



SMHA U7 (TIMBITS) PROGRAM INFORMATION

PHILOSOPHY

The U7 Timbits program focuses on skill development and the FUNdamentals of the game for the players, coaches and parents. At Springbank, we strive to ensure the players enjoy coming to the arena, have success on the ice and most importantly, want to keep coming back!

For further questions, please contact the U7 Age group Coordinator at u7@springbankhockey.com

Pathways Pre-Skates

- 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.
- These are planned sessions where the player will experience and practice the drills used at our PPPs.
- Full equipment is required to be worn at these pre-skates.
- At no time during these sessions will our players be evaluated.
- Please visit the Springbank Website under the Resource tab <Registration Information> to see the program timeline

Player Placement Program (PPP) (Aka Evaluations)

- There are usually two or three evaluation skates for U7 in early September, with teams formed mid-September and practicing shortly after.
- Please visit the Springbank Website under the Resource tab <Registration Information> to see the Player Placement

Team formation

- U7 teams are formed based on the birth year of the player and skill level as assessed during the evaluation process
- "Junior" is usually first-year players and "Senior" is usually second-year players; however, this may not always be the case, depending upon the skill level of a player
- Teams are created to be equally balanced from both a player and coaching perspective
- **Friend Requests:** Since balanced teams are our priority, we do not promise friend requests will be accommodated, but we will work our best to create the most positive experience we can for all our players.
- The U7 Age Group Coordinator will collect any reciprocal friend requests via a Google form
- The form will be shared with the U7 age group at the start of PPPs



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PRACTICE SCHEDULE

- **Frequency:** Two ice times per week on a set/fixed schedule.
- **Mix:** These ice times can be a mix of two weekend days (Saturday and Sunday) or one weekday and one weekend day. *Note:* These set/fixed schedules cannot be determined until the teams are set in September. But in the past, it has been the one weekday & one weekend day rotation
- **Timing:**
 - Weekday (Monday to Friday) times can start as early as 4:00 PM.
 - Weekend (Saturday & Sunday) times are usually 7:00 AM or later, but almost always in the morning, while on occasion they start as early as 6:30 AM.
 - 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.
- **Location:** U7 teams will generally hold most practices at Springbank Park for All Seasons. Games may be held at other arenas, generally in the SW part of Calgary.
- **Ice Use:** U7 teams will always share the ice with either one or two other U7 teams – full ice practices and games are not permitted.

Game Structure and Format

- All Hockey Calgary-sanctioned games are to be cross-ice format, with half ice format permitted for Hockey Alberta-sanctioned games.
- Games will be scheduled for 2-team formats, and Hockey Calgary will continue to encourage 3-team formats for tournaments and jamborees.
- Games scheduled on weekends, maximum 1 game per weekend (this will replace a weekend practice).
- SMHA U7 teams are a part of the West quadrant, which includes Trails West and Glenlake teams.
- U7 Senior: set as Sunday games, scheduled in line with community regular season (Dec-Feb)
- U7 Junior: set as Saturday games, scheduled in line with community regular season (Dec-Feb)

COACHES

- Coaches are all Springbank volunteers, usually parents of the players on the team.
- U7 teams are permitted 7 coaches per team.
- Rostered coaches only are permitted on the ice with the team; "On-ice help" is not allowed.
- Minimum Requirement: U7 teams must have at a minimum 1 qualified coach per 10 players; therefore, U7 teams are required to have 2 qualified coaches per team.
- SMHA, as a practice, assigns two Head Coaches (co-Head Coaches) to ensure this ratio is met
- Assistant Coaches must have at a minimum a valid Respect in Sport- Activity Leader certification and a valid Vulnerable Sector Record Check (Police Information Check).
- All coaches with SMHA must have the Safety qualification.
- Springbank will reimburse clinic/course fees for all rostered coaches.



Other Volunteer Opportunities

- Many volunteers are required to make our season a success! These roles include Team Manager, Team Treasurer, Tournament Coordinator, and Team Social Coordinator, to name a few.
- The Springbank U7 Young Guns Tournament in January requires the help of many volunteers to be the successful event it is known to be.

TEAM CASH CALLS

- Requested on a team-by-team basis
- Usually at the beginning of the season
- Average ranges from \$300-\$350 per player
- The purpose is to cover team-related expenses such as exhibition games, tournaments, dryland training, team social events, team apparel, 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

EQUIPMENT

- All players are required to wear full equipment at all times on the ice.
- Hockey Calgary's equipment list & care information:
<https://www.hockeycalgary.ca/resources/equipment-care>
- Used hockey equipment can be purchased at Play It Again Sports in Westhills.
- Adrenalin Source for Sports (located at 9309 Macleod Trail South) is Springbank's approved apparel provider and provides Springbank families with a discount when you mention you are a member at the till

Team Equipment

- Springbank will provide every U7 player with a game jersey and socks, which are sponsored by Tim Hortons.
- Jerseys are to be turned in at the end of every season in "good" condition – replacement for lost or damaged jerseys will cost \$100.00, but you can keep the socks.
- Springbank provides all U7 teams 'blue' pucks to use, which must be used for all Timbits games

HOCKEY CALGARY'S TIMBITS LEARN TO PLAY PROGRAM

- Hockey Calgary webpage
- Offer for new, **first-time** Timbits players only
- Dates: Late August to Early September (MaxBell Arenas)

<https://www.hockeycalgary.ca/programs/u7-timbits-program/timbits-learn-to-play-program>

HOCKEY CALGARY'S TIMBITS JAMBOREE

- Hockey Calgary hosts this family-oriented day, where U7 Timbits families can enjoy the success of the season
- U7 team managers will book this event on behalf of the team