



**Hockey helps teach self confidence, team play and sportsmanship while having FUN!
Parents can support this learning process by ensuring the family is prepared.**

Before leaving the house, check these off your list:

- ✓ **Is ALL required equipment in your child's hockey bag before leaving the house?** FULL CSA hockey approved gear is required at ALL times.
- ✓ **Have their skates been recently sharpened?** Skates are **NOT** sharp, 'out of the box'. Dull blades will affect the player's ability to stop, turn, and in general, skate properly.
- ✓ **Do they have a FILLED water bottle?** Make sure their name is on the bottle. Participants should not share water bottles.
- ✓ **Eat a healthy meal.** This will help prevent feeling tired on the ice.
- ✓ **Arrival Time.** The speed that players get dressed varies. We recommend being ready to go on the ice about 10-minutes prior to the start of the ice time. Please arrive at a time that allows you to meet this timeline.

Hockey Equipment

- ✓ Required hockey equipment → [CLICK HERE](#)
- ✓ Video on how-to put-on hockey equipment → [CLICK HERE](#)

Is there an FAQ?

- ✓ **Yes!** See Page 2.

What can I expect at the rink?

- ✓ Families must always respect our community facilities. If not for community arenas, there would be no hockey!
- ✓ Near the entrance, there will be a "Reader Board". This will list the schedule of activities, along with the dressing room that has been assigned to your program. Go to that dressing room where you will put on your child's equipment, skates and helmet.
- ✓ A coach should be in/around the dressing room. Introduce yourself!
- ✓ Once it's time to 'hit the ice', there will be a second door inside the dressing room that will lead to the bench and ice surface. From there you'll guide your player onto the ice.
- ✓ **Give a BIG WAVE & "HAVE FUN!"** → **Parents must watch from the spectator stands.**
 - **Parents who remain on the bench have proven to be a large distraction to the kids.**
- ✓ Once the ice time is over, coaches will guide players back to the dressing room, where parents can meet their little "hockey superstar" in the dressing room → to help remove their hockey gear.
- ✓ **REMINDER** → **Even if there were some struggles - give LOTS of encouragement!** It's more about positive reinforcement at this age, and building confidence on the ice.





1. What is CUBS Hockey?

- a. This is a non-competitive 'learn to skate' with an introduction to the basics of hockey for participants who are 3 & 4 years old. **NOTE:** Participant must be 3 years old by the time the program starts.

2. Does my child need to know how to skate before attending?

- a. Participants **MUST** be able to get up and down, without assistance.
- b. No previous experience necessary. **However**, participants should be able to 'shuffle' across the ice without assistance prior to registering for this program.

3. Do CUBS participants require full equipment?

- a. **Yes!** The only equipment not required are mouth guards.
- b. **FULL gear is mandatory at ALL ice times!** If your child is missing gear, they will be asked to leave the ice.
- c. **Required gear includes:** Helmet with face mask (must be 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, and of course a hockey bag.
- d. SW Hockey will provide a CUBS jersey, and one pair of game socks.

4. Do you have additional pointers about equipment?

- a. **Skates:** These are **NOT** sharp 'out of the box'. Dull blades will affect the player's ability to stop, turn, and in general, skate properly.
- b. **Water Bottle:** The 'long-spout' is recommended as it can fit through the helmet cage, which prevents the need for the cage on the helmet to be opened. This is also for safety.
- c. **Hockey Tape:** This should be put on both the 'butt end', and blade of the stick.
- d. **Hockey Sticks:** Should be between the child's chin and nose → while **ON** skates.
- e. **Hockey gear is NOT meant to "grow into"**. Equipment does **not** have to be brand new. Used gear can be a great option. It's more important that the equipment fits well.
- f. **Under the gear**, as a base-layer, participants can wear a light pair of PJ's or even a set of "breathable" long johns.
- g. **"Equipment & Care"** can be found at this link: <https://www.southwesthockey.ca/cubs/>

5. Can I join my child on the ice?

- a. **No.** This is an UN-parented ice time.
- b. Only registered participants and approved coaches are permitted on the ice.

6. Can I bring a 'skate aid' for my child to use?

- a. **No.** This camp / program will help teach participants how to confidently move on their own.
- b. However, this may also be at the discretion of the instructors.

7. How will information be communicated?

- a. Main form of communication is by email. Please ensure you have provided an email that you check on a regular basis. Our website is another great place for information, as well as our social media.

8. Have a Question? Need an Answer?

- a. If you have a question that has not been covered above, or on the website; please contact:
 - i. General Inquiry → admin@southwesthockey.ca
 - ii. Registration → registrar@southwesthockey.ca

