

# Canmore Minor Hockey Association

## 2024-2025 Season

### **Intro to Hockey**

The U7 and U9 divisions 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 primary goal is to ensure that beginners have a positive first experience with hockey. By fostering a love for the game early on, we hope to inspire a lifelong passion for playing or being involved in hockey. For more information on the **Intro to Hockey Model**, please [click here](#).

### **U7 Program**

The U7 Program is an instructional initiative focused on hockey fundamentals, emphasizing skating, balance, puck handling, passing, and shooting, with the primary focus on fun. This program is designed for players born in 2018, 2019, and 2020, and is divided into Junior U7 and Senior U7 teams based on age and skill level.

**Junior U7:** For players born in 2019 and 2020, this program emphasizes the basics of skating, balance, and passing. Junior U7 teams will have two shared half-ice practices per week, and a few exhibition games. Players demonstrating a higher level of skill than their peers may be moved to the Senior U7 team.

**Senior U7:** For players born in 2018, this program covers all hockey fundamentals taught in Junior U7, with additional emphasis on puck handling and shooting. Senior U7 teams will also have two shared half-ice practices per week and a few exhibition games. Players showing a different level of skill may be placed on the Junior U7 team.

Both Junior and Senior U7 teams will participate in a home tournament, with parents expected to volunteer for various roles.

### **U9 Program**

The U9 Program is designed to promote the continued development of physical literacy, fitness, and the basic skills required to play hockey, all while having a lot of fun!

U9 teams will be formed based on players of similar skill or divided into groups by age: Minor (2017), Major (2016), or Mixed (2016/17). There may be some balancing that is required where some minor players will play with majors and vice-versa.

U9 teams will have two half-ice practices per week and one half-ice game each weekend. These games will be organized with the RHL and include teams from Banff and Cochrane, featuring officials, but no offsides, icings, etc. More information on gameplay can be found [here](#).

The U9 Program includes a power skating session one morning a week.

Prior to the start of Evaluations, CMHA will run prep skates for those registered in U9 for the 2024-2025 season. These sessions aim to build player confidence and introduce new concepts and rules in a player-friendly environment. There is no cost for prep skates if your player is registered in U9 with CMHA. U9 participants will be notified via email when the schedule is released. Registration for prep skates is not required.

Hockey Canada envisions U9 hockey as an extension of U7 (Timbit) hockey, with the emphasis remaining on fun, development, and small-area games.

Visit the [Program Information](#) page on our website for a breakdown of fees. *If registration numbers allow, we will create all-female Intro to Hockey teams. We had our first U7 female team in the 23/24 season, and we would love to see that continue!*

### **Evaluations for Intro to Hockey teams**

The evaluation procedure set in place by the CMHA Board is done to create a fair, open and objective evaluation process. CMHA's [Evaluation Procedure](#) will be updated online before September 1st. Evaluations for U9 teams will take place mid-late September, following prep skates. U7 aged players will not have formal evaluations, but CMHA will aim to create like-skill teams to ensure that each player has the best experience possible. More information will be sent to U7 teams prior to the start of the season.

### **CMHA Season Schedule Information**

The season for U9-U18 teams begins in September 2024 while the U7 program begins in early to mid-October. The season will conclude in March 2025 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, 2025, except for in the following circumstances:

- Teams that are still engaged in their regular season games or in play-off games after March 1, 2025, 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.
- **The practice and game amounts listed above are approximate and are subject to change at the discretion of the CMHA Board. Practices may be cancelled/rescheduled due to**

**holidays, facility closures, and Eagles Junior A home games. Some practices may take place in the mornings, in the evening and in Canmore and/or Banff.**