



# Hockey Canada Development Programs

## LONG TERM PLAYER DEVELOPMENT



**PHYSICAL LITERACY /  
MULTI-SPORT**

**2018 - 19**

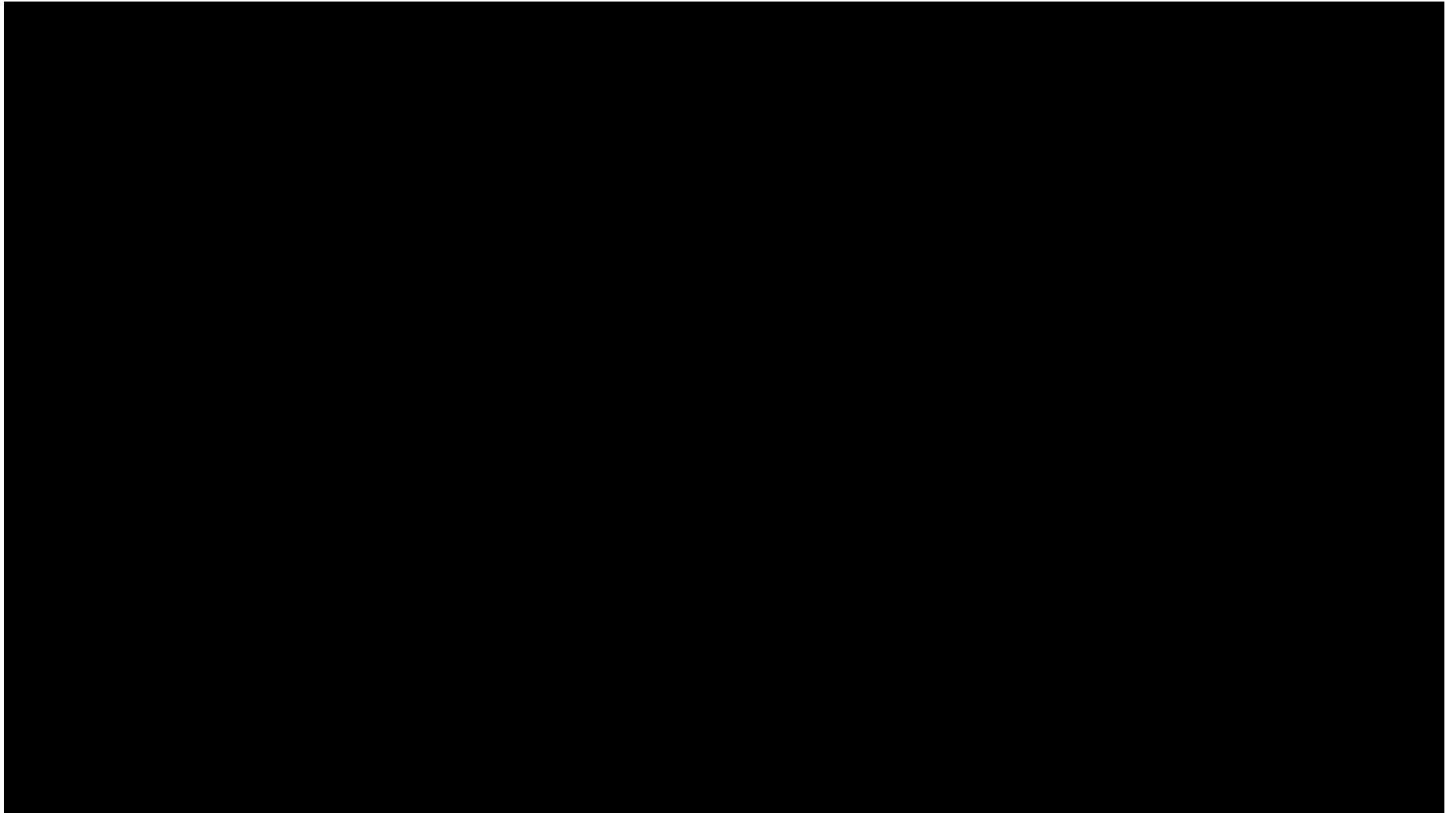


# INTRODUCTION

LEAD, DEVELOP AND PROMOTE POSITIVE  
HOCKEY EXPERIENCES



# THE CANADIAN WAY



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## VISION: WORLD SPORTS LEADERS



