situations.

The program runs for 19 weeks and includes 38 sessions with a 2 week break over the Christmas Holidays. Each week, there is 1 practice session and 1 game session (one Saturday and one Sunday session). Hockey Canada provides coaches a full season plan of practices to ensure players are exposed to age-appropriate drills and activities that will develop their confidence. To see the season practice progression, please view this link:

<https://www.hockeycanada.ca/en-ca/hockey-programs/drill-hub/under-7>. Games run in a cross-ice format to allow for a smaller area of play ensuring each player is more involved in skill development more frequently. Score is not kept, and there are no referees. Coaches run the games, and take the time on the ice to help players with specific skills to continue their development.

## **Skills Development 2:**

By age 6, most will be graduating from the SD1 program and looking to develop their skills further in the SD2 program. Typically, SD2 participants have some hockey experience, but not always, and have been skating for a few years. If you think your child lacks the experience for SD2, but would be a little advanced for the Skating School programs, GMHA suggests you register for SD2, and our SD2 convenor will evaluate your child and reassign them to the program that is best suited for their hockey development.

## **Learning Goals & Objectives**

In SD2, the focus is on advancing the skating fundamentals learned from SD1, and further enhancing the players skating abilities. No hockey experience is required, but some skating experience is recommended. Small Area Games (SAGs) are used to create a fun and interactive learning environment to develop individual skills. SAGs are competitive hockey drills done in a smaller-than-normal playing area and are designed to teach players through the simulation of game situations. The drills become a little more advanced and competitive than those from the SD1 program.

The program runs for 19 weeks and includes 38 sessions with a 2 week break over the Christmas Holidays. Each week, there is 1 practice session and 1 game session (one Saturday and one Sunday session). Hockey Canada provides coaches a full season plan of practices to ensure players are exposed to age-appropriate drills and activities that will develop their confidence. To see the season practice progression, please view this link: <https://www.hockeycanada.ca/en-ca/hockey-programs/drill-hub/under-7>. Games run in a cross-ice format to allow for a smaller area of play ensuring each player is more involved in skill development more frequently. Score is not kept, and there are no referees. Coaches run the games, and take the time on the ice to help players with specific skills to continue their development.

## **Commitments**

### Financial

- \$485 - program cost
- Other expenses will come from
  - Travel expenses to and from the rink
  - Replacement equipment as needed
  - Skate sharpenings

### Time

- 2 hour of ice per week for 19 weeks (1 hour on Saturdays & 1 hour on Sundays)
- Travel time
- Children changing time

# U8 - SKILLS DEVELOPMENT 3 & ADVANCED DEVELOPMENT PROGRAM

## Skills Development 3

SD3 builds off of those fundamental skills developed in SD1 & 2. Most participants have been in the Skills Development Program for two years now and are ready to begin having more of a hockey focus. Fun is always the primary focus, but now that players have learned the fundamental skills, a shift towards the basics of hockey is natural. SD3 looks to teach hockey specific skills, proper positioning, and introduce basic rules & strategies. The program runs for 19 weeks and includes 38 sessions with a 2 week break over the Christmas Holidays. Each week, there is 1 practice session and 1 game session (one Saturday and one Sunday session). Games run in a half-ice format to allow for a smaller area of play ensuring each player is more involved in skill development more frequently. Score is not kept, and there are no referees. Coaches run the games, and take the time on the ice to help players with specific skills to continue their development.

## Commitments

### Financial

- \$500 - program cost
- Other expenses will come from
  - Travel expenses to and from the rink
  - Replacement equipment as needed
  - Skate sharpenings

### Time

- 2 hour of ice per week for 19 weeks (1 hour on Saturdays & 1 hour on Sundays)
- Travel time
- Children changing time

## U8 Advanced Development Program

The Advanced Development Program (ADP) is an alternative to the existing Skills Development 3 program offered. ADP acts as a bridge from the SD3 program and House League to Representative (REP) hockey. ADP takes the existing development structures mentioned in some previous programs, and enhances the model to offer a more competitive and challenging environment. For the players ready to take on that challenge, this program is more appropriate than SD3 listed above.

ADP can be summed up as a skills development program that includes; power skating to improve skating ability; on-ice hockey related skill development; and dryland training to develop off-ice skills. ADP runs drills in 2 types of development forms:

1. **Small Area Games:** these fun and competitive hockey drills done in a smaller area to increase intensity of drills and allow for more interaction.
2. **Station-Based:** these are drills that are setup in various stations on the ice specifically focused on individual skill development.

## Goals for ADP

1. Create a fun and positive learning environment.
2. Have qualified instructors overseeing both on and off-ice development.
3. Follow the Hockey Canada Development Guidelines.
4. Athletes playing and practicing with other similarly skilled players.
5. To be a representative (rep) hockey initiation program that bridges the gap from house league to rep hockey.

## Registration Process

To register for ADP, it is done as every other program. Going through the registration process, you will select the appropriate program based on your child's age and complete the registration. Therefore, you will be looking to register for the U8 program. Every child with the birth year equivalent to the U8 program will register this way. To tryout for ADP is a separate process mentioned below.

## Tryout Process

What are tryouts?

1. Tryouts are scheduled skates by the GMHA to allow players to showcase their skills and to be evaluated. Evaluators use these tryouts to determine the selection of each team.
2. To tryout for ADP, you will need to purchase a tryout pass. This is done online through a very similar process to registration. You will see the option to purchase a "rep tryout pass" through the registration process. The specifics may vary each year, but annually information will be provided and released through the GMHA website and social media

outlets with the instructions. You MUST register and purchase a tryout pass to be eligible to make an ADP team.

3. Tryouts typically begin mid-September, and the details of when/where will be made available along with the tryout registration information as mentioned above.
4. Players will attend the tryouts, where they are evaluated by Independent Evaluators, who assess each player's current skill set and place them with similarly skilled players for optimal development.
5. Parents will be notified if their child was selected or not by email approximately 1 week after the final tryout date by email.

