



## **PROGRAM OVERVIEW**

The goal of this page is to provide a brief overview of the various minor hockey programs available in Cochrane, aiding athletes and parents in their decision-making process. All programs showcased here are officially sanctioned by Hockey Alberta and follow its guidelines for competitive hockey.

<b>Age Divisions</b>
Under-7 (U7)
Under-9 (U9)
Under-11 (U11)
Under-13 (U13)
Under-15 (U15)
Under-16 (U16)
Under-18 (U18)

### **AA**

CMHA offers the Bow Valley Timberwolves AA program for U11 HADP, U13, U15, U18 players who want to play hockey at a high level and are interested in AAA and Junior hockey. Please see the AAA and AA hockey pages for more information. Timberwolves encourage registration from Banff, Canmore, Cremona, and Morley athletes as well as residents in the Cochrane Minor Hockey Association.

Teams compete in the South-Central Alberta Hockey League (SCAHL) with the exception of the U11 HADP who compete in the Central Alberta Hockey League (CAHL)

Current program standard is 2 practices per week and 2-3 games per weekend. The SCAHL Season Schedule consists of 36 games plus playoffs. U11 HADP Season Schedule is set by CAHL.

Number of teams:

- 1 U11 HADP – 15 – 17 players/2 goalenders
- 1 U13 AA – 15 - 17 players/2 goaltenders
- 1 U15 AA – 15 -17 players/2 goaltenders
- 1 U18 AA - 17 players/2 goaltenders

The League runs from September to March. Playoffs are a tournament format starting in March. The AA program follows Hockey Alberta AA Model:

- Develop players where similar skilled players compete against each other.
- Standardized province wide system that ensures competitive balance
- Provide players a developmental system that focus on skill development, and acts as a “feeder” system to our “Elite” AAA
- acts as a feeder system to the elite AAA programs.

**AAA** Airdrie Minor Hockey Association : Website by RAMP InterActive (airdriehockey.com)

### **REP MIXED (CAHL)**

CMHA offers a traditional competitive Rep program for male and interested female players. This is competitive hockey and involves travel to other southern and central Alberta towns. The Rep program is a tiered program - athletes go through a competitive evaluation process and are placed on tiered teams according to skill level. Rep teams participate in the Central Alberta Hockey League [www.cahlhockey.net](http://www.cahlhockey.net) Cochrane Minor Hockey supports the number of teams determined by registration numbers and ice availability for the REP program.

Current program standard - 2 practices per week for U11, U13, U15, U18. 1-2 games per weekend. Regular Season schedules can vary from 14-18 games, Tiering Season - Central Alberta Hockey League strives to see all teams play 6-8 games in a 4-week period. A total of 20-26 games plus playoffs as well tournaments that teams register for. An average number of games per season for a REP team 32-42.

Number of teams in each division is determined by registration numbers and ice availability.

### **FEMALE REP “JR CHAOS”(ROCKY MOUNTAIN FEMALE HOCKEY LEAGUE)**

CMHA offers a competitive female program for U11 through U18 female hockey players. The U11, U13, U15 and U18 Female Jr Chaos teams play within a league (i.e., RMFHL, CAHL) directed by the Board of Directors of CMH on the advice of the VP Female Director, and therefore the league will determine the boundaries. Female Rep is tiered hockey with players placed on teams after competitive evaluations, but the number of teams per age-group will depend upon registration numbers.

Current program standard - 2 practices per week for U11, U13, U15, U18 have 1- 2 games per weekend.

Number of teams in each division is determined by registration numbers and ice availability.

### **RHL MIXED (ROCKIES HOCKEY LEAGUE)**

CMHA also offers a recreational/competitive hockey program. These teams participate in the Rockies Hockey League. To view the teams/associations that participate in the ROCKIES HOCKEY LEAGUE (RHL) [click here](#). Players are divided into tiers determined by the RHL and balanced teams are formed to play against balanced teams from other minor hockey associations. Current program standard - 1 practice per week all max ice (½ ½ ½). U11, U13, U15 and U18 teams receive ½ full ice practice and ½ shared ice practice during the weekly scheduled practice time.

Number of teams in each division is determined by registration numbers and ice availability. Divisions with the RHL, U9, U11 MIXED, U11 FEMALE, U11 MINI THNI, U13 MIXED, U13 FEMALE, U115 MIXED, U18 MIXED.

- U11/U13 RHL FEMALE - these divisions participate in the Rockies Hockey League which has minimal travel. Registration for all female teams in RHL will be capped dependent on the registrations for Female REP. Please visit the league website to review the associations included in this league. RHL teams receive 1 practice per week and typically 1 game per weekend. Select this if you want to register your female player for the all female team in RHL and not participate in Female REP tryouts. Having a U11 or U13 Female RHL team is dependent on registration received solely for these teams along with the estimated transitions coming from U11 and U13 Female REP.

