



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

### ***What is U5 CUBS Hockey?***

- This is a non-competitive introduction to the basics of hockey for participants who are 3 & 4 years old.
- Participant must be 3 years old by the time the program starts.

### ***Does my child need to know how to skate before attending?***

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

### ***Do U5 CUBS participants require full hockey equipment?***

- **Yes!** The only equipment not required are mouth guards.
- **FULL gear is mandatory at ALL ice times!** If your child is missing gear, they will be asked to leave the ice.
- **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.
- SW Hockey will provide a U5 CUBS' jersey, and one pair of hockey socks.

### ***Do you have additional pointers about hockey equipment***

- **Required hockey equipment** → [CLICK HERE](#)
- **Video on how-to put-on hockey equipment** → [CLICK HERE](#)
- **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.
- **Hockey gear is NOT meant to "grow into"**. Equipment does **not** need to be brand new. Used gear can be a great option. It's more important that the equipment fits well.
- **"Equipment & Care"** can be found at this link: <https://southwesthockey.ca/equipment/>

### ***Do their skates need to be sharp?***

- Yes. Dull blades will affect the player's ability to stop, turn, and in general, skate properly.
- If you just bought skates, they are not sharp, 'out of the box'.

### ***Before leaving the house, what should I do?***

- Check if ALL required equipment is in your child's hockey bag?
  - FULL CSA hockey approved gear is required at ALL times.
- 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.





### **When should I arrive at the arena?**

- 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.

### **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.
- 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.**
  - **This requirement is also in alignment regarding the insurance policy where the bench area is designated for instructor coaches and participants only.**
- 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.

### **Can I join my child on the ice?**

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

### **Can I bring a ‘skate aid’ for my child to use?**

- **No.** This program will help teach participants how to confidently move on their own.
- However, this may also be at the discretion of the instructor coaches.

### **How will information be communicated?**

- 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
  - **Instagram:** <https://www.instagram.com/southwesthockeyassociation/>
  - **Facebook:** <https://www.facebook.com/southwesthockeycalgary/>
  - **Twitter:** <https://twitter.com/SWHockeyassoc>

### **Have more questions not covered here?**

- Feel free to reach out to the following; based on the question(s) you may have:
  - General Inquiry → [admin@southwesthockey.ca](mailto:admin@southwesthockey.ca)
  - Registration → [registrar@southwesthockey.ca](mailto:registrar@southwesthockey.ca)
  - Program → [development@southwesthockey.ca](mailto:development@southwesthockey.ca)