## Team Structure

- There will be two U8 ADP teams
- Each team will comprise of 18 skaters
  - Rotating goalies throughout the season
  - Teams will be split in half during gameplay with 9 on either side of the ice

## Season Formatting

- Teams will have two practices each week
  - One consisting of skill-based development
  - The other consisting of skating-based development
  - Alternating every other week, teams will participate in dryland training prior to practice
- The regular season will begin in November
  - Teams will participate in a small loop amongst a handful of other associations
    - Travel will be minimal, but is dependent on the number of teams entered into the Tri-County loop
  - Games will be half ice, and consist of 4 on 4 with one goalie in each net
  - Shifts will last approximately 1 minute, and players will change at the sound of the buzzer
- There will be a 2 week break in December during the Holidays
- End of Season
  - The season will run until approximately early-March
  - The Year End Tournament will consist of a handful of round robin games, then a final game to end the year
  - This is subject to change each year and based on Tri-County changes

Below is an image that will help give a visual of the various phases and overall structure of the season:

WEEKS	Up to 12 Weeks - prior to the start of the Regular Season phase	Up to 16 weeks - after the completion of the Development Phase	Up to 4 Weeks at the conclusion of the Regular Season Phase
PHASE	Prep / Evaluation & Development Phase	Regular Season Phase	Game Play Phase
ICE SET-UP	Half ice games	Half Ice games	Half Ice Games
BALANCE	40% of the season	50% of the season	10% of the season
VOLUME	Up to 12 Weeks	Up to 16 Weeks	Up to 4 Weeks
	14 Practice Sessions	34 Practice Sessions	7 Practices Sessions
	Up to 6 Games	Up to 22 Games	Up to 12 Games
	1 Jamboree	1 Jamboree	1 Jamboree

FIGURE 1: U9 Seasonal Structure – Full Season of Half-Ice Play

## Commitments

### Financial

- \$500 - GMHA program cost
- \$1,000 - Approximate Rep Fees
- \$60 Tryout Pass
- Other expenses will come from
  - Travel expenses to and from the rink
  - Replacement equipment as needed
  - Skate sharpenings
  - Jamboree Fees (Approximately \$65 per player for each jamboree)
    - Maximum of 3 jamborees
  - Additional Ice costs
  - Team apparel
  - Team functions

### Time (Approximately 20 weeks of sessions from October to March)

- Three to Four - 1 hour tryout sessions in September
- Two - 1 hour practices per week
- One - 1 hour home game per week
- One - 1 hour away game per week
- 30 minutes of dryland training every other week
- Travel time

- Children changing time
- Other team scheduled events



# U9 - HOUSE LEAGUE & ADVANCED DEVELOPMENT PROGRAM

The U9 Player Pathway is both a progression for those that participated in the U7 & U8 Programs as well as an entry point for other eight-year-old children looking to gain the skills to enjoy hockey. Youngsters at every level in minor hockey benefit from getting the 'right start' in the game. Programming at the U9 level is a crucial piece in building the skills of house league and rep team players alike.

For full details on the Hockey Canada U9 Pathway, please check it out here:

<https://www.ohf.on.ca/media/ojpiojda/2020-02-23-u9-player-pathway-policy-v8.pdf>

## U9 House League Program

The program consists of four levels of instruction, designed specifically for young hockey players. Each level consists of a series of practice plans (lesson plans) that follow a defined path of progressions. The skills of skating, puck control, passing and shooting are introduced and refined in a progressive, one-step-at-a-time manner. Although the emphasis is on fun and skill development, hockey at these ages should also allow youngsters to experience fitness, fair play and cooperation.

To ensure a positive experience for the children, a coaching clinic has been designed for the on-ice coaches that focuses on communication, teaching skills, leadership, skill analysis, lesson organization, and safety and risk management.

## Program Philosophy

- Hockey Canada developed the program to ensure that the child's early experiences with hockey are delivered in a safe and positive experience.
- The program enables participants to become contributing members of a team effort, develop self confidence and experience a sense of personal achievement.

## Program Goals

- To have fun while playing hockey and engaging in physical activity.
- To learn the fundamental skills required to play the game of hockey.
- To develop and refine basic motor patterns.
- To be introduced to the concepts of cooperation and fair play.

## Positions

Positions will not be assigned as permanent positions throughout the course of the season. Players will be encouraged to try every position. GMHA encourages all players to try the

goaltender position at least once. After a full team rotation, those interested in playing goaltender again can volunteer to do so. Players will also rotate between playing forward and defence on either side of the ice.

## Season Formatting

- Part 1 - October to December
  - Teams will play half ice games
  - Player skill development will be the focus for the month of October
- Part 2 - January to March
  - Teams will transition to full ice games
  - GMHA will work to make a fluent transition from half ice to full ice games with various rule changes, and positioning being a focus
  - The end of March will be a year end tournament

## Commitments

### Financial

- \$500 - GMHA program cost
- Other expenses will come from
  - Travel expenses to and from the rink
  - Replacement equipment as needed
  - Skate sharpenings

### Time (Approximately 20 weeks of sessions from October to March)

- One - 1 hour practices per week
- One - 1 hour game per week
- Travel time
- Children changing time

## U9 Advanced Development Program

The Advanced Development Program (ADP) is an alternative to the U9 House League Program. ADP acts as a bridge from the SD3 program and House League to Representative (REP) hockey. ADP takes the existing development structures mentioned in some previous programs, and enhances the model to offer a more competitive and challenging environment. For the players ready to take on that challenge, this program is more appropriate than the U9 House League program listed above.

ADP can be summed up as a skills development program that includes; power skating to improve skating ability; on-ice hockey related skill development; and dryland training to develop off-ice skills. ADP runs drills in 2 types of development forms:

1. **Small Area Games:** these fun and competitive hockey drills done in a smaller area to increase intensity of drills and allow for more interaction.
2. **Station-Based:** these are drills that are setup in various stations on the ice specifically focused on individual skill development.

