



U7 Timbits - Frequently Asked Questions

1. What is U7 (Timbits) Hockey?

- a. The U7 Timbits Program is a partnership between Tim Horton's, Hockey Alberta, Hockey Calgary and Hockey Canada that focuses on supporting skill development and the **FUND**amentals of hockey for participants aged 5 and 6.
- b. This 'grassroots hockey program' provides an opportunity for participants to meet new friends while gaining experience in the game of hockey.
- c. Typically, the 5-year-olds make up the Junior (JR) teams and the 6-year-olds make up the Senior (SR) teams. **However**; it is possible to have either age on each of the teams. This is determined through a simple evaluation process.

2. Is it a concern if my child can't skate well?

- a. **No, they don't have to be a strong skater!** However; this is not a 'learn to skate' program so they should be able to shuffle along the ice, and be able to get up on their own after falling.
- b. At this age, the focus is on having fun, and helping build confidence.
- c. You'll be amazed how quickly their skills will improve over the course of the season.

3. I'm a new hockey parent. What are my responsibilities?

- a. **Be supportive! Give LOTS of encouragement!**
- b. Respect the Team (Parents, Players and Coaches).
- c. Ensure your child is properly equipped.
- d. Respect the Association (Volunteers). There is a **Zero Tolerance Policy** for abuse of all participants, volunteers and other parents/guardians. Suspensions are possible consequences.
- e. SW Hockey is run by **PARENT** volunteers. Each family should be volunteering **at the 'Association Level' and the 'Team Level'**.
- f. **HOCKEY IS A TEAM SPORT!** Ensure your child is attending their ice times.

4. Do U7 participants require full equipment?

- a. **Yes!** The only equipment not required are mouth guards. Otherwise, **FULL gear is mandatory!**
- b. Helmet with face mask (CSA approved), throat protector/neck guard, shoulder pads, elbow pads, hockey gloves, hockey pants, hockey shin pads, skates, jock strap & cup / jill strap, sock tape, socks, hockey stick, water bottle (clearly marked and is **not** to be shared), and of course a hockey bag. SW will provide game jerseys and one set of game socks.
- c. **Additional notes:**
 - i. **Skates** – They are **NOT** sharp 'out of the box' and **MUST** be sharpened prior to the participants first ice time.
 - ii. **Water Bottles** – The 'long-spout' is recommended as it can fit through the helmet cage.
 - iii. **Hockey Tape** – Should be put on both the 'butt end' and blade of the stick.
 - iv. **Hockey Sticks** – Should be between the child's chin and nose → while **ON** skates.
- d. The equipment does **not** have to be new. You can purchase used gear as well. It's more important that the equipment fit well. **Hockey gear is NOT meant to "grow into"**.
- e. Under the gear, as a base-layer, participants can wear a light pair of PJ's or even a set of "breathable" long johns.
- f. There is an "Equipment & Care" section on the Southwest website. **Parent > Equipment**



5. Are there evaluations for U7?

- a. **Yes.** U7 will participate in a couple scheduled evaluation ice times in order to group participants of similar ability together; which can help set them up for success and FUN!
- b. More information, along with the schedule can be found at: [Parent > Evaluation](#)

6. What are Pathway Skates, and will U7 receive them?

- a. Pathway Skates allow participants to get back onto the ice in a less formal setting before the evaluated skates begin.
- b. For the 2023 – 2024 season, U7 will receive two (2) Pathway Skates.
- c. While Pathway Skates are not mandatory; they are highly recommended.
- d. Dates for the U7 Pathway Skates can be found at: [Parent > Evaluation](#)

7. When does the season start, and how long is the season?

- a. U7 Pathway Skates, and evaluations will begin about mid-September.
- b. Practices begin sometime between the end of September (following evaluations), and first week of October.
- c. Season goes till approximately mid-March. Teams can participate in tournaments till end of March.

