

# U7 & U9 Orientation

SEPTEMBER 15, 2024



WELCOME



# AGENDA

**BOARD OF DIRECTORS**

**INTRO TO HOCKEY**

**VOLUNTEERING**

**EVALUATIONS**

**ATTENDANCE & EXPECTATIONS**

**DRESSING ROOMS**

**TEAM FINANCES & FUNDRAISING**

**COMMUNICATIONS & CONDUCT**

**DEVELOPMENT**

**TEAMSAP, PRACTICES & GAMES**

**JERSEYS & SOCKS**

**PICTURE DAY**

**HOCKEY CALGARY JAMBOREE**

**RESOURCES**

# SOUTHWEST HOCKEY BOARD OF DIRECTORS

The Southwest Hockey Board of Directors is comprised of volunteers who graciously devote their time and energy to support the betterment of the game of hockey within our Association.

Southwest Hockey is a Community Minor Hockey Association under the following governing bodies:



**COMMUNITY**



HOCKEY CALGARY

**REGIONAL**



**PROVINCIAL**



**NATIONAL**

# Goals & Objectives

## INTRO TO HOCKEY

**Teach the basic skills of hockey so players can enjoy the game.**

**Assist with the development & enhancement of physical literacy.**

**Age appropriate program for size, skill, and age of the players.**

**Encourage fitness, fair play, and co-operation while having FUN.**

# ASSOCIATION & TEAM VOLUNTEERING



To avoid paying \$500 --- Four (4) Association Volunteer Bond credits are required to be completed before the end of the season.



**Bonus Opportunity is available → AUG 19 – OCT 6**

**If families complete two (2) credits during this time, the Association Volunteer Bond will be considered fulfilled.**



Parents still have an obligation to actively participate at the team level ensuring the workload is shared through the season; even after the Association VB is completed.



# Team Level Roles (TeamOps)

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Positions that need to be filled at the team level are as follows. A breakdown of the responsibilities can be found on the website under the [TeamOps](#) tab:

- Head Coach (1) & Assistant Coaches (*up to 4*) – *Certifications are required*
- Team Manager (1) & Assistant Team Manager (1)
- Team Treasurer (1)
- Jersey Parent: **U7** → One (1) as there is only 1 jersey. **U9** → One (1) for 'Home' jerseys, and one (1) for 'Away' jerseys.
- Tournament Coordinator (1)
- Raffle Liaison (1)

[VOLUNTEER BOND](#) – Information is available on our website. Specific questions about the bond must go to our Director and Assistant Director of Volunteers. They can be reached at:

- Director of Volunteers (Cathryn): [volunteers@southwesthockey.ca](mailto:volunteers@southwesthockey.ca)
- Asst. Director of Volunteers (Kelsi): [asst-volunteers@southwesthockey.ca](mailto:asst-volunteers@southwesthockey.ca)

# EVALUATIONS



U7 will have two (2) evaluated sessions, each consisting of three (3) drills. Forward skating without a puck. Forward skating with a puck. Backward skating without a puck.



U9 will have five (5) evaluated sessions. Skate 1 (Skills). Skate 2 (Skills & 3v3). Skate 3 & Skate 4 ('split ice' 4v4). Skate 5 (Placement game).



Questions specific to your evaluation sessions need to go through your [Eval Lead & Eval Assistant](#).

**They should be your 1<sup>st</sup> point of contact.**





# HOCKEY IS A TEAM SPORT



# ATTENDANCE EXPECTATIONS

# ATTENDANCE POLICY



Southwest Hockey recognizes regular participation in practices and games is integral to the development of our hockey participants, and the success of our hockey program. Therefore, there is an internal [Attendance Policy](#).



## **COMMUNICATION**

- Non-communications negatively affects Coach's practice plans.
- **ALL** families are expected to inform the Coach of absences.
- Minimum 48-hours notice.



## **EXCUSED vs. UNEXCUSED**

- Excused: Injuries, sick, medical, family matters, school event, affiliation (U9).
- Unexcused: No shows, less than 48-hours notice, holidays.



## **COMMITMENT EXPECTATIONS**

- If more than 40% of games & practices are missed in any given calendar month, which are unexcused – may have playing time adjusted.
- Excessive absences → Meeting with Head Coach & Southwest Hockey.

# DRESSING ROOMS

To provide a safe and comfortable dressing room environment with proper supervision for participants, and coaches.

Limiting the number of people in these areas aims to avoid accidents and overcrowding.

Time spend in the dressing room with just the players and coaches is a critical bonding time for the team.



Only the participant and one (1) family member in the dressing room, unless otherwise discussed with the Head Coach.