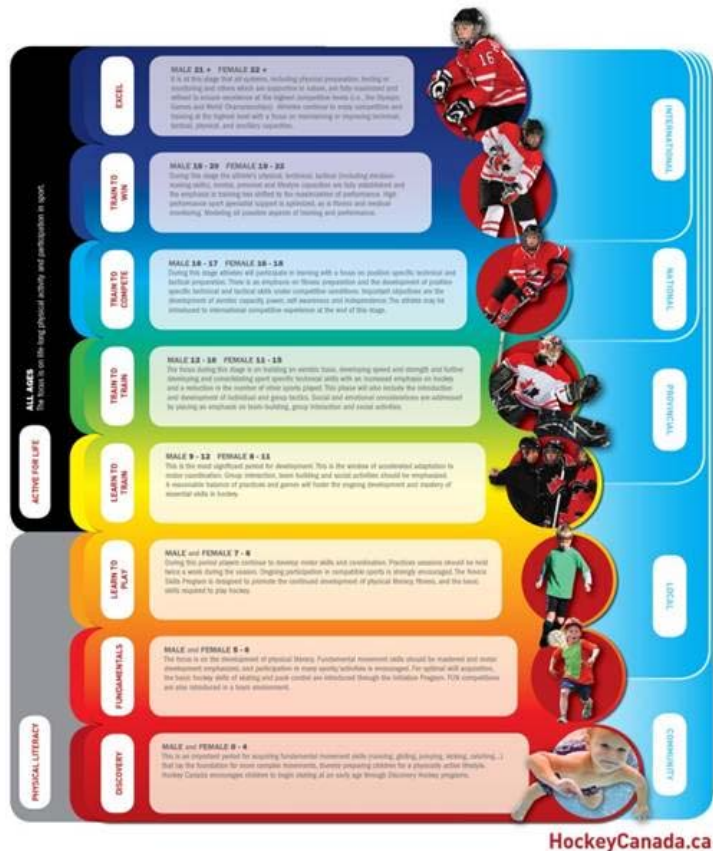
**LTPD**



# WHAT IS LONG TERM PLAYER



Sport Canada's Long Term Athlete Development (LTAD) Resource Paper "Canadian Sport for Life" sets out a framework for sport development in Canada. Hockey Canada's Long Term Player Development (LTPD) is an eight-stage model based on the physical, mental, emotional and cognitive development of children and adolescents. Each stage reflects a different point in developing the player. The first three stages emphasize physical literacy and a broad range of sport experiences. The next five stages focus on development and competitive excellence. Active for Life encourages life-long physical activity and informed healthy lifestyle choices with participation in hockey long after the competitive years.



- ❖ Establish the *“Gold Standard”* for all hockey programming
- ❖ Provide all participants with a positive experience focusing on building a strong skill base
- ❖ Adhere to the principles of Long Term Participant Development (LTPD) in the design and application of age-specific programs

# WHAT IS LONG TERM PLAYER

Research has concluded that it takes a minimum of **10 years** and **10,000 hours** of deliberate training for a talented player to reach elite levels.

**This does not mean sport specific – it refers to the fact that it takes a long time to get to elite levels in sport, but that every athlete has the potential**

T?



**This means before the 10 year or 10,000 hour rule comes into play:**

- 1) A player must have developed the fundamental skills
- 2) Be physically literate

**For a player and coach this translates into slightly more than 3 hours of training or competition daily for 10 years.**

**(Multisport / Multi- activity)**



# WHAT IS LONG TERM PLAYER DEVELOPMENT?

## Drawbacks in our Development System



- ❖ Over-competing & under training
- ❖ Adult programs imposed on children
- ❖ Male training programs imposed on females
- ❖ Preparation geared to short-term outcomes
- ❖ Knowledgeable coaches at the elite levels
- ❖ Competition system interferes with athlete development
- ❖ Early specialization is demanded



# WHAT IS LONG TERM PLAYER DEVELOPMENT?

**Consequences - What are the results of these shortcomings?**



- ❖ **Poor movement abilities.**
- ❖ **Lack of proper fitness.**
- ❖ **Poor skill development.**
- ❖ **Bad habits developed from over-competition focused on winning.**
- ❖ **Undeveloped and unrefined skills due to under-training.**
- ❖ **Female athlete potential not reached due to inappropriate programs.**





# WHAT IS LONG TERM PLAYER DEVELOPMENT?

There is a need to better educate parents on the hockey development of their child. **It is okay for parents to want their kids to get to the highest levels but they need to know the best way to go about it.**



- ❖ Fundamental movement skills and sport skills are not taught properly.
- ❖ Failure to reach optimal performance levels
- ❖ Parents are not educated about LTAD.
- ❖ Children not having fun as they play adult-based programs.
- ❖ No systematic development of the next generation of successful International athletes.



# WHAT IS LONG TERM PLAYER DEVELOPMENT?

The most important aspects of Minor Hockey Association development are:

- 1) Consistency in the coaching philosophy
- 2) Consistency in what the coaches are teaching.



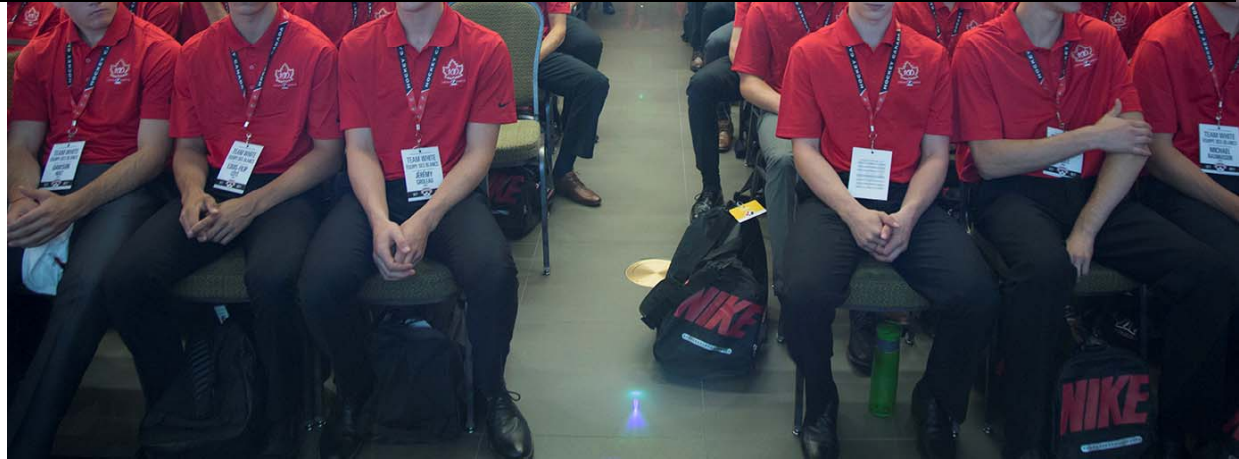
A Minor Hockey Association's success from a coaching / player standpoint will be based on 3 main aspects:

- 1) Enjoyment of players coming to the rink everyday
- 2) Improvement of players' skills
- 3) Developing of players to play at the next level



# WHAT IS LONG TERM PLAYER DEVELOPMENT?

Keep as many kids as possible  
playing at as high a level as possible  
For as long as possible



By implementing a **standardized technical curriculum and methodology for instruction**, your association is building a foundation for athletes to enjoy the game of hockey and reach their potential. While it should be the goal of each team to be successful in their league, the player development process should be at the forefront of each team and this **development component must not be compromised.**





