



2021-2022



Welcome

The goals and objectives of Intro to Hockey programming are to:

- **Teach the basic skills of hockey so players can enjoy the game,**
- **Assist in the development and enhancement of physical literacy and basic motor patterns**
- **Deliver a program that is age appropriate for the size, skill and age of the players,**
- **Encourage the aspects of fitness, fair play and co-operation while having fun playing the game.**





Program Objectives

- **Provide a positive environment for learning the fundamental skills of hockey**
- **Stimulate interest and desire to continue playing the game**
- **Develop basic skills**
- **Increase opportunities for players to touch and handle the puck**
- **Develop self-esteem through a sense of achievement**
- **Teach the basic rules of hockey**

Fun Facts



- **One practice will give more skill development than 11 games collectively**
- **Each player should have a puck on their stick for 8-12 minutes per one hour practice**
- **Each Timbit player should have a minimum of 30 shots on goal in a one hour practice**
- **99% of feedback a coach gives a player is when they have the puck**
- **Ironically a player only has the puck on their stick 0.2% of the time in a game**

The volunteer bond program was introduced to encourage Knights members to step forward and make the season a success. The more we put into it the more the kids will get out.

Participation in the volunteer bond program is a mandatory component of registration with the club and in **no way does it exclude families from volunteering with their player's team.**

A minimum of 15 hours of club approved volunteer positions is required to fulfill each family's volunteer bond obligations per season. Family includes all players registered within KHC. The value of the Volunteer Bond is set at \$300.00 per family per season

Volunteer Bond 2021-2022



Evaluations

- Evaluations are used to create parity teams at the U7 level
- To be clear U7 is the age group. Timbits is the name of the Hockey Calgary program
- Generally 1st year players are Jr. Timbits and 2nd year players are Sr Timbits. Depending on registration numbers there may be exceptions on team placement
- Every player will have 2 evaluation times
- Full gear required, mouthguards are recommended
- Come 30 minutes early
- Check in desk will be located in the LBCA lobby. Your player will be informed of their dressing room assignment. Evaluation jerseys will be provided.



Games JR

U7 Jr. Timbits - Age: 5 (2016 born)								
Introductory Phase			Development Phase			Regular Season Phase		
Sept 13 - Nov 26			Nov 27 - Jan 30			Jan 31 - Mar 27		
11	16-22	0	8	12-16	6-8	8	8-12	8-10
Weeks	Practices	Games	Weeks	Practices	Games	Weeks	Practices	Games
Total Practices: 40-50								
Total Cross-Ice Games: 12-16 max								
Maximum 2 Tournaments/Jamborees (HC Jamboree Excluded)								
Only 1 Tournament/Jamboree can be out-of-town**								

- Teams must adhere to the Hockey Calgary guidelines and game limits, see chart
- Jr Timbits - Informal games until November 27th
- Jr. Timbit Teams are permitted to play a maximum of 16 “formal-modified” during the season while adhering to the phase game maximums. This included exhibition and tournament games. **NO EXCEPTIONS**
- All Timbit games are played on half ice
- Games on Lake Bonavista Small arena are played full ice
- Review the Hockey Calgary - Intro To Hockey Resource Guide for program details at https://www.hockeycalgary.ca/assets/file/Operations/Intro_to_Hockey/HC_Intro_to_Hockey_Resource_Guide.pdf

Games SR

U7 Sr. Timbits - Age: 6 (2015 born)

Introductory Phase			Development Phase			Regular Season Phase		
<u>Sept 13 - Nov 12</u>			<u>Nov 13 - Jan 30</u>			<u>Jan 31 - Mar 27</u>		
9	14-18	0	10	14-20	8-10	8	8-12	10-12
Weeks	Practices	Games	Weeks	Practices	Games	Weeks	Practices	Games
Total Practices: 40-50								
Total Cross-Ice Games: 16-20 max								
Maximum 3 Tournaments/Jamborees (HC Jamboree Excluded)								
Only 1 Tournament/Jamboree can be out-of-town**								

- Teams must adhere to the Hockey Calgary guidelines and game limits, see charts below
- Sr Timbits - Informal games until November 13th
- Sr. Timbit Teams are permitted to play a maximum of 20 “formal-modified” during the season while adhering to the phase game maximums. This included exhibition and tournament games. **NO EXCEPTIONS**
- All Timbit games are played on half ice
- Games on Lake Bonavista Small arena are played full ice
- Review the Hockey Calgary - Intro To Hockey Resource Guide for program details at https://www.hockeycalgary.ca/assets/file/Operations/Intro_to_Hockey/HC_Intro_to_Hockey_Resource_Guide.pdf

- **All members of each coaching staff must complete the Intro to Hockey certification**
- **Each coaching staff must have one member who has completed the Safety Course**
- **Coaches must have completed a Calgary Police Security check**
- **Hockey Calgary Coach Certifications Information can be found on the Hockey Calgary website**
- **<https://www.hockeycalgary.ca/development/coaches>**





Volunteering with your Team

- **Head Coach: Plan practices, evaluates progress and success**
- **Assistant Coaches: On ice support (4 per team)**
- **Team Manager (1 volunteer): team communication, register for tournaments, middle man between parents and coaching team, organize social events for parents and players, update TeamSnap team events**
- **Assistant Manager/Treasurer (1 volunteer): Assist team manager, collect and manage funds (along with team manager). Assists with social events for parents and players**

Parent Responsibilities



- **Have your child attend as many ice times as possible so that he/she feels part of the team and has maximum opportunity to develop**
- **Update TeamSnap if your player is going to miss a game, practice or team event. Inform coach and manager of update**
- **Each player is responsible for the care of their jersey. Jerseys are to be worn at each ice time and returned at the end of the season**
- **Be supportive of the coaching staff**
- **Encourage appropriate behaviour on/off the ice and support the coaching staff in their discipline decisions**



Parent Responsibilities

- **It is mandatory that one parent from each household take the “Respect in Sport”**
- **Volunteer where needed!**
- **Most importantlyBe enthusiastic and encourage your child and his/her teammates in their efforts on and off the ice**



Player Responsibilities

- **Once dressed, wait in the dressing room until a member of the coaching team can take them onto the ice**
- **Listen to coaches on the ice and the bench**
- **Wear their Timbits jersey at all ice times**
- **Most importantly ... HAVE FUN!!!**

- **A child who is not listening to the coaching team and/or acting in an unsafe manner may be asked to leave the ice for a time out.**
- **The only people allowed on ice are those listed on the official team roster. Coaches, assistant coaches and players only. This is due to liability insurance rules.**

Discipline on the Ice





Questions?

2021-2022

