

Canmore Minor Hockey Association

2023-2024 Season

Intro to Hockey

U7 and U9 are part of the Intro to Hockey Model. No scores are kept, and no winners announced as the emphasis is on fun and development.

The main goal is to make the beginner's first impression of hockey a good one. When players get started on a positive note, the desire to play or be involved in the game can hopefully last a lifetime. For more information on the Intro to Hockey Model, please [click here](#).

U7 (Timbit) Programs

- **Junior U7(Timbit) Program:** Instructional program focused on hockey fundamentals with an emphasis on skating, balance and passing for 2018 and 2019 born players. The focus of this program is fun! The Junior U7 team(s) will have two, shared half-ice practices, a week**. Should a player have a high level of skill for their age group, consideration may allow for movement or placement on the senior team. A home tournament is held Feb/March.
- **Senior U7(Timbit) Program:** Instructional program focusing on all hockey fundamentals including skating, puck handling, balance, passing, and shooting for 2017 born players. The emphasis for this program is fun and games can be incorporated. The Senior U7 team will have two, shared half-ice practices, a week**. Should a player have a different level of skill for their age group, consideration may allow for movement or placement to the junior team. A home tournament is held in Feb/March.

U9 Development Programs

The U9 (Novice) Skills Program is designed to promote the continued development of physical literacy, fitness, and the basic skills required to play hockey.

Canmore Minor Hockey is in the process of defining the framework and structure for the 2023-2024 season. U9 Development teams will be based on players with like-skill OR players will be divided into groups based on age, Minor (2016), Major (2015), or Mixed (2015/16). There may be some balancing that is required where some minor players will play with majors and vice-versa (siblings, coaching requirements, etc.).

- U9 will have two half-ice practices per week and one half-ice game on the weekend. The half-ice games will be organized with Banff and Cochrane with officials, but no offside, icings, etc.
- U9 Programs include a power skating session one morning a week, which is included in the program fee.

- CMHA offer's Prep Skates for those registered in U9 for the 2023-2024 season, prior to the start of Evaluations. The purpose of these sessions is to create player confidence, introduce new concepts, and rules in a player friendly environment. There is no cost associated with these clinics, so long as your player is registered in U9 with CMHA. Schedule is TBD (early September), and participants will be notified via email when the schedule is released. Registration not required.
- It is Hockey Canada's vision that U9 hockey is an extension of U7(Timbit) hockey with the emphasis remaining on fun, development, and small-area games.

***The practices listed above are approximate and are subject to change. Practices may be cancelled/rescheduled due to holidays, facility closures, Eagles Junior A home games or CMHA tournaments.*

Intro to Hockey Program Fees 2023-2024

Level	June 1-June 30	Subsequent Child
U7	\$450	\$350
U9	\$640	\$540

CMHA Season Schedule Information

The season for REP/CAHL, RHL, U9 and RMFHL, begins in September 2023 while the **U7 (Timbit) Programs begin in early October**. The season will conclude in March 2024 for all programs.

The season schedule cannot be released until teams are determined and the Town of Canmore and Banff allocate ice to CMHA.

No team shall receive ice time for exhibition games or practices after March 1, 2024, except for in the following circumstances:

- Teams that are still engaged in their regular season games or in play-off games after March 1, 2024, will receive their regular allotment of practices until their regular season/play-off season ends. All league games (regular and playoff) and practices will be paid for by the Association.
- Teams wishing to have more practice times than those allocated above or teams wishing to host an exhibition game, may purchase ice time for games or practices through the ice coordinator, if ice is available.