# WHAT IS LONG TERM PLAYER DEVELOPMENT?

**Everybody wants to be part of the outcome, but it is the process that determines who is worthy of being part of that outcome**



**All players and including players on the pathway to High Performance need to continuously perfect and advance individual skills and tactics. The results will contribute significantly to team success both in practice and in games. The coach must understand how these skills and tactics are executed for efficient practicing and maximum development of the players.**



# WHAT IS LONG TERM PLAYER DEVELOPMENT?

**Talent ID is about keeping kids around long enough to see what they can really do!**



- ❖ If you Pick him / her – Play him / her!
- ❖ A coach's job is to develop every player to contribute to the team
- ❖ All players deserve the same opportunities – you never know who will flourish to become a great player



# SEASONAL STRUCTURE

The age specific charts on the following slides are guidelines to what an optimal season could like that takes into account the principles of Long Term Player Development. These guidelines take into consideration the differences between Community (Recreational) and Developmental (Competitive) Hockey

**3 Important components that will have an immediate impact on developing players**

**1) Hockey School before tryouts**

- ❖ 5 – 10 skates then tryouts

**2) Athletic Warm ups and cool downs before and after every practice and every game**

- ❖ 20 minute athletic warm up / 20 minute athletic cool down

**3) Eliminate Playoff Rounds and go to Tournament Style Playoffs**

- ❖ Everyone makes playoffs







# SEASONAL STRUCTURE

3 Important components that will have an immediate impact on developing players

## 1) Hockey School before tryouts

- ❖ There is no need to rush into tryouts – give players 5 – 10 ice sessions of “Hockey School” to get back on the ice prior to formal evaluation
- ❖ The beginning of the season is stressful enough, level the playing field by letting coaches get to know the players and vice versa
- ❖ Players get a chance to develop instead of going out and **trying not to make a mistake**





# SEASONAL STRUCTURE

**3 Important components that will have an immediate impact on developing players**

## **2) Athletic Warm ups and cool downs before and after every practice and every game**

- ❖ 20 minute athletic warm up / 20 minute athletic cool down for each practice and game
- ❖ Most teams do warm ups / cool downs before and after games, but very few do anything before and after practice
- ❖ When asking players to be at the rink early for practice and games have them active and doing something beneficial – Physical literacy – Active Skill Based warm ups / cools downs
- ❖ **Can eliminate a day specific for dryland training which will also lead to more rest and recovery**







# SEASONAL STRUCTURE

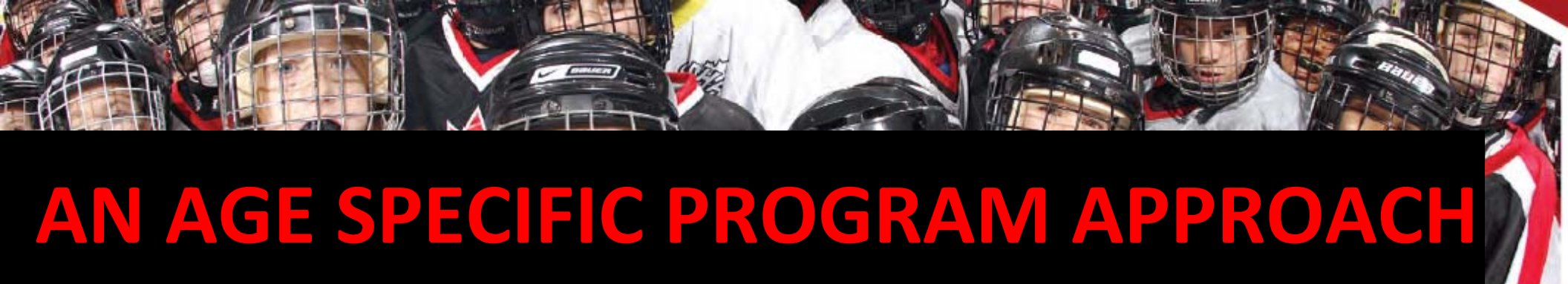
## 3) Eliminate Playoff Rounds and go to Tournament Style Playoffs

- ❖ Everyone makes playoffs
- ❖ Enables coaches to coach to develop versus coaching to win just to get into playoffs
- ❖ Stretches out the season with more time to develop and more time for rest / recovery
- ❖ Gives every player a chance to play at the end of the year when the competition and intensity should be at it's highest versus some players being eliminated in February

**3 Important components that will have an immediate impact on developing players**







# AN AGE SPECIFIC PROGRAM APPROACH

**DEAL HOCKEY SEASON:** Refers to an optimal seasonal structure – this is a guideline and is subject to a range of minor differences regarding suggested numbers.

**PREP / TRYOUT PHASE:** Refers to the period of time prior to the season starting – typically when prep camps and / or tryouts are held.

**DEVELOPMENT PHASE:** Refers to the period of time following tryouts or evaluation prior to the regular season starting.

**REGULAR SEASON PHASE:** Refers to the period of time from first regular season game to the start of playoffs or Provincial / Branch Championships.

**PLAYOFF PHASE:** Refers to the period of time from the end of the regular season through to the end of Playoffs.

**OFF SEASON:** Refers to the period of time from the end of the playoff season to the start of the next Prep or Tryout season.

