



Haldimand Girls Hockey Association

Frequently Asked Questions

(Updated March 2025)

Age Divisions for the 2025-26 Season

- **U9** (2018, 2017)
 - **U11** (2016, 2015)
 - **U13** (2014, 2013)
 - **U15** (2012, 2011)
 - **U18** (2010, 2009, 2008)
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New to Hockey? No Problem!

Every player starts somewhere, and we welcome all skill levels! While skating experience is helpful, it's not required. Our dedicated coaches and volunteers will help new players develop their skills in a fun and supportive environment.

House League vs. Rep Hockey

House League

- Open to **all female players** - no tryouts required.
- Teams have **15 skaters + 2 goalies** (waitlists may apply if full).
- Competes in the **Greater Hamilton Girls Hockey League (GHGHL)** (www.ghghl.ca).
- Season includes **14-20 games + playoffs**, culminating in the **Super Sunday Championship in March**.
- Average **1 game & 1 practice per week**.
- Optional tournament participation (additional cost).

- Players are encouraged to participate in **fundraising** for the organization.

Rep Hockey

- Players **must** attend tryouts and be selected by the coach.
- Competes in the **OWHA Southern League** (22-game season + playoffs).
- Additional **OWHA Playdowns** determine qualification for Provincial Championships.
- Extra fees apply for **additional ice time, tournaments, development, and sponsorships**.
- Expected time commitment: **3-5 times per week**, depending on age and team.


Registration & Costs

2024-25 Registration Fees

- **U9** – \$575
- **U11** – \$600
- **U13** – \$625
- **U15** – \$650
- **U18** – \$675
- **U22** – \$425

 **House League Goalies play for FREE!**

 **Rep Goalies pay HALF-PRICE registration!**

 **No Gate Fees!** Enjoy **free entry** to all home, away, and tournament games—a huge savings compared to boys' hockey!

Register online at the Haldimand Rivercats website.

Should My Daughter Switch from Boys' Hockey to Girls' Hockey?

While boys' hockey can be fast-paced, **girls' hockey provides more opportunities for leadership and development**. Players often gain more puck touches, special team play, and **stronger friendships**. Many families find that their daughters **thrive both socially and athletically** in girls' hockey.

Required Equipment

Your daughter will need the following gear:

- **Helmet** with cage or full shield
- **Neck guard**
- **Shoulder pads**
- **Elbow pads**
- **Hockey gloves**
- **Jill strap/shorts**
- **Hockey pants**
- **Shin pads**
- **Skates**
- **Mouth guard** (optional)
- **Hockey stick**

Get Involved!

We love having parent volunteers! You can:

- Attend **monthly Executive Meetings** to learn more about the league.
- Help with your daughter's team as a **coach, trainer, dressing room mom, or parent liaison**.
- Assist with **fundraising and events** to support the Rivercats community.

Need More Info?

Our Executive Team is here to help! Reach out anytime with questions.

Go Cats Go! 🏒👏