## Goals for ADP

1. Create a fun and positive learning environment.
2. Have qualified instructors overseeing both on and off-ice development.
3. Follow the Hockey Canada Development Guidelines.
4. Athletes playing and practicing with other similarly skilled players.
5. To be a representative (rep) hockey initiation program that bridges the gap from house league to rep hockey.

## Registration Process

To register for ADP, it is done as every other program. Going through the registration process, you will select the appropriate program based on your child's age and complete the registration. Therefore, you will be looking to register for the U8 program. Every child with the birth year equivalent to the U8 program will register this way. To tryout for ADP is a separate process mentioned below.

## Tryout Process

What are tryouts?

1. Tryouts are scheduled skates by the GMHA to allow players to showcase their skills and to be evaluated. Evaluators use these tryouts to determine the selection of each team.
2. To tryout for ADP, you will need to purchase a tryout pass. This is done online through a very similar process to registration. You will see the option to purchase a "rep tryout pass" through the registration process. The specifics may vary each year, but annually information will be provided and released through the GMHA website and social media

outlets with the instructions. You MUST register and purchase a tryout pass to be eligible to make an ADP team.

3. Tryouts typically begin mid-September, and the details of when/where will be made available along with the tryout registration information as mentioned above.
4. Players will attend the tryouts, where they are evaluated by Independent Evaluators, who assess each player's current skill set and place them with similarly skilled players for optimal development.
5. Parents will be notified if their child was selected or not by email approximately 1 week after the final tryout date by email.

## Team Structure

- There will be four U9 ADP teams (AAA, AA, A, & AE)
- Each team will comprise of 18 skaters
  - Maximum of two goalies per team, and the goalie position will be permanent
    - GMHA recommends allowing players to try the goalie position for practices and games should the player show an interest
  - Teams will be split in half during gameplay with 9 on either side of the ice from November to early January

## Season Formatting

- SEASON - PART 1
  - Beginning in October, teams will have two practices each week
    - One consisting of skill-based development
    - The other consisting of skating-based development
    - Alternating every other week, teams will participate in dryland training prior to practice
  - The regular season will begin in November
    - Teams will participate in a Tri-County league. The intent is for travel to be minimal, but is completely dependent on the number of teams that are entered on a yearly basis
    - Games will be half ice, and consist of 4 on 4 with one goalie in each net
    - Shifts will last approximately 1 minute, and players will change at the sound of the buzzer
  - There will be a 2 week break in December during the Holidays
- SEASON - PART 2
  - In early January, teams will transition from half ice play to full ice play
    - Throughout the first half of the season, teams will have transition stages to prepare for full ice play
    - Coaches will introduce full ice play by educating players on rules and positioning, while maintaining an individual skill development focus

- Teams will continue to play against teams within their existing loop and will participate in a home and away series with each team in their loop for a total of approximately 8-10 games over 6-8 weeks
  - End of Season
    - The season will run until approximately early-March
    - The Year End Tournament will occur over a weekend near the end of March
    - Teams will participate in 2-3 round robin games leading up to the tournament weekend
    - The tournament weekend will consist of 1 round robin game, along with quarterfinals, semi-finals, and finals games
    - This is subject to change each year and based on Tri-County & SCTA changes

Below is an image that will help give a visual of the various phases and overall structure of the season:



FIGURE 2: U9 Seasonal Structure – Transition to Full-Ice Play

## Commitments

Financial

- \$500 - GMHA program cost
- \$1,000 - Approximate Rep Fees
- \$60 - \$80 Tryout Pass
- Other expenses will come from
  - Travel expenses to and from the rink
  - Replacement equipment as needed
  - Skate sharpenings
  - Jamboree/Tournament Fees (Approximately \$65 per player for each jamboree/Tournament)
    - Maximum of 3 jamborees/tournaments combined
  - Additional Ice costs
  - Team apparel
  - Team functions

Time (Approximately 20 weeks of sessions from October to March)

- Three to Four - 1 hour tryout sessions in September
- Two - 1 hour practices per week
- One - 1 hour home game per week
- One - 1 hour away game per week
- 30 minutes of dryland training every other week
- Travel time
- Children changing time
- Other team scheduled events

# U10 & U11 HOUSE LEAGUE, SELECT & ADVANCED DEVELOPMENT PROGRAM

The U10/11 Player Pathway is a progressive learn-to-play teaching curriculum. This pathway is an important component in the transition from U9 and serves as preparation into U12/13. The U10/11 Player Pathway consists of four phases of instruction, designed for players graduating from U9 hockey and for entry-level hockey players who may start playing hockey at this age level. The curriculum introduces, develops, and refines the skills of skating, passing, puck control, and shooting in a progressive, step-by-step manner.

This is to be viewed as an opportunity for young players to develop and refine fundamental movement skills (skating, turning, acceleration), manipulation skills (shooting, puck control, passing) and overall motor skills (balance, coordination, agility) in a fun and safe environment, promoting skill development through self-confidence. The main goal of the U10/11 Player Pathway is to continue to have fun while developing skills. When players continue on a positive note, they enjoy the game and will go on to have fun playing hockey for many years.

The U10/11 Player Pathway provides an environment that helps all players at the U10/11 age level (9 and 10 years old) to realize their full potential. Hockey Canada strongly believes that in order for players to truly fulfill their potential and be the best they can be, the needs of the player should be at the forefront of the programming.

The primary focus of the youth hockey system is to develop a lifelong passion for sport, develop important life skills through hockey and provide young players exposure to a development system that is progressive in nature and meets their needs based on age-specific and skill-appropriate programming.

For a full details on the Hockey Canada U10/11 Pathway, please check it out here:

<https://www.ohf.on.ca/media/5i4itzdh/2020-02-23-u11-player-pathway-policy-v9.pdf>

## U10/11 House League Program

At the U10 & U11 age groups, the House League program is combined. This means that 9 & 10-year olds will play together, and the teams will be divided up as equally as possible. GMHA aims to offer a ten team league each year, but that can change each year based on registration numbers.

