

Timbits U5/U7 (2020-2022 birth years)

U5 Discovery Timbits (2022 Born Players)

Program Information: Discovery programs is intended for those who are brand new to hockey. The emphasis is on learning to skate and the basics of playing hockey.

- Discovery 2022 born players would be first time players and who are learning how to skate.
- Players must wear full equipment and you can find the equipment checklist below.
- Please ensure your player has all the required hockey equipment for their first ice time with their own labeled water bottle - with a long spout so that it can fit through the cage on the helmet. Include their name on the front of their helmet.
- U5 will be a Development Program which will be ran by 2 selected Head Coaches with support from Assistant Coaches. 6 Station format with fun and engaging drills for players to learn how to skate and several different hockey skills as well. Complete years practice plans provided by the U5 Director.
- The development group will practice once per week on Saturday or Sunday.
- Players will receive a Timbits team jersey and socks which they will keep at the end of the year.

U7 Jr Timbits (2021 Born Players)

Program Information: The focus of this program is on hockey fundamentals with an emphasis on skating, balance and passing. This is a fun program!

- Players can register in the Jr Timbits program even if they did not take part in the Jr Discovery program.
- Players must wear full equipment and you can find the equipment checklist below.
- Please ensure your player has all the required hockey equipment for their first ice time with their own labeled water bottle - with a long spout so that it can fit through the cage on the helmet. Include their name on the front of their helmet.
- Teams will consist of about 18 players depending on registration numbers.
- Teams will practice twice per week on Saturday and Sunday.
- Players will receive a Timbits team jersey and socks which they will keep at the end of the year.

U7 Sr Timbits (2020 Born Players)

Program Information: This is an instructional program focusing on all the hockey fundamentals including skating, puck handling, balance, passing and shooting.

- Players can register in the SR Timbits program even if they did not take part in the Jr/Discovery programs.
- Players must wear full equipment and you can find the equipment checklist below.
- Please ensure your player has all the required hockey equipment for their first ice time with their own labeled water bottle - with a long spout so that it can fit through the cage on the helmet. Include their name on the front of their helmet.
- Teams will consist of about 18 players depending on registration numbers.
- Teams will practice twice per week on Saturday and Sunday.
 - Players will receive a Timbits team jersey and socks which they will keep at the end of the year.

For more information on what you might expect to see in a U7 program, please refer to the [Hockey Canada U7 Development Guidelines](#).

Hockey Equipment Checklist

(Mouth Guard is optional for U7)

Hockey Equipment Checklist for Kids

- Helmet**
(With Face Cage or Full Shield)
- Neckguard**
- Shoulder Pads**
- Elbow Pads**
- Gloves**
- Hockey Pants**
- Shin Guards**
- Skates**
- Mouthguard**
- Jersey**
- Jock or Jill**
- Socks**
- Hockey Stick**
- Equipment Bag**