## FUNDAMENTAL (INITIATION & NOVICE ALL CONSIDERED FUNDAMENTAL)

### INITIATION: AGE 5-6

#### DEVELOPMENT PHASE

12 WEEKS  
24 ICE SESSIONS  
0 FORMAL GAMES

#### REGULAR SEASON PHASE

14 WEEKS  
20 ICE SESSIONS  
10 MODIFIED GAMES

PLAYOFFS  
No playoffs  
End of season March 31  
TOURNAMENTS  
3 Festivals/Jamborees  
12 modified games

TOTAL PRACTICES: 35 - 45 | TOTAL GAMES: 15-25

#### CONSIDERATIONS:

- Blue 4 Oz pucks
- Cross ice / Half ice-games
- No full time goalies (no goalie equipment)
- Multiple station work
- Jamborees / Festivals – 3 on 3 / 4 on 4 / 5 on 5 cross ice or half ice
- Ideally 2 Practices per week
- 5 to 1 Player to Coach Ratio Maximum
- Players play all positions
- Equal ice time

#### RECOMMENDATIONS:

- Small Nets
- Ball hockey / Floor Hockey / Floor Ball as additional activities
- Consistent prime time ice sessions for practices and games (consistent days and times)
- Develop IP Tool Kit to keep at rink (kit should contain all possible on ice equipment – soccer balls, tennis balls, Ringette rings, spray paint etc.)

### NOVICE: AGE 7-8

#### DEVELOPMENT PHASE

10 WEEKS  
20 PRACTICES  
4 GAMES (MODIFIED)

#### REGULAR SEASON PHASE

16 WEEKS  
32 PRACTICES  
16 GAMES  
(modified games first half / full ice second half)

PLAYOFFS  
No playoffs  
End of season March 31  
TOURNAMENTS  
3 tournaments  
12 games

TOTAL PRACTICES: 45 - 55 | TOTAL GAMES: 30 - 40

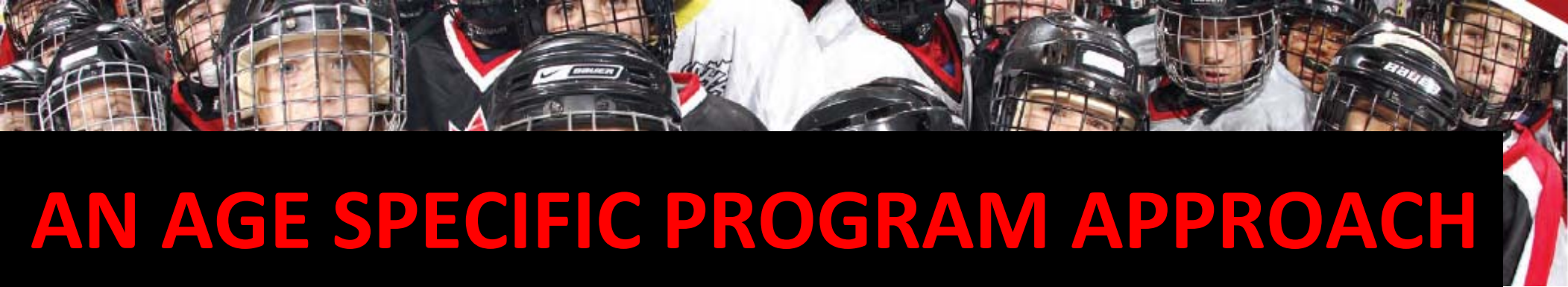
#### CONSIDERATIONS:

- Blue 4 Oz pucks first half / Regulation 6 Oz pucks second half
- Cross ice / Half ice games in first half / Full ice Games in second half
- No full time goalies – Everyone takes turn playing goal
- Rotate all players through all positions – no early specialization

- Multiple station work
- Jamborees / Festivals for Tournaments – 3 on 3 / 4 on 4 / 5 on 5 cross ice or half ice in first half
- Regular game tournaments in second half
- Minimum 2 Practices per week
- Equal ice time

#### RECOMMENDATIONS:

- Small Nets / Regular Nets
- Ball Hockey / Floor Hockey / Floor Ball – as additional activities
- 5 to 1 Player to Coach Ratio Maximum
- Consistent prime time ice sessions for practices and games (consistent days & times)
- Develop Tool Kit to keep at rink (kit should contain all possible on ice equipment – soccer balls, tennis balls, Ringette rings, spray paint etc.)
- Minimum 2 Practices per week



# AN AGE SPECIFIC PROGRAM APPROACH

## COMMUNITY

### DEVELOPMENT PHASE

6 WEEKS  
6 PRACTICES  
2 EXHIBITION GAMES

### REGULAR SEASON PHASE

22 WEEKS  
22 PRACTICES  
16 GAMES

**PLAYOFFS**  
Mar 15 – 30 Playoff Tournaments  
March 31 end of season  
**TOURNAMENTS**  
3 tournaments  
12 games

**TOTAL PRACTICES: 25 - 30 | TOTAL GAMES: 25 - 35**

- CONSIDERATIONS:**
- Tryouts – 5 skates then evaluate / 3 practices / 2 Inter-squad games
  - Small Area Games In Practice
  - Skill based practices
  - Multiple station work
  - Fair / equal ice time
  - Full time goaltenders – Goalie not playing in games plays out
  - Rotate all players through all positions – no early specialization
  - Tournament style playoffs rounds

## DEVELOPMENTAL

### DEVELOPMENT PHASE

6 WEEKS  
12 PRACTICES  
2 EXHIBITION GAMES

### REGULAR SEASON PHASE

22 WEEKS  
32 PRACTICES  
20 GAMES

**PLAYOFFS**  
Mar 15 – 30 Playoff Tournaments  
March 31 end of season  
**TOURNAMENTS**  
4 tournaments  
16 games

**TOTAL PRACTICES: 45 - 55 | TOTAL GAMES: 35 - 45**

- CONSIDERATIONS:**
- Tryouts – 5 skates then evaluate / 3 practices / 2 Inter-squad games
  - Small Area Games In Practice
  - Skill based practices
  - Multiple station work
  - Fair / equal ice time
  - Full time goaltenders – Goalie not playing in games plays out
  - Rotate all players through all positions – no early specialization
  - Tournament style playoffs rounds