Total number of players may vary due to registration numbers. CMH reserves the right to maximize rosters to the HA regulation size.

### **INTRO TO HOCKEY**

**U7 - 8 TEAMS** - consists of players that are 5 and 6 years olds and runs on Saturday and Sunday mornings that follows the Hockey Canada and Hockey Alberta Intro to Hockey model. U7 is a development program which means there is no travel and is focused on fun, fair and safe experiences. Number of teams is determined by registration numbers and ice availability. We allocate 1 of the 8 teams to be all female but once the female team registration is full, females registering will be placed on a mixed U7 team. CMHA follows the Intro to Hockey plan set out by Hockey Alberta Intro to Hockey | Hockey Alberta.

**U9 - 16 TEAMS** - consists of players 7- and 8-year-olds and runs Saturday and Sunday mornings that follows the Hockey Canada and Hockey Alberta Intro to Hockey model. Players will go through technical evaluations and will be assigned a ranking based on their skill level. Teams will be created so all teams are balanced within their tiers. CMHA follows the Intro to Hockey plan set out by Hockey Alberta Intro to Hockey | Hockey Alberta. We allocate 3 of the 16 teams to be all female but once the female teams registration is full, females registering will be placed on a mixed U9 team.

## **CMHA Community Programs Policy**

### **Community Programs:**

The community-based programs within the CMHA include Intro to Hockey U7 Intro to Hockey, Rep Hockey including Female Hockey, Rockies Hockey League. Community based programs vary significantly in some program details but share the following CMHA statements of policy.

### **Policy Consideration – Eligibility:**

Participation in all the community-based programs is open to any member of the association in good standing and in conjunction with the Association registration requirements. Within any specific division, player selection to subdivisions shall be based on any of the following: demonstrated skills, commitment to the program, estimates of developmental potential, program requirements etc.

### **Policy Consideration – Equality:**

It is the stated policy of the CMHA that all participants in its community-based programs shall have equal opportunity to participate regardless of the individual's particular skill level, once the team has been formed. This policy is consistent with our mission and vision as a development association in all programs. We refer to this as CMHA's "Fair Play" policy.

### **Playing Time:**

Within reason, each player on a team shall be given an equal amount of ice time during any game involving that team. It should be noted that this is an Association policy and cannot be modified through team consensus or otherwise. We refer to this as CMHA's "Fair Play" policy.

### **Assignment of Ice:**

Each team within a particular division shall be allotted from the CMHA ice in an amount that is equal to that of every other team in the same division, or category of a division on a per user basis within the Association. The amount of this practice and game ice is described within each Program section. Equality shall not necessarily refer to the actual length of the game time, practice time, or the quality (in terms of size of ice surface or time of day) of each allotted time. Rather, each team will be allotted equal opportunities to practice and play games and it is understood that some variances may occur throughout an entire season.

### **Measurement of Assigned Ice:**

Notwithstanding any exceptions, assigned ice is controlled and funded by the CMHA, is included in the Associations annual budget, and is defined by the program standards. Assigned ice is used as the actual metric for ensuring equality of allocated ice. To be clear, although a particular team may participate in a team decided or league required number of games that encompass ice in rinks away from Cochrane, those games are not measured as Assigned ice.

### **Development of Body Check Skills:**

It is recommended that each CMHA player participating in the U15 division will participate in a minimum of one body-checking clinic, prior to the start of the Bantam game evaluations.

CMHA will provide an association funded body checking clinic at some point early at the beginning of the season.

### **Program Considerations:**

CMHA offers a variety of different programs, from AA/Select through to RHL hockey. Each program has a different program standard and level of commitment required, and the Rep program further sorts its participants into teams representing tiered skill levels. Each program typically has more registrants than roster spots available.

While CMHA obviously desires to see registrants play in the program they choose, each program will "transition" players through the evaluation process to the next available program given limited roster spots. Further, CMHA balances ice availability between all programs, and desires all programs to be strong and viable. The realities of ice

availability and roster sizes means CMHA will limit the number of AA and Rep teams, just like we will ensure on a best-efforts basis a defined minimum number of players on a roster to ensure break- even financial program operation or better.

CMHA will also ensure the RHL program is supported in a fashion to ensure a minimum number of teams per division to deliver a program that features an acceptable variety in opponents within the RHL League. Just like the AA and Rep programs will transition players based on relative skill levels through the evaluation process, the RHL program can further transition players based on a minimum skill level below which compromises player safety or program quality.