### Program Objectives

- Continue to grow their impression of hockey as a positive one for players and parents.  
**FUN!**
- Play/Games exist to promote the benefits of competition, developing hockey sense and team dynamics

- Some streaming of the players –goal is to have players working with players of like skills to develop confidence and self esteem

## Season Formatting

The annual calendar is divided into five phases to enhance the player engagement process and ensure each phase of development has a very specific focus. It is important to abide by these phases and not compromise the developmental process by accelerating the calendar and attempting to have players engaged in activities like competitive games and tournament play before the proposed schedule.

Season Phases:

- 1. Preparation Phase (Player Evaluation/Selection/Tryouts) – Up to 2 weeks**
  - a. This refers to the period of time prior to the season starting.
- 2. Development Phase – Up to 4 weeks**
  - a. This refers to the period of time following tryouts prior to the regular season starting.
- 3. Development & Regular Season – Up to 22 weeks**
  - a. This refers to the period of time from the first regular-season game to the start of playoffs.
- 4. Playoff Phase – Up to 4 weeks**
  - a. This refers to the period of time from the end of the regular season to the end of playoffs.
- 5. Off-season Phase**
  - a. This refers to the period of time from the end of the playoffs to the start of the next Preparation Phase.

## Commitments

Financial

- \$535 - GMHA program cost
- Other expenses will come from
  - Travel expenses to and from the rink
  - Replacement equipment as needed
  - Skate sharpenings

Time (Approximately 20 weeks of sessions from October to March)

- One - 1 hour practices per week
- One - 1 hour game per week
- Travel time
- Children changing time



## U10/U11 Select Program

A Select team refers to a team of players selected from our house league program in a given age group. As an extension of our recreational house league, our Select program will continue to offer a more competitive level of play in a structured environment.

## Tryouts

- Players that intend on playing within the GMHA House League Program are given the opportunity to participate in the Select program through the tryout process
- Tryouts operate in a similar fashion to the rep tryouts
- Coaches are appointed, then evaluate players through 2-3 tryout sessions before selecting their team for the season
- If your child purchased a rep tryout pass, then you are not required to purchase a select tryout pass
- If you did not purchase a rep tryout pass, a select tryout pass costs \$20, and can be purchased online or prior to the first tryout date

## Team Structure

- There will be one U10 Select team
- There will be one U11 Select team
- Each team will comprise of a maximum of 17 skaters and 2 permanent goalies

## Season Formatting

- Players will participate with their House League team during their one game and one practice each week
- Players will also participate in their Select team's sessions as well. Each team may differ, but on average:
  - One additional practice each week
  - One additional game each week
- Select teams can participate in up to three tournaments throughout the season

## Commitments

### Financial

- \$535 - GMHA program cost
- \$580 - Approximate Rep fees
- \$20 Tryout Pass
- Other expenses will come from
  - Travel expenses to and from the rink
  - Replacement equipment as needed
  - Skate sharpenings

- Tournament Fees (Approximately \$65 per player for each Tournament)
- Additional Ice costs
- Team apparel
- Team functions

Time (Approximately 20 weeks of sessions from October to March)

- Two - 1 hour practices per week
- Two - 1 hour games per week
- Travel time
- Children changing time

## U10/11 Advanced Development Program

The Advanced Development Program (ADP) is an alternative to the U10/11 House League Program. ADP for the U10/11 age group takes hockey to the next level as players begin to prepare for the full rep hockey stream to come at the U12/13 programming. GMHA recognizes that the U10/11 program is a crucial age for players' pathways and if players are looking to progress to become a high level hockey player, this program is just the beginning. GMHA has put a lot of resources into this program to ensure players will receive optimal training to become the best hockey player they can be and continue along their hockey path.

ADP for the U10/11 age groups changes slightly from the previous U8 & U9 programming. The focus shifts more towards skill development and puck touches. This is accomplished using drills in 2 types of development forms:

1. **Small Area Games:** these fun and competitive hockey drills done in a smaller area to increase intensity of drills and allow for more interaction.
2. **Station-Based:** these are drills that are setup in various stations on the ice specifically focused on individual skill development.

## Goals for ADP - U10/11

1. Create a fun and positive learning environment.
2. Have qualified instructors overseeing both on and off-ice development.
3. Follow the Hockey Canada Development Guidelines.
4. Athletes playing and practicing with other similarly skilled players.
5. To be a representative (rep) hockey program that prepares players for the full rep stream system at the U12 age group.

## Registration Process

To register for ADP, it is done as every other program. Going through the registration process, you will select the appropriate program based on your child's age and complete the registration. Therefore, you will be looking to register for the U8 program. Every child with the birth year equivalent to the U8 program will register this way. To tryout for ADP is a separate process mentioned below.

## Tryout Process

What are tryouts?

1. Tryouts are scheduled skates by the GMHA to allow players to showcase their skills and to be evaluated. Evaluators use these tryouts to determine the selection of each team.
2. To tryout for ADP, you will need to purchase a tryout pass. This is done online through a very similar process to registration. You will see the option to purchase a "rep tryout pass" through the registration process. The specifics may vary each year, but annually

information will be provided and released through the GMHA website and social media outlets with the instructions. You MUST register and purchase a tryout pass to be eligible to make an ADP team.

3. Tryouts typically begin mid-September, and the details of when/where will be made available along with the tryout registration information as mentioned above.
4. Players will attend the tryouts, where they are evaluated by Independent Evaluators, who assess each player's current skill set and place them with similarly skilled players for optimal development.
5. Parents will be notified if their child was selected or not by email approximately 1 week after the final tryout date by email.

## Team Structure

- There will be four U10 ADP teams (AAA, AA, A, & AE)
- There will be four U11 ADP teams (AAA, AA, A, & AE)
- Each team will comprise of 15 skaters and 2 permanent goalies

## Season Formatting

The annual calendar is divided into five phases to enhance the player engagement process and ensure each phase of development has a very specific focus. It is important to abide by these phases and not compromise the developmental process by accelerating the calendar and attempting to have players engaged in activities like competitive games and tournament play before the proposed schedule.