**Eliminate Playoff Rounds – Go to Tournament Style Playoffs**





# AN AGE SPECIFIC PROGRAM APPROACH

## COMMUNITY (recreational)

### DEVELOPMENT PHASE

4 WEEKS   8 PRACTICES   2 EXHIBITION GAMES

### REGULAR SEASON PHASE

24 WEEKS   24 PRACTICES   18 GAMES

### PLAYOFFS

Mar 15 – 30 Playoff Tournaments  
March 31 end of season

**TOURNAMENTS**  
3 tournaments  
12 games

**TOTAL PRACTICES: 30 - 35 | TOTAL GAMES: 25 - 35**

#### CONSIDERATIONS:

- Prep Camp: 2 Weeks 8 – 10 sessions  
1 60 minute session per day
- Tryouts: 5 skates then evaluate  
2 practices / 3 Inter-squad games
- Full time goalies – Backup goalie in recreational levels plays out
- Rotate all players through all positions – Begin position specific specialization
- Multiple station work
- Skill Based Practices
- Small Area Games In practice
- Tournament style playoffs vs rounds

## DEVELOPMENTAL (competitive)

### DEVELOPMENT PHASE

4 WEEKS   12 PRACTICES   4 EXHIBITION GAMES

### REGULAR SEASON PHASE

24 WEEKS   48 PRACTICES   24 GAMES

### PLAYOFFS

April 1 – 15 Playoff Tournaments  
April 16 end of season

**TOURNAMENTS**  
4 tournaments  
16 games

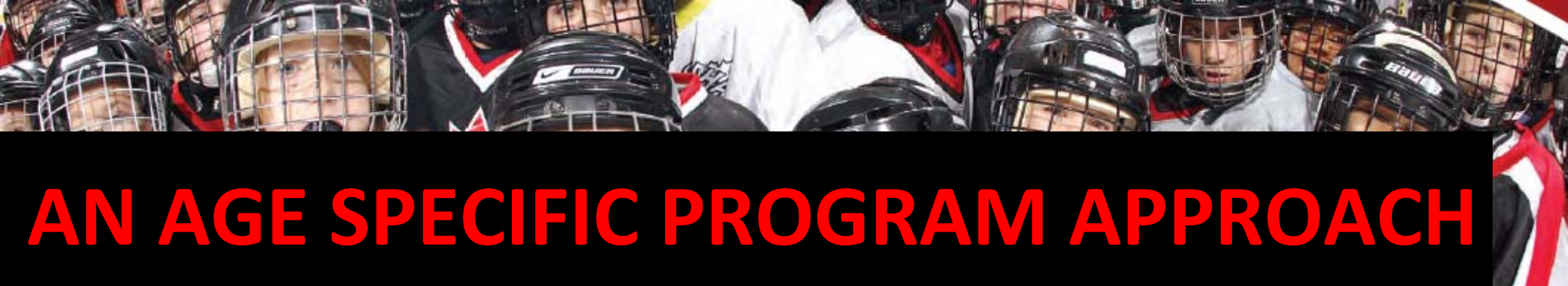
**TOTAL PRACTICES: 55 - 60 | TOTAL GAMES: 45 - 50**

#### CONSIDERATIONS:

- Prep Camp: 2 Weeks 8 – 10 sessions  
1 60 minute session per day
- Tryouts: 5 skates then evaluate  
2 practices / 3 Inter-squad games
- Full time goalies – Backup goalie in recreational levels plays out
- Rotate all players through all positions – Begin position specific specialization
- Multiple station work
- Skill Based Practices
- Small Area Games In practice
- Tournament style playoffs vs rounds

**Eliminate Playoff Rounds – Go to Tournament Style Playoffs**





# AN AGE SPECIFIC PROGRAM APPROACH

BANTAM: AGE 13-14

## COMMUNITY (recreational)

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFFS	
4	8	2	24	24	20	Mar 15 - 30	Playoff Tournaments
WEEKS	PRACTICES	EXHIBITION GAMES	WEEKS	PRACTICES	GAMES	March 31 end of season	
						TOURNAMENTS	
						3 tournaments	
						12 games	

**TOTAL PRACTICES: 30 - 35 | TOTAL GAMES: 35 - 40**

- CONSIDERATIONS:**
- Prep Camp: 2 Weeks  
8 - 10 sessions - 1 60 minute session per day
  - Tryouts: 5 skates then evaluate  
2 practices / 3 Inter-squad games
  - 1 Dedicated Skill Practice per week
  - 2 Seasonal Breaks (School Breaks)
  - Tournament Style Playoffs vs rounds

## DEVELOPMENTAL (competitive)

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFFS	
4	12	4	24	60	28	April 1 - 15	Playoff Tournaments
WEEKS	PRACTICES	EXHIBITION GAMES	WEEKS	PRACTICES	GAMES	April 16 end of season	
						TOURNAMENTS	
						4 tournaments	
						16 games	

**TOTAL PRACTICES: 65 - 75 | TOTAL GAMES: 50 - 55**

- CONSIDERATIONS:**
- Prep Camp: 2 Weeks  
8 - 10 sessions - 1 60 minute session per day
  - Tryouts: 5+ skates then evaluate  
2+ practices / 3+ Inter-squad games
  - 1 Dedicated Skill Practice per week
  - 2 Seasonal Breaks (School Breaks)
  - Tournament Style Playoffs vs rounds

**Eliminate Playoff Rounds – Go to Tournament Style Playoffs**





# AN AGE SPECIFIC PROGRAM APPROACH

## COMMUNITY (recreational)

### DEVELOPMENT PHASE

4 WEEKS   8 PRACTICES   2 EXHIBITION GAMES

### REGULAR SEASON PHASE

24 WEEKS   24 PRACTICES   20 GAMES

### PLAYOFFS

Mar 15 - 30 Playoff Tournaments  
March 31 end of season

### TOURNAMENTS

3 tournaments  
12 games

**TOTAL PRACTICES: 30 - 35 | TOTAL GAMES: 35 - 40**

**CONSIDERATIONS:** Prep Camp: 2 Weeks  
8 - 10 sessions - 1 60 minute session per day  
Tryouts: 5 skates then evaluate  
2 practices / 3 Inter-squad games

- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)
- Tournament Style Playoffs vs rounds

## DEVELOPMENTAL (competitive)

### DEVELOPMENT PHASE

4 WEEKS   16 PRACTICES   4 EXHIBITION GAMES

### REGULAR SEASON PHASE

24 WEEKS   72 PRACTICES   32 GAMES

### PLAYOFFS

April 1 - 15 Playoff Tournaments  
April 16 end of season

### TOURNAMENTS

3 tournaments  
12 games

**TOTAL PRACTICES: 80+ | TOTAL GAMES: 50 - 55**

**CONSIDERATIONS:** Prep Camp: 2 Weeks  
8 - 10 sessions - 1 60 minute session per day  
Tryouts: 5+ skates then evaluate  
2+ practices / 3+ Inter-squad games

- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)
- Tournament Style Playoffs vs rounds

**Eliminate Playoff Rounds – Go to Tournament Style Playoffs**







# AN INNOVATIVE APPROACH

## Alternate seasons

**12 Week Programs**

- ❖ **October – December**
- ❖ **January - March**

**4 three month seasons**

- ❖ **Register for 1, 2 or 3**



**Summer Programs**

- ❖ **May - August**

❖ **Community Multi-Sport  
Combinations**

**Hockey/Soccer/Baseball**

**Hockey/Swimming/Lacrosse**

**Hockey/Basketball/Golf**







# WHY MULTI-SPORT?

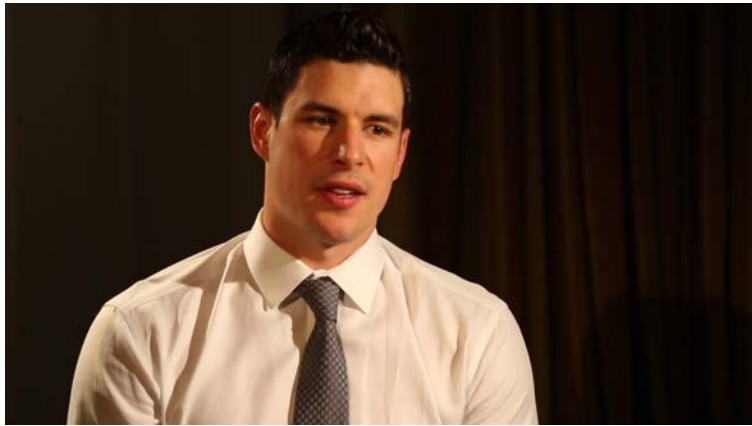


All Top Coaches in Top Programs of any sport are moving this way

– Multi-Sport Athletes are again becoming the new norm



# WHY MULTISPORT?



The greatest difference between our children's sporting experience and our own is the rise of year round, sport specific organizations that ask – even require – season after season of participation in order to stay in the player development pipeline.

The pressure to have your child specialize in a single sport at a young age has never been stronger

## The Best Players are the Best Athletes!



# NEGATIVE EFFECTS OF EARLY SPECIALIZATION

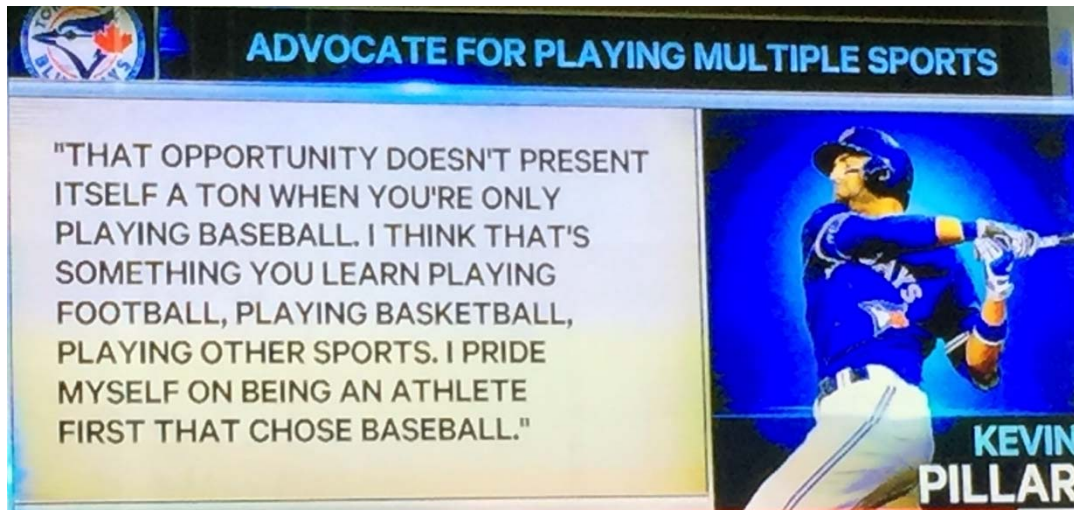
Participating in multiple sports allows these young athletes to learn a variety of motor skills, hone them efficiently and increase their physical literacy. It teaches them diverse movement patterns, varied skill sets and cognitive understanding of game sense.



- 1) Children who specialize in a single sport account for 50% of overuse injuries in young athletes according to pediatric orthopedic specialists
- 2) A study by Ohio State University found that children who specialized early in a single sport led to higher rates of adult physical inactivity. Those who commit to one sport at a young age are often the first to quit, and suffer a lifetime of consequences.
- 3) Early specialization in a single sport is one of the strongest predictors of injury. Athletes in the study who specialized were 70% to 93% more likely to be injured than children who played multiple sports!

