



U13 PROGRAM

NEW 2021-2022 SEASON

JOIN US FOR THE U13 PARENT INFORMATION SESSION - MONDAY, JUNE 21 @ 6:00PM
CLICK HERE for the Zoom meeting link

ABOUT RECREATIONAL HOCKEY CALGARY

Recreational Hockey Calgary (RHC) was created in response to a need for a less competitive playing environment and a less demanding time commitment that exists in community hockey. RHC has an emphasis on skill development, structured team play with multi-ability teams, a set schedule, affordability, with a moderate time commitment. The organization encourages and supports good sportsmanship, fair play, friendship, and respect.

We are committed to all our youth (aged 11- 20), regardless of background or circumstance, being able to enjoy a healthy sports activity in a positive and safe environment.

This may include:

1. Continuing players who want to stay in the game,
2. Players with other commitments for whom hockey is a 'second' activity, and
3. New players who want to try organized hockey.

EXPECTED BENEFITS FOR FAMILIES

- Set Days of the Week (Tuesdays and Saturdays)
- Family friendly ice times
 - Weekdays ice times between 5:45PM & 8:30PM
 - Weekend ice times between 8:45AM & 4:00PM
- No cash calls or fundraising
- No mandatory volunteer requirement or volunteer bond
- Volunteer opportunities for those interested
 - Head Coach
 - Assistant Coach
 - Team Manager
 - Time/Score keeper
- Cost effective (\$680 per skater, \$420 per goalie)
- No travel outside of Calgary
- Friend requests allowed (one, reciprocal)
- Participation in Esso Minor Hockey and RHC U13 Year End Tournament

Revamped LEAGUE STRUCTURE

- **NEW** Regional League - North and South teams (previously city-wide) - Dependent on registration and ice availability
 - Weekday ice times - regional location
 - Weekend ice times - central location
 - An effort will be made to place players on teams who live in similar areas
- **NEW** Game to Skills Development Practice ratio of 2 to 1
- Approximately 36 ice times
 - **NEW** 24 Games (previously 30) - (inc. tournaments mentioned above)
 - **NEW** 12 Skills Development Practices (previously 6)
 - **NEW** Practices run by coaches
 - Progressive development sessions focusing on individual skill development and game awareness
- **NEW** RHC Player Development Team
 - Practice Plans
 - Support coaches on ice as needed
- Set Days of the Week
 - Tuesdays and Saturdays

GAME PLAY

- Formally structured, three 15-minute periods, with a stop clock
- Qualified referees
- Hockey Canada Playing Rules guidelines
- No floods - Players do not leave ice between periods
- Participation in Esso Minor Hockey and RHC U13 Year End Tournament
- Teams are not permitted to play in games or tournaments outside of the program or purchase ice for additional practices