8. What is the practice schedule like for U7?

- a. For the 2023-2024 season, SW is piloting an updated schedule for U7 SR.
- b. Barring anything unforeseen, the U7 schedule will be as follows.

U7 Timbits – Practice Schedule		
Details	Junior (JR)	Senior (SR)
Length	Predominately 60 minutes	
Practice Locations	Cardel Rec South (CRS) or Oakridge (OAK)	
Game Locations	Home Games: CRS or OAK Away Games: South Arenas	
Weekday Practices	None	
Weekend Practice Time Range	Saturdays 6:30 am – 11:45 am & Sundays: 6:45 am – 11:45 am NOTE: Teams will rotate through the different ice times, so that no single team is getting all of the 'early' ice times.	
Weekend Game Time Range	Saturdays Home Games: 7:45am – 11:45am Away Games: As per away Associations	Sundays Home Games: 8:00am – 11:45am Away Games: As per away Associations
# of Ice Times	Estimated for the season: 40 – 45	
Max # of Games	As per Hockey Calgary → Noted on their website	

9. Does the Association schedule the games for the U7 teams?

- a. No. Hockey Calgary schedules the U7 games.
 - i. Due to the successful pilot of Hockey Calgary scheduling some of the U7 games, this will continue for the 2023-2024 season.
- b. Head Coaches and Managers are responsible for booking any additional exhibition games and/or tournaments.



10. What is the overall time commitment like?

- a. Teams will have two (2) ice times per week.
 - i. They will either both be practices, or one practice and one Hockey Calgary scheduled game.
- b. Teams can also schedule additional team building events, exhibition games and tournaments (up to the Hockey Calgary maximums). These additional events will vary by team.

11. Are there other programs I can sign my U7 participant up for?

- a. **YES!** There is a **U7 'Prep Camp'**.
 - i. Registration is separate from the community registration, and has limited space.
 - ii. Details can be found at: **Parent > Registration > Prep Camp**
- b. SW also has an in-house **Power Skating Program** geared to U7 Senior participants.
 - i. Registration for this program is also separate from the community registration, and has limited available space.
 - ii. Details can be found at: **Parent > Registration > Power Skating**

12. I already paid my registration fees. Why is there a TEAM 'Cash Call'?

- a. Each team is responsible for its own financial operations for the season.
- b. Teams are required to have a Treasurer who will initially work with the Head Coach and Manager to develop a team budget; which then must be agreed to by 75% of the team.
- c. Depending on the budget (e.g., tournaments, team building activities, year-end party, coach gifts etc.) and the fundraising endeavors, this determines the additional dollars needed to cover team expenses.
- d. Cash Calls may range between \$100 - \$200; however, can vary depending on team budgets.
 - i. Cash Calls are paid to the team, via the team bank account, **by October 31st**.
 - ii. Where a cash call is a financial hardship, the member should contact the Manager/Head Coach in private where separate arrangements could be made.

13. Can U7 teams participate in tournaments?

- a. **Yes!** The number of tournaments that U7 teams can attend are as per Hockey Calgary Rules & Regulations. These maximums can be found on Hockey Calgary's website, and **CANNOT** be exceeded.
- b. There can be both 'in-town' and 'out of town' tournaments.
 - i. 'Out-of-town tournaments'; typically refer to tournaments where families stay at hotels over a weekend. However, they can also be tournaments outside of Calgary, but closer to city limits, such as; Okotoks, Indus, Cochrane etc.
- c. Tournaments are arranged and funded by each individual team.

14. Where can I find additional resources?

- a. There are **MANY** resources that are available to families.
- b. Details can be found at: **Parents > Registration > U7 Timbits**

15. Have a Question? Need an Answer?

- a. If you have a question that has not been covered above, or on the website; please contact:

Portfolio	Email
General Inquiry	admin@southwesthockey.ca
Registration	registrar@southwesthockey.ca
Coaching	coaches@southwesthockey.ca
Volunteering	volunteers@southwesthockey.ca