Season Phases:

- 1. Preparation Phase (Player Evaluation/Selection/Tryouts) – Up to 2 weeks**
  - a. This refers to the period of time prior to the season starting.
- 2. Development Phase – Up to 4 weeks**
  - a. This refers to the period of time following tryouts prior to the regular season starting.
- 3. Development & Regular Season – Up to 22 weeks**
  - a. This refers to the period of time from the first regular-season game to the start of playoffs.
- 4. Playoff Phase – Up to 4 weeks**
  - a. This refers to the period of time from the end of the regular season to the end of playoffs.
- 5. Off-season Phase**
  - a. This refers to the period of time from the end of the playoffs to the start of the next Preparation Phase.

Below is a visual image to help outline the season structure as well:

# SEASONAL STRUCTURE

<b>U11 – Developmental (Competitive)</b>			
<b>Weeks</b>	Up to 6 weeks <i>prior to the start of the Regular Season Phase</i>	Up to 22 Weeks <i>after the completion of the Development Phase</i>	Up to 4 Weeks <i>at the conclusion of the Regular Season Phase</i>
<b>PHASE</b>	Prep / Evaluation / Development Phase	Regular Season Phase	Playoff/Tournament Phase
<b>BALANCE</b>	18% of the season	68% of the season	14% of the season
<b>VOLUME</b> <small>up to 32 weeks 60 practices up to 48 games up to 4 tournaments</small>	Up to 6 Weeks	Up to 22 Weeks	Up to 4 Weeks
	12 Practice Sessions	44 Practice Sessions	4 Practices Sessions
	Up to 6 Games	Up to 24 Games	Up to 16 Games
	1 Tournament	1 Tournament	2 Tournaments

Chart 2: Seasonal structure components for developmental (competitive) U11 hockey

## Commitments

### Financial

- \$535 - GMHA program cost
- \$1,200 - Approximate Rep Fees
- \$60 - \$80 Tryout Pass
- Other expenses will come from
  - Travel expenses to and from the rink
  - Replacement equipment as needed
  - Skate sharpenings
  - Tournament Fees (Approximately \$65 per player for each Tournament)
  - Additional Ice costs
  - Team apparel
  - Team functions

### Time (Approximately 22 weeks of sessions from September to March)

- Four to Eight - 1 hour skating/tryout sessions in September
- Two - 1 hour practices per week
- One - 1 hour home game per week
- One - 1 hour away game per week
- Travel time

- Children changing time
- Other team scheduled events

# U12 & U13 HOUSE LEAGUE, SELECT & REPRESENTATIVE PROGRAM

The main goal is to offer programming that meets the needs of the players who want to play the game for fun as well those that have their sights on the competitive / high performance pathway. Towards the end of the season for the U13 age group, players at all levels are given the opportunity to participate in body checking clinics as players prepare to participate in U14 Rep hockey, where body checking is first introduced. Skilled instructors will train all players (AAA, AA, A, AE, & House League) over the course of four sessions and teach them the fundamentals of how to receive and perform a body check safely.

## U12/13 House League Program

At the U12 & U13 age groups, the House League program is combined. This means that 11 & 12-year olds will play together, and the teams will be divided up as equally as possible. GMHA aims to offer a ten team league each year, but that can change each year based on registration numbers.

## Season Formatting

The annual calendar is divided into four phases to enhance the player engagement process and ensure each phase of development has a very specific focus. It is important to abide by these phases and not compromise the developmental process by accelerating the calendar and attempting to have players engaged in activities like competitive games and tournament play before the proposed schedule.

### Program Objectives

- Continue to grow their impression of hockey as a positive one for players and parents.  
**FUN!**
- Play/Games exist to promote the benefits of competition, developing hockey sense and team dynamics
- Some streaming of the players –goal is to have players working with players of like skills to develop confidence and self esteem

### Season Phases:

- 1. Preparation Phase (Player Evaluation) – Up to 2 weeks**
  - a. This refers to the period of time prior to the season starting.
- 2. Development & Regular Season – Up to 22 weeks**
  - a. This refers to the period of time from the first regular-season game to the start of playoffs.
- 3. Playoff Phase – Up to 4 weeks**
  - a. This refers to the period of time from the end of the regular season to the end of playoffs.

#### 4. Off-season Phase

- a. This refers to the period of time from the end of the playoffs to the start of the next Preparation Phase.

## Commitments

### Financial

- \$560- GMHA program cost
- Other expenses will come from
  - Travel expenses to and from the rink
  - Replacement equipment as needed
  - Skate sharpenings

### Time (Approximately 20 weeks of sessions from October to March)

- One - 1 hour practices per week
- One - 1 hour game per week
- Travel time
- Children changing time



## U12/13 Select Program

A Select team refers to a team of players selected from our house league program in a given age group. As an extension of our recreational house league, our Select program will continue to offer a more competitive level of play in a structured environment.