# NEGATIVE EFFECTS OF EARLY SPECIALIZATION

- 4) Children who specialize early are at a far greater risk for burnout due to stress, decreased motivation and lack of enjoyment



- 5) Early sport specialization in female adolescents is associated with increased risk of anterior knee pain disorders compared to multi-sport athletes, and may lead to higher rates of future ACL tears



# MULTISPORT

Sidney Crosby

Marie-Philip Poulin



Wayne Gretzky

Russell Wilson



Hayley Wickenheiser

Tom Brady

Christine Sinclair

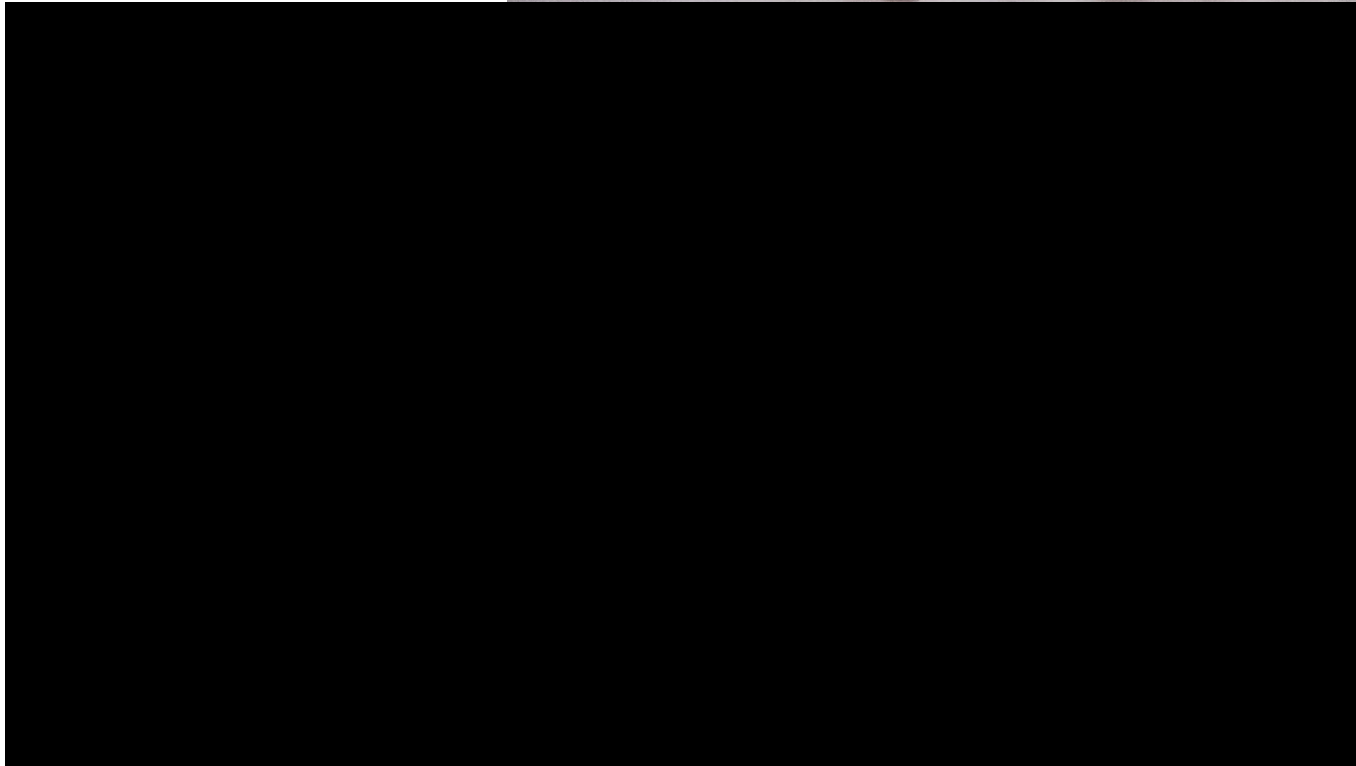
Jordan Eberle



# PHYSICAL LITERACY



Sound Clip

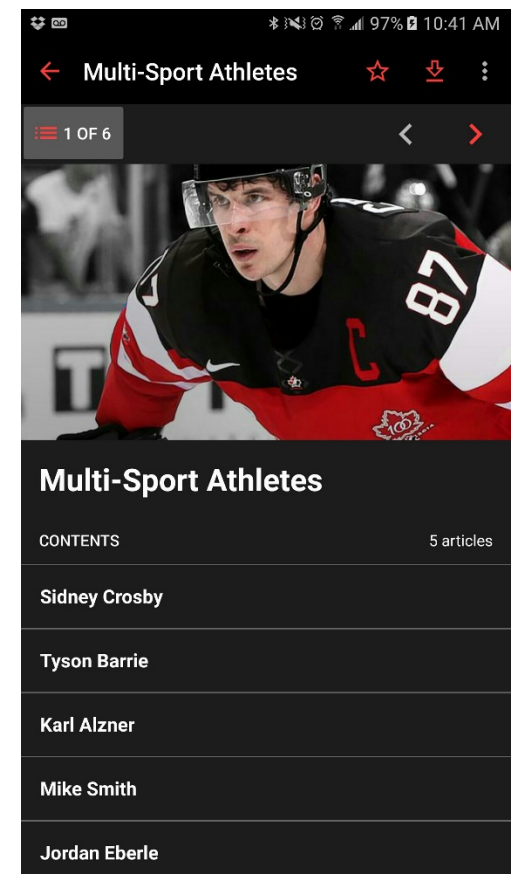