Once the participant is ready, family member should leave. There is no “hanging out”. Family member(s) have the lobby & spectator area to visit.



Participants should be dressed and ready to go on the ice a minimum of 15-minutes prior to the start of the ice time, unless otherwise noted by the Head Coach. This is bonding time for the team.

# TEAM FINANCES

1

## General

Additional activities such as: tournaments, exhibition games, team social events, apparel; fall outside the scope of the SWH Program. These are team level expenses.

2

## Team Budget

Budget discussions happen at the team level, and are to be approved by 75% of the parent group. Teams should be reasonable when determining a budget.

3

## Budget Models

Teams can use a combination of the following to support the team budget:

**Fundraising Model**  
**Parent Funded Model**  
**Sponsorship Model**

4

## Cash Call Policy

A Cash Call is a dollar amount paid by the parent to the team to help fund the team budget.

**OCT 31<sup>st</sup>** is the deadline to have this paid to the team bank account.

# 24 HOUR RULE

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# TEAM LEVEL

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# BOARD

## GAME AND CONDUCT COMMUNICATION TREE

### Standard of Conduct

- Southwest Hockey is committed to providing an environment where ALL individuals are treated with respect.
- Members of Southwest Hockey shall conduct themselves in a fair, respectful and responsible manner.

### Reporting Process

- There is an established process to deal with incidents.
- Full process is available on the website at: <https://www.southwesthockey.ca/incident-resources/>





# ON OR OFF THE ICE, THESE DON'T BELONG.

~~RACISM~~

~~EMOTIONAL ABUSE~~

~~DISCRIMINATION~~

~~VERBAL ABUSE~~

~~SEXUAL MISTREATMENT~~

~~SEXUAL HARASSMENT~~

~~PHYSICAL ABUSE~~

We want to ensure our community is a safe and happy place for everyone. If you see something that does not feel right, say something. Talk to your Coach or Team Manager.

This is our Hockey Family, and EVERYONE belongs here!



GROWTH PASSION



PROGRESS FUN



Previous successes with this partnership, SW Hockey has partnered with Attack Sports for the 2024-2025 season.

Coaches from Attack Sports will provide teams with additional on-ice development.

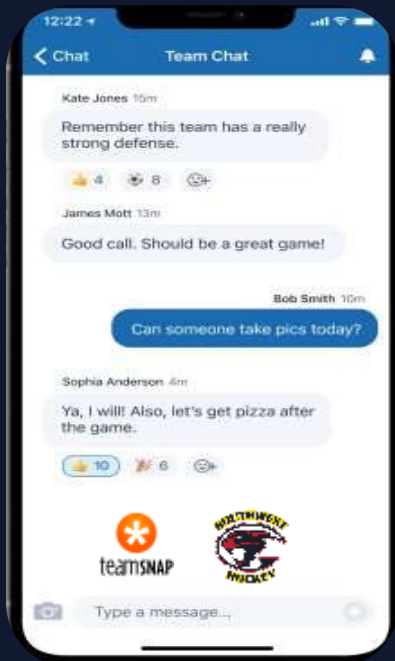
**U7**

- Four (4) on-ice sessions
- Scheduled in → OCT, NOV, JAN, & FEB

**U9:**

- Four (4) on-ice practices
- Scheduled in → OCT, NOV, JAN, & FEB

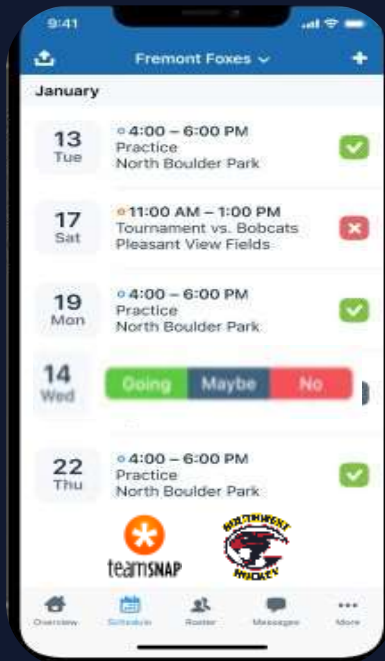
## Communication Center



Easily communicate with your team

Mobile App  
Messages  
Roster

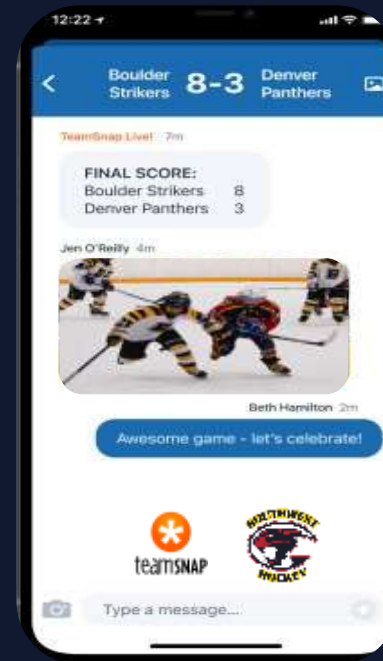
## Schedules & Availability



Know where to go, who's going, and when

Schedules  
Availability  
Assignments

## Share & Connect



Share photos, and stay connected

Photo Sharing  
TeamSnap Live



# SCHEDULE 'SEGMENTS'



There are five (5) 'segments' when it comes to scheduling:

