



Program Philosophy

The U11 program is designed to bridge the gap between the "Intro to Hockey" (U7/U9) model and the more competitive streams of U13. The core mandate is Fair and Equal Ice Time, ensuring every player—regardless of skill level—receives the same opportunity to contribute in all game situations, including power plays and penalty kills.

Full-Ice Transition, Unlike U9's half-ice format, U11 is played on the full 200-foot ice surface. Standard hockey rules are introduced, including off-sides, icing, and formal penalty procedures.

Players begin structured gameplay with more advanced skating, passing, and shooting development—building strong foundation skills. Players will rotate through all positions on a team to receive a balanced exposure to all positions to build well-rounded hockey IQ, with the exception of the goalie position (see goaltender section below).

Full-time Goalie

- U11 players are permitted to be designated as a full-time goalie; full-time goalies are exempt from the positional rotation of the other players on the team and remain in the goalie position all season
- The player must provide their own goalie equipment

Hybrid goalie program

- Alternatively, players can request to join the Hybrid goalie program, where the player will rotate between both goalie and outplayer (all positions).
- The player must provide their own goalie equipment
- For further information on the U11 Hybrid program [\[LINK\]](#)

For further questions, please contact the U11 Age group Coordinator at U11@springbankhockey.com

Player Pre-Skates (Aka Hockey Canada's Pathways Program)

- SMHA must offer open, no-cost pre-evaluation skates for all players as a part of Hockey Canada's Long-Term Player Development Model called Pathways.
- This program is designed to create a positive experience and to allow all players equal access to pre-evaluation ice times to prepare for SMHA's Player Placement Program (PPP) (evaluations).
- These pre-skates are optional, and all players are sorted into groups the week prior to PPP. These are planned sessions where the player will experience and practice the drills used at our PPPs
- At no time during these sessions will our players be evaluated.
- Please visit the Springbank Website under the Registration tab to see the program timeline
- Note: no ice times will be booked over the Labour Day long weekend (Friday to Monday)

SMHA Player Placement Program: PPP (aka Evaluations) & TEAM FORMATON

- U11 PPPs usually start after the September Labour Day long-weekend. Unless the season starts with a late Labour Day and PPPs could start late August, no ice times will be booked over the Labour Day long weekend



SMHA U11 PROGRAM INFORMATION

- Please visit the Springbank Website under the Registration tab to see the program timeline and more information
- SMHA relies on volunteers to run our evaluations. We will be seeking many roles to be filled, and this is a great opportunity to meet people and get involved.
- Players must attend ALL evaluation skates they are assigned.
- The player will be assigned 5-6 sessions
- Players and goalies will be assigned a pinnie to wear and are required to check in at every session to receive it
- U11 teams are tiered, where players are assessed during the evaluation process, so players are grouped with similarly skilled players
- U11 teams are tiered AA through 5, with tier AA teams comprised of the most skilled players in the age division and tier 5 comprised of less proficient players
- U11 tiers usually have two teams per tier, “sister teams,” with the exception of the AA team with only one team per association. The Hockey Calgary Grid dictates this tiering system in accordance with individual Association registration numbers, and a balancing game will be hosted prior to team announcements to ensure sister teams are balanced against each other
- As U11 teams are tiered based on skill, friend requests cannot be accommodated
- U11 teams begin practices within a few days after U11 PPPs have finished – usually mid-September

PRACTICE SCHEDULE

- No set schedule – will vary week to week during the season, usually between 1.5 to 2 hours per week and take place on weekdays and weekends
- Weekday (Monday to Friday) times can start as early as 4:00 pm.
- Weekend (Saturday & Sunday) times, while on occasion starting as early as 6:30 am, are usually 7:00 am or later, typically always in the mornings.
- Curfew for this age group to be off the ice is 8:45 pm week and weekend nights
- The general ice scheduling rule is that the younger age groups receive the earlier ice times and the older age groups receive the later ice times
- There are many factors involved in ice scheduling, and we do our best to release the team schedules as far out as possible during the season
- U11 teams will share the ice with one other U11 team for the entire practice time – full ice practices can occur, but not often, and first consideration for full ice is given to the U11 AA team
- Practices are scheduled at Springbank Park for all Seasons primarily, but can also be scheduled at the Edge and surrounding City of Calgary arenas