## Tryouts

- Players that intend on playing within the GMHA House League Program are given the opportunity to participate in the Select program through the tryout process
- Tryouts operate in a similar fashion to the rep tryouts
- Coaches are appointed, then evaluate players through 2-3 tryout sessions before selecting their team for the season
- If your child purchased a rep tryout pass, then you are not required to purchase a select tryout pass
- If you did not purchase a rep tryout pass, a select tryout pass costs \$20, and can be purchased online or prior to the first tryout date

## Team Structure

- There will be one U12 Select team
- There will be one U13 Select team
- Each team will comprise of a maximum of 17 skaters and 2 permanent goalies

## Season Formatting

- Players will participate with their House League team during their one game and one practice each week
- Players will also participate in their Select team's sessions as well. Each team may differ, but on average:
  - One additional practice each week
  - One additional game each week (maximum 3/month on average)
- Select teams can participate in up to three tournaments throughout the season

## Commitments

### Financial

- \$535 - GMHA program cost
- \$580 - Approximate Rep fees
- \$20 Tryout Pass
- Other expenses will come from
  - Travel expenses to and from the rink
  - Replacement equipment as needed
  - Skate sharpenings

- Tournament Fees (Approximately \$65 per player for each Tournament)
- Additional Ice costs
- Team apparel
- Team functions

Time (Approximately 20 weeks of sessions from October to March)

- Two - 1 hour practices per week
- Two - 1 hour games per week
- Travel time
- Children changing time

## U12/13 Representative (REP) Program

Rep hockey is the culmination of player skills, attitude and desire coupled with the coaching experience, training and dedication to form a GMHA team to play against the best players from other associations. The Rep teams play in a league which permits players to play against players of equal ability. Competitive (rep) hockey requires a much greater commitment from both the player and the parent. For the parents of rep players, there is a much greater financial commitment, plus more driving.

## Season Formatting

The annual calendar is divided into five phases to enhance the player engagement process and ensure each phase of development has a very specific focus. It is important to abide by these phases and not compromise the developmental process by accelerating the calendar and attempting to have players engaged in activities like competitive games and tournament play before the proposed schedule.

Season Phases:

- 1. Preparation Phase (Player Tryouts) – Up to 2 weeks**
  - a. This refers to the period of time prior to the season starting.
- 2. Development Phase – Up to 4 weeks**
  - a. This refers to the period of time following tryouts prior to the regular season starting.
- 3. Development & Regular Season – Up to 22 weeks**
  - a. This refers to the period of time from the first regular-season game to the start of playoffs.
- 4. Playoff Phase – Up to 4 weeks**
  - a. This refers to the period of time from the end of the regular season to the end of playoffs.
- 5. Off-season Phase**
  - a. This refers to the period of time from the end of the playoffs to the start of the next Preparation Phase.

## Commitments

Financial

- \$560 - GMHA program cost
- \$1,400 - Approximate Rep Fees
- \$60 - \$80 Tryout Pass
- Other expenses will come from
  - Travel expenses to and from the rink
  - Replacement equipment as needed
  - Skate sharpenings
  - Tournament Fees (Approximately \$65 per player for each Tournament)
  - Additional Ice costs

- Team apparel
- Team functions

Time (Approximately 22 weeks of sessions from September to March)

- Four to Eight - 1 hour skating/tryout sessions in September
- Two - 1 hour practices per week
- One - 1 hour home game per week
- One - 1 hour away game per week
- Travel time
- Children changing time
- Other team scheduled events

For more information on the Rep Program and details on the running of a Rep team, please view our [Rep Manual](#) online.

# U14 HOUSE LEAGUE, SELECT & REPRESENTATIVE PROGRAM

The main goal is to offer programming that meets the needs of the players who want to play the game for fun as well those that have their sights on the competitive / high performance pathway. In U14 Rep hockey, body checking is first introduced to players.

## U14 House League Program

At the U14 age group, the House League program is combined. This means that 13-year olds will play together, and the teams will be divided up as equally as possible. GMHA aims to offer a six team league each year, but that can change each year based on registration numbers.

## Season Formatting

The annual calendar is divided into four phases to enhance the player engagement process and ensure each phase of development has a very specific focus. It is important to abide by these phases and not compromise the developmental process by accelerating the calendar and attempting to have players engaged in activities like competitive games and tournament play before the proposed schedule.

### Program Objectives

- Continue to grow their impression of hockey as a positive one for players and parents.  
**FUN!**
- Play/Games exist to promote the benefits of competition, developing hockey sense and team dynamics
- Some streaming of the players –goal is to have players working with players of like skills to develop confidence and self esteem

### Season Phases:

- 5. Preparation Phase (Player Evaluation) – Up to 2 weeks**
  - a. This refers to the period of time prior to the season starting.
- 6. Development & Regular Season – Up to 22 weeks**
  - a. This refers to the period of time from the first regular-season game to the start of playoffs.
- 7. Playoff Phase – Up to 4 weeks**
  - a. This refers to the period of time from the end of the regular season to the end of playoffs.
- 8. Off-season Phase**
  - a. This refers to the period of time from the end of the playoffs to the start of the next Preparation Phase.

# Commitments

## Financial

- \$560- GMHA program cost
- Other expenses will come from
  - Travel expenses to and from the rink
  - Replacement equipment as needed
  - Skate sharpenings

## Time (Approximately 20 weeks of sessions from October to March)

- One - 1 hour practices per week
- One - 1 hour game per week
- Travel time
- Children changing time

## U14 Select Program

A Select team refers to a team of players selected from our house league program in a given age group. As an extension of our recreational house league, our Select program will continue to offer a more competitive level of play in a structured environment.

## Tryouts

- Players that intend on playing within the GMHA House League Program are given the opportunity to participate in the Select program through the tryout process
- Tryouts operate in a similar fashion to the rep tryouts
- Coaches are appointed, then evaluate players through 2-3 tryout sessions before selecting their team for the season
- If your child purchased a rep tryout pass, then you are not required to purchase a select tryout pass
- If you did not purchase a rep tryout pass, a select tryout pass costs \$20, and can be purchased online or prior to the first tryout date

## Team Structure

- There will be one U14 Select team
- The team will comprise of a maximum of 17 skaters and 2 permanent goalies

## Season Formatting

- Players will participate with their House League team during their one game and one practice each week
- Players will also participate in their Select team's sessions as well. Each team may differ, but on average:
  - One additional practice each week
  - One additional game each week (maximum 3/month on average)
- Select teams can participate in up to three tournaments throughout the season

## Commitments

### Financial

- \$535 - GMHA program cost
- \$580 - Approximate Rep fees
- \$20 Tryout Pass
- Other expenses will come from
  - Travel expenses to and from the rink
  - Replacement equipment as needed
  - Skate sharpenings
  - Tournament Fees (Approximately \$65 per player for each Tournament)

- Additional Ice costs
- Team apparel
- Team functions

Time (Approximately 20 weeks of sessions from October to March)

- Two - 1 hour practices per week
- Two - 1 hour games per week
- Travel time
- Children changing time



## U14 Representative (REP) Program

Rep hockey is the culmination of player skills, attitude and desire coupled with the coaching experience, training and dedication to form a GMHA team to play against the best players from other associations. The Rep teams play in a league which permits players to play against players of equal ability. Competitive (rep) hockey requires a much greater commitment from both the player and the parent. For the parents of rep players, there is a much greater financial commitment, plus more driving.