- 1) Pre-Seeding → Up to and including OCT 18
- 2) Seeding Round → OCT 19 to NOV 17 (*released by approx. OCT 15*)
- 3) Seasonal Break → NOV 18 to DEC 1 (*released by approx. OCT 20*)
- 4) December (Regular) & Winter Break → DEC 2 to JAN 2 (*released by approx. NOV 30*)
- 5) Regular Season → JAN 3 to FEB 23 (*released by approx. DEC 15*)
  - a) **NOTE:** Releasing the Jan 3 – Feb 23 schedule depends on the status of EMHW (*Esso Minor Hockey Week*) scheduling for all age divisions.

**NOTE:** Playoffs → Although U7 and U9 do not participate in playoffs, **ALL** teams are scheduled practices till approximately MAR 16<sup>th</sup>

# SCHEDULES

Team schedules will be uploaded to your TeamSnap account.

## U7

Practice schedules will be fairly consistent, based on the chart provided on the [website](#). League games are scheduled by Hockey Calgary. So, there could be variances as Southwest can't control when 'away' Association's have ice available. Home games are typically scheduled during the same timeframe that practices will aim to be scheduled.

U7 teams will be scheduled on Saturdays & Sundays

Further details for the U7 Program can be found at this link: [CLICK HERE](#)

## U9

As U9 transitions from U7 (with *having a fairly consistent practice schedule*), to U11 (*where the schedule is not consistent*) - the goal for the U9 age division is to provide as much consistency as possible from week to week.

U9 teams will not be scheduled practices on Thursdays - due to the U9 Academy and U9 Power Skating Program.

# JERSEYS & SOCKS

Teams assume financial responsibility for all equipment and jerseys that are issued to them.

Jerseys can only bear Association sponsorships. There will be NO team level sponsorships (crests) permitted on any SW game or practice jersey

Alterations are NOT permitted **without PRIOR consent** from the Director of Branding.

U7 – One (1) game jersey set & socks will be provided.

U9 – Home / Away game jerseys & socks are provided.

ALL teams are required to wear the jerseys supplied by SW Hockey. Teams are NOT permitted to wear jerseys that have not been approved by the SW Board.

Jersey Parents are to properly care for the jerseys, and follow [washing instructions provided on the website.](#)



# PICTURE DAY – SUNDAY OCT 20<sup>TH</sup>

Your team's scheduled Picture Day time will be added to TeamSnap.

Information Sheet is posted to the SW Website via TeamOps > Manager tab, or by [CLICKING HERE](#).

U7 will wear the designated Tim Hortons jersey.

U9 will wear **DARK** jerseys and **DARK** socks for this season. Jersey colours alternate each season.



# HOCKEY CALGARY – TIMBITS JAMBOREE

**Event Date:** Saturday March 1, 2025

**Location:** Cardel Rec South

Every Timbits team is invited to join Hockey Calgary for this **FREE**, family fun, event that celebrates our Timbits hockey players. The event will feature family-friendly activities off the ice and action-packed Timbits Hockey on the ice.

This event is hosted by Hockey Calgary, and Team Managers would register your team once registration opens.



HOCKEY CALGARY



# ASK QUESTIONS & USE RESOURCES

## Please don't 'guess' or 'assume'!

Reach out to your Team Manager /  
Head Coach.

The Association has **Division Leads**.  
There is one assigned to each age  
group.

**U7 – Kristen Kohn**

**U9 – Lloyd George**

## Website Resources

SW Hockey: [www.southwesthockey.ca](http://www.southwesthockey.ca)

Hockey Calgary: [www.hockeycalgary.ca](http://www.hockeycalgary.ca)

Hockey Alberta: [www.hockeyalberta.ca](http://www.hockeyalberta.ca)

## Social Media Resources

Instagram:

<https://www.instagram.com/southwesthockeyassociation/>

Facebook:

<https://www.facebook.com/southwesthockeycalgary/>

Twitter:

<https://twitter.com/SWHockeyassoc>



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Thank  
You