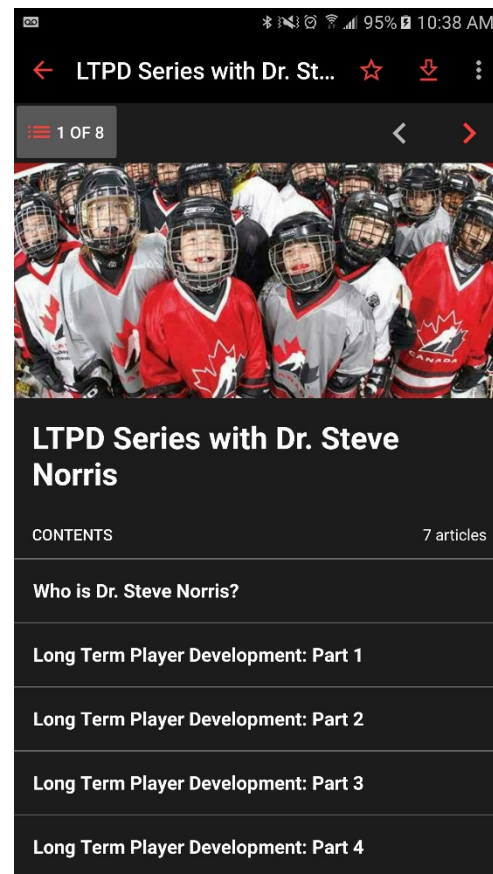
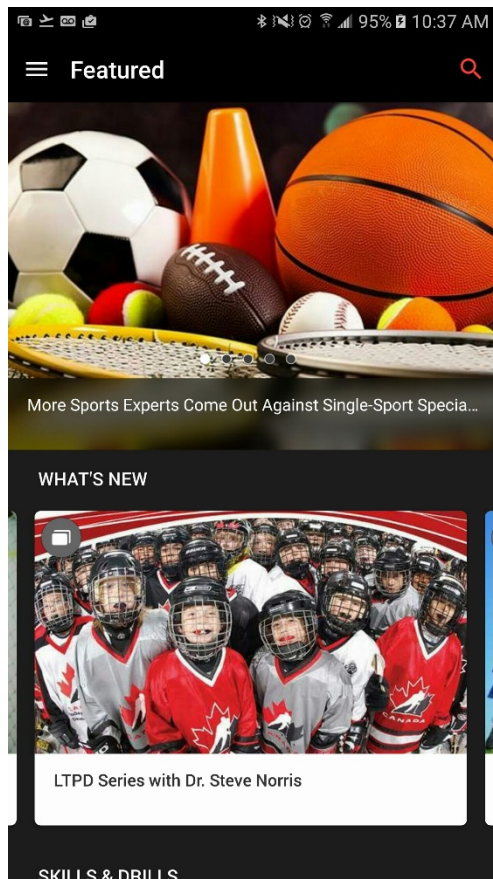




# RESOURCES



# RESOURCES





# WHAT DO OTHER SPORTS DO?

**Promote  
Multisport  
Participation**

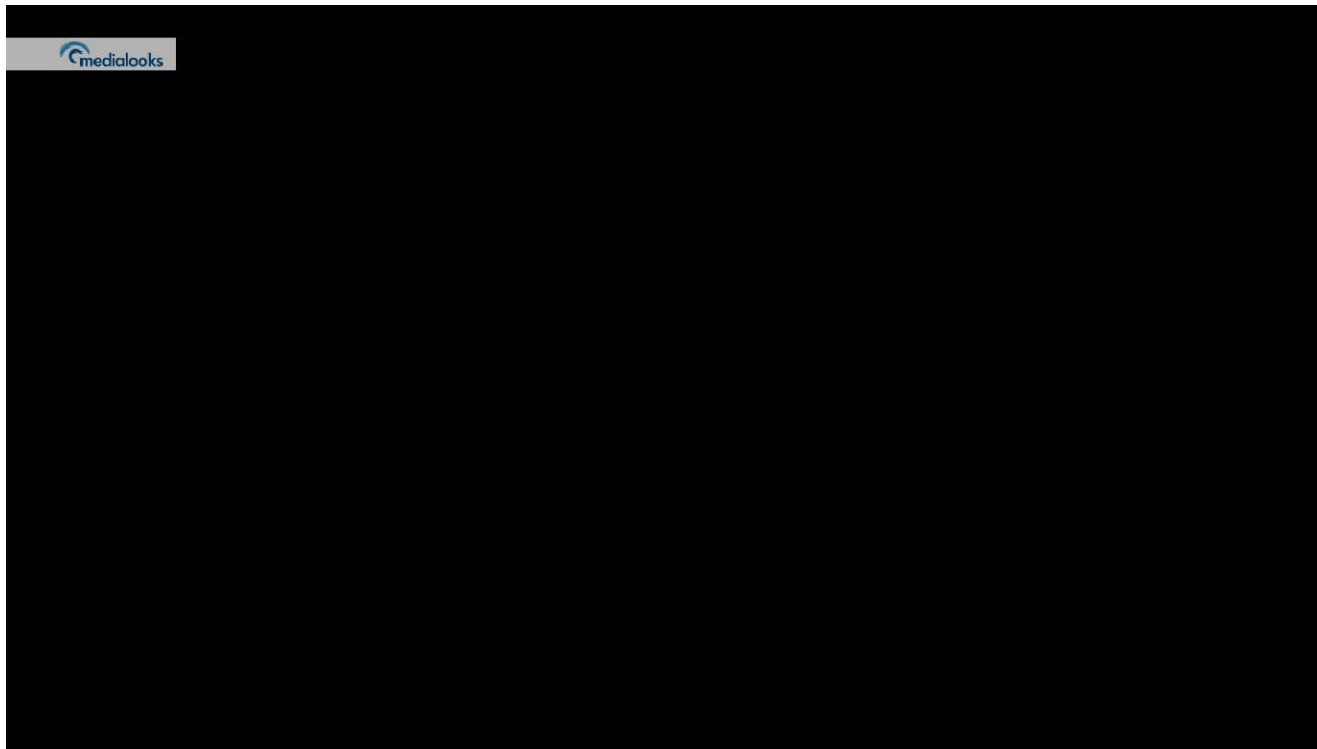


**JJ Watt** ✓  
@JJWatt

If someone encourages your child to specialize in a single sport, that person generally does not have your child's best interests in mind.

**The best  
players in  
other sports  
train and play  
with modified  
games**

# Small Steps



**Manufacturing Momentum – the first step is never worthless no matter how small**



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