## Season Formatting

The annual calendar is divided into five phases to enhance the player engagement process and ensure each phase of development has a very specific focus. It is important to abide by these phases and not compromise the developmental process by accelerating the calendar and attempting to have players engaged in activities like competitive games and tournament play before the proposed schedule.

Season Phases:

- 6. Preparation Phase (Player Tryouts) – Up to 2 weeks**
  - a. This refers to the period of time prior to the season starting.
- 7. Development Phase – Up to 4 weeks**
  - a. This refers to the period of time following tryouts prior to the regular season starting.
- 8. Development & Regular Season – Up to 22 weeks**
  - a. This refers to the period of time from the first regular-season game to the start of playoffs.
- 9. Playoff Phase – Up to 4 weeks**
  - a. This refers to the period of time from the end of the regular season to the end of playoffs.
- 10. Off-season Phase**
  - a. This refers to the period of time from the end of the playoffs to the start of the next Preparation Phase.

## Commitments

Financial

- \$560 - GMHA program cost
- \$1,400 - Approximate Rep Fees
- \$60 - \$80 Tryout Pass
- Other expenses will come from
  - Travel expenses to and from the rink
  - Replacement equipment as needed
  - Skate sharpenings

- Tournament Fees (Approximately \$65 per player for each Tournament)
- Additional Ice costs
- Team apparel
- Team functions

Time (Approximately 22 weeks of sessions from September to March)

- Four to Eight - 1 hour skating/tryout sessions in September
- Two - 1 hour practices per week
- One - 1 hour home game per week
- One - 1 hour away game per week
- Travel time
- Children changing time
- Other team scheduled events

For more information on the Rep Program and details on the running of a Rep team, please view our [Rep Manual](#) online.

# U15 & U16 HOUSE LEAGUE, SELECT & REPRESENTATIVE PROGRAM

The main goal is to offer programming that meets the needs of the players who want to play the game for fun as well those that have their sights on the competitive / high performance pathway.

## U15/16 House League Program

At the U15 & U16 age groups, the House League program is combined. This means that 14 & 15-year olds will play together, and the teams will be divided up as equally as possible. GMHA aims to offer a ten team league each year, but that can change each year based on registration numbers.

## Season Formatting

The annual calendar is divided into four phases to enhance the player engagement process and ensure each phase of development has a very specific focus. It is important to abide by these phases and not compromise the developmental process by accelerating the calendar and attempting to have players engaged in activities like competitive games and tournament play before the proposed schedule.

### Program Objectives

- Continue to grow their impression of hockey as a positive one for players and parents.  
**FUN!**
- Play/Games exist to promote the benefits of competition, developing hockey sense and team dynamics
- Some streaming of the players –goal is to have players working with players of like skills to develop confidence and self esteem

### Season Phases:

#### **9. Preparation Phase (Player Evaluation) – Up to 2 weeks**

- a. This refers to the period of time prior to the season starting.

#### **10. Development & Regular Season – Up to 22 weeks**

- a. This refers to the period of time from the first regular-season game to the start of playoffs.

#### **11. Playoff Phase – Up to 4 weeks**

- a. This refers to the period of time from the end of the regular season to the end of playoffs.

#### **12. Off-season Phase**

- a. This refers to the period of time from the end of the playoffs to the start of the next Preparation Phase.

# Commitments

## Financial

- \$560- GMHA program cost
- Other expenses will come from
  - Travel expenses to and from the rink
  - Replacement equipment as needed
  - Skate sharpenings

## Time (Approximately 20 weeks of sessions from October to March)

- One - 1 hour practices per week
- One - 1 hour game per week
- Travel time
- Children changing time

## U15 Select Program

A Select team refers to a team of players selected from our house league program in a given age group. As an extension of our recreational house league, our Select program will continue to offer a more competitive level of play in a structured environment.

## Tryouts

- Players that intend on playing within the GMHA House League Program are given the opportunity to participate in the Select program through the tryout process
- Tryouts operate in a similar fashion to the rep tryouts
- Coaches are appointed, then evaluate players through 2-3 tryout sessions before selecting their team for the season
- If your child purchased a rep tryout pass, then you are not required to purchase a select tryout pass
- If you did not purchase a rep tryout pass, a select tryout pass costs \$20, and can be purchased online or prior to the first tryout date

## Team Structure

- There will be one U15 Select team
- There is no U16 Select team offering
- Each team will comprise of a maximum of 17 skaters and 2 permanent goalies

## Season Formatting

- Players will participate with their House League team during their one game and one practice each week
- Players will also participate in their Select team's sessions as well. Each team may differ, but on average:
  - One additional practice each week
  - One additional game each week (maximum 3/month on average)
- Select teams can participate in up to three tournaments throughout the season

## Commitments

### Financial

- \$535 - GMHA program cost
- \$580 - Approximate Rep fees
- \$20 Tryout Pass
- Other expenses will come from
  - Travel expenses to and from the rink
  - Replacement equipment as needed
  - Skate sharpenings

- Tournament Fees (Approximately \$65 per player for each Tournament)
- Additional Ice costs
- Team apparel
- Team functions

Time (Approximately 20 weeks of sessions from October to March)

- Two - 1 hour practices per week
- Two - 1 hour games per week
- Travel time
- Children changing time

## U15/16 Representative (REP) Program

Rep hockey is the culmination of player skills, attitude and desire coupled with the coaching experience, training and dedication to form a GMHA team to play against the best players from other associations. The Rep teams play in a league which permits players to play against players of equal ability. Competitive (rep) hockey requires a much greater commitment from both the player and the parent. For the parents of rep players, there is a much greater financial commitment, plus more driving.

