

# EDMONTON FEMALE HOCKEY ALLIANCE

TOWN HALL | MAY 3, 2023

# GIRLS HOCKEY IN EDMONTON



# EDMONTON FEMALE HOCKEY ALLIANCE INITIATIVE

Mission is to develop and enhance the experience and opportunities for all female players in Edmonton.

Reorganization of female players into a single, large, and prominent association will:

- Enhance connection and communication among age divisions and levels of play
- Create a critical mass to reduce skill disparity on team rosters and place teams into appropriately competitive tiers
- Provide a consistent development for all female players

# 2023-24 SEASON

- U13 Female teams, Elite & Community, operate out of new Alliance (under FHC for now)
  - Two new U13 AA elite female teams
  - Female teams playing into coed tiers
  - Female teams playing in all-female B or C league in EFHL
  - PLUS one city-wide U11 Tier 1 and one U9 Tier 1 all female team
- Create new organization with bylaws and board and staff plans, similar to GHC

- All Elite & Community all-female teams from U7 to U18 move into new organization
- Transition might be U7-U11 in and U15-U18 in two waves over two years depending on capacity of new organization

# 2024-25 SEASON

# WHY START AT U13?

- New U13AA program provides a novel opportunity to signal change and the way forward (unite female players, connect community and elite)
- U13 division has the most players in it
- A manageable start toward meeting Hockey Alberta's goals
- Some known support at this specific division