

**Haldimand Girls Hockey Association**

**Frequently Asked Questions (updated July 2021)**

**Q 1. How do the age groups work for girls hockey?**

**A 1. For the upcoming 2021-22 season, the age groups (by birth year) are as follows:**

 **U9 (2014, 2013)**

 **U11 (2012, 2011)**

 **U13 (2010, 2009)**

 **U15 (2008, 2007)**

 **U18 (2006, 2005 2004)**

**Q 2. My daughter has never played hockey but wants to try. I am worried she won’t be good enough to keep up.**

**A2. All players are new at some point so there is no need to be worried! Although it is helpful that your daughter has some skating experience, it is not mandatory.**

**Q 3. What is the difference between house league and rep?**

**A 3. House league is open to any female player that wishes to play hockey with the Rivercats. No tryouts are required. Each team is capped at 15 skaters and 2 goalies so wait lists may be made once team spots have been filled. Each player must pay the registration fee and will have to pay separately if their team decides to enter any tournaments. The house league teams play in the Greater Hamilton Girls Hockey league (**[**www.ghghl.ca**](http://www.ghghl.ca)**). House league teams plays approximately 14-20 regular season games and then playoffs (approx. 6 games) with the championship games occurring at the Super Sunday event in March. All house league players/families are encouraged to participate in Rivercat fundraising events that help the organization. Time commitment is on average one practice and one game each week.**

**Rep (Representative) teams are determined by coach selection after a tryout process. The rep teams play in the Lower Lakes Female Hockey League (LLFHL) and typically regular season consists of 22 games. Playoffs for lower lakes occur after teams have been seeded from their regular season. Rep teams also compete in a separate playoff series under the Ontario Women’s Hockey Association (OWHA). Successful playoffs end with possible qualification to a LLFHL championship tournament and the OWHA provincial championship tournament. Both tournaments occur in the spring. All rep players must pay the Rivercat registration fee and separate team rep fees and sponsorship fees to be determined by the coach. These extra fees go toward extra ice time, team tournaments, development, etc. Team fundraising is also likely along with separate Rivercat organization fundraising. Time commitment is approximately 3-5 times per week depending on coach and age level.**

**Q 4. How much does it cost to play and how do I register my daughter?**

**A 4. Registration fees for the 2021-22 season are as follows:**

**$500 for U9 & U11**

**$525 for U13**

**$550 for U15**

**$575 for U18**

**Half price for goalies**

**To register please go to Haldimand Rivercats website registration link.**

**\*\*\*There are NO GATE FEES with the Rivercats!! \*\*\***

**(That includes both home and away games and all tournament games)**

**That is a huge savings for families switching from boys hockey.**

**Q 5. My daughter plays hockey with the boys, and I am not sure when to switch her to girls. I feel that she will develop better with the boys as they are faster and stronger.**

**A 5. This is a hard question for most parents. There may be some truth that certain boys teams are faster/stronger and your daughter is likely going to develop as she is being challenged. However, you are only looking at one aspect of your daughter’s game. In girls hockey your daughter is more likely to be able to develop as a leader as she is with her teammates both on the ice and in the dressing room. Your daughter is more likely to experience being a part of power plays, penalty kills and other key game situations that will greatly enhance her game. Your daughter will likely be touching and carrying the puck more often and that is essential for her development. You daughter will develop socially and there is no doubt she will make friendships that will continue after the hockey season ends and outside of the rink. There is less chance your daughter will ever quit hockey if she is happy😊**

**Q. 6. What equipment do I need to buy my daughter?**

**A.6. Your daughter will need the following equipment to play hockey:**

 **Helmet with face mask**

 **Neck guard**

 **Shoulder pads**

 **Elbow pads**

 **Hockey gloves**

 **Jill strap/shorts**

 **Hockey pants**

 **Shin pads**

 **Hockey Skates**

 **Mouth guard (optional)**

 **Hockey stick**

 **Q 7. Can I help out if my daughter is a Rivercat?**

**A 7. Absolutely!! There are many ways for parents to get involved. You can attend our monthly executive meetings to learn more about the organization and assist in running the league. Another way to be involved is to help with your daughters’ team directly. Team volunteers are needed to coach, act as a trainer, change room moms, parent liaisons etc.**

**Volunteers are always welcome and encouraged!**

**If you have any have any more questions, please do not hesitate to contact anyone on the executive. We are here to help!!**

**Go Cats Go!**