## Season Formatting

The annual calendar is divided into five phases to enhance the player engagement process and ensure each phase of development has a very specific focus. It is important to abide by these phases and not compromise the developmental process by accelerating the calendar and attempting to have players engaged in activities like competitive games and tournament play before the proposed schedule.

Season Phases:

**11. Preparation Phase (Player Tryouts) – Up to 2 weeks**

- a. This refers to the period of time prior to the season starting.

**12. Development Phase – Up to 4 weeks**

- a. This refers to the period of time following tryouts prior to the regular season starting.

**13. Development & Regular Season – Up to 22 weeks**

- a. This refers to the period of time from the first regular-season game to the start of playoffs.

**14. Playoff Phase – Up to 4 weeks**

- a. This refers to the period of time from the end of the regular season to the end of playoffs.

**15. Off-season Phase**

- a. This refers to the period of time from the end of the playoffs to the start of the next Preparation Phase.

## Commitments

Financial

- \$560 - GMHA program cost
- \$1,400 - Approximate Rep Fees
- \$60 - \$80 Tryout Pass
- Other expenses will come from
  - Travel expenses to and from the rink
  - Replacement equipment as needed
  - Skate sharpenings
  - Tournament Fees (Approximately \$65 per player for each Tournament)

- Additional Ice costs
- Team apparel
- Team functions

Time (Approximately 22 weeks of sessions from September to March)

- Four to Eight - 1 hour skating/tryout sessions in September
- Two - 1 hour practices per week
- One - 1 hour home game per week
- One - 1 hour away game per week
- Travel time
- Children changing time
- Other team scheduled events

For more information on the Rep Program and details on the running of a Rep team, please view our [Rep Manual](#) online.



# U18 HOUSE LEAGUE, SELECT & REPRESENTATIVE PROGRAM

The main goal is to offer programming that meets the needs of the players who want to play the game for fun as well those that have their sights on the competitive / high performance pathway.

## U18 House League Program

At the U18 age group, the House League program is combined. This means that 16 & 17-year olds will play together, and the teams will be divided up as equally as possible. GMHA aims to offer a ten team league each year, but that can change each year based on registration numbers.

## Season Formatting

The annual calendar is divided into four phases to enhance the player engagement process and ensure each phase of development has a very specific focus. It is important to abide by these phases and not compromise the developmental process by accelerating the calendar and attempting to have players engaged in activities like competitive games and tournament play before the proposed schedule.

### Program Objectives

- Continue to grow their impression of hockey as a positive one for players and parents.  
**FUN!**
- Play/Games exist to promote the benefits of competition, developing hockey sense and team dynamics
- Some streaming of the players –goal is to have players working with players of like skills to develop confidence and self esteem

### Season Phases:

#### **13. Preparation Phase (Player Evaluation) – Up to 2 weeks**

- a. This refers to the period of time prior to the season starting.

#### **14. Development & Regular Season – Up to 22 weeks**

- a. This refers to the period of time from the first regular-season game to the start of playoffs.

#### **15. Playoff Phase – Up to 4 weeks**

- a. This refers to the period of time from the end of the regular season to the end of playoffs.

#### **16. Off-season Phase**

- a. This refers to the period of time from the end of the playoffs to the start of the next Preparation Phase.

# Commitments

## Financial

- \$560- GMHA program cost
- Other expenses will come from
  - Travel expenses to and from the rink
  - Replacement equipment as needed
  - Skate sharpenings

## Time (Approximately 20 weeks of sessions from October to March)

- One - 1 hour practices per week
- One - 1 hour game per week
- Travel time
- Children changing time

## U18 Representative (REP) Program

Rep hockey is the culmination of player skills, attitude and desire coupled with the coaching experience, training and dedication to form a GMHA team to play against the best players from other associations. The Rep teams play in a league which permits players to play against players of equal ability. Competitive (rep) hockey requires a much greater commitment from both the player and the parent. For the parents of rep players, there is a much greater financial commitment, plus more driving.

## Season Formatting

The annual calendar is divided into five phases to enhance the player engagement process and ensure each phase of development has a very specific focus. It is important to abide by these phases and not compromise the developmental process by accelerating the calendar and attempting to have players engaged in activities like competitive games and tournament play before the proposed schedule.

Season Phases:

### **16. Preparation Phase (Player Tryouts) – Up to 2 weeks**

- a. This refers to the period of time prior to the season starting.

### **17. Development Phase – Up to 4 weeks**

- a. This refers to the period of time following tryouts prior to the regular season starting.

### **18. Development & Regular Season – Up to 22 weeks**

- a. This refers to the period of time from the first regular-season game to the start of playoffs.

### **19. Playoff Phase – Up to 4 weeks**

- a. This refers to the period of time from the end of the regular season to the end of playoffs.

### **20. Off-season Phase**

- a. This refers to the period of time from the end of the playoffs to the start of the next Preparation Phase.

## Commitments

Financial

- \$560 - GMHA program cost
- \$1,400 - Approximate Rep Fees
- \$60 - \$80 Tryout Pass
- Other expenses will come from
  - Travel expenses to and from the rink
  - Replacement equipment as needed
  - Skate sharpenings
  - Tournament Fees (Approximately \$65 per player for each Tournament)

- Additional Ice costs
- Team apparel
- Team functions

Time (Approximately 22 weeks of sessions from September to March)

- Four to Eight - 1 hour skating/tryout sessions in September
- Two - 1 hour practices per week
- One - 1 hour home game per week
- One - 1 hour away game per week
- Travel time
- Children changing time
- Other team scheduled events

For more information on the Rep Program and details on the running of a Rep team, please view our [Rep Manual](#) online.