GAMES/TOURNAMENTS

Games

- All Hockey Calgary-sanctioned games are scheduled by Hockey Calgary in collaboration with SMHA Operations
- Details of the U11 Season Structure and Game Play are outlined in the annual [Hockey Calgary Season Structure and Game Play guidelines](#)



SMHA U11 PROGRAM INFORMATION

- Games are scheduled One for One: one game during the week, one game on the weekend, curfew to be off the ice on weekdays is 8:00 pm
- Each game is officiated by Referees in training and assigned by the Central Region's Community Referee Assignor for the arena where the game is played at
- SMHA U11 teams are in the North quadrant, with the exception of the AA team. Hockey Calgary has divided its member clubs into two quadrants, North and South, this is to assist in travel time for their members.
- Home games are scheduled at Springbank Park for all Seasons primarily, but can also be scheduled at the Edge and surrounding City of Calgary arenas

Tournaments

- Springbank provides all U9 teams with a home tournament to host in October, where there are sister teams they are to co-host together.
- This is a tight turnaround for this age group, as teams are often just announced with only 7 to 10 days to prepare to host a home tournament
- Away Tournaments are arranged and scheduled at the team level

TEAM CASH CALLS

- Requested by the team on a team-by-team basis
- Usually at the beginning of the season
- Average ranges from \$200-\$350 per player (but not limited to)
- The purpose is to cover team-related expenses such as exhibition games, tournaments, dryland training, team social events, team apparel, additional coaching equipment (pucks, pylons), etc.
- If affordability is a concern, please talk directly, in confidence, with your coach/team manager to work through options and/or a payment plan

COACHES

- Coaches are all Springbank volunteers, usually a parent of the players on the team, and we could not run our programs without them!
- U11 teams are permitted 5 coaches per team
- "On-ice help" is not allowed; only rostered coaches are permitted on the ice with the team
- Assistant Coaches must have at a minimum a valid Respect in Sport- Activity Leader certification and a valid Criminal Record Check (Police Information Check)
- Head Coaches are required to have the Hockey Alberta qualifications. These qualifications can be found on the [Hockey Alberta website under the Coach tab](#)
- All SMHA coaches must have the Hockey Alberta Safety qualifications, as per our internal policy
- All interested coaches must fill out an SMHA coach application form found on the Springbank website under the Coach tab.

OTHER VOLUNTEER OPPORTUNITIES



SMHA U11 PROGRAM INFORMATION

- Volunteer roles are also available at the team level every season and can include manager, treasurer, tournament coordinator, jersey parent social coordinator, and official box coordinator, to name a few
- Note: “On-ice help” is not allowed; only rostered coaches to your player’s team are permitted on the ice with the team.



PLAYER EQUIPMENT

- Hockey Calgary's equipment & care information:
<https://www.hockeycalgary.ca/resources/equipment-care>
- Used hockey equipment can be purchased at Play It Again Sports in West Hills
- New equipment can be purchased at various sports/athletic stores; however, Adrenalin Source for Sports, located at 9309 Macleod Trail South, is Springbank's approved apparel provider and provides Springbank families with a discount

TEAM EQUIPMENT

- Springbank will provide every U11 player with two game jerseys (Home and Away) with matching socks.
- These jerseys are sponsored by the McDonald's jersey program where each player will be allowed to keep one of the two jerseys at the end of the season on a rotation basis
 - i.e., one year it is the home and the next will be the away, resulting in a player upon completion of their two-year U11 program will have two commemorative jerseys (Home & Away)
- Players will be permitted to put a name bar on the jersey that is designated to be kept
- U11's will not be permitted to engage in a 3rd jersey as this is against the McDonald's jersey program.
- Jersey replacement cost is \$125 per jersey
- Team puck bags and first aid kits are available as well

COMMUNITY VS HOUSE LEAGUE

For U9-U11 (ages 7-10 years old), you can choose either the community stream program or the West Calgary House League program to register for each season. If the player registered in one program this season, they could register in the other program the next season. However, registration for the current season cannot be changed once community stream evaluations have begun, regardless of which program was registered in. Note the community program continues to U18 with Springbank, but House League is only offered until U11. Should your player want to continue in U13 and beyond but not join the community program, they can move to [Rec Hockey](#) with Hockey Calgary.

Hockey Calgary has a document that might be helpful for you to determine which program is right for your player: <https://www.hockeycalgary.ca/hockey-programs/what-program-is-right-for-me>.

For specific details on the West Calgary House League, please visit the [West Calgary House](#) League tab on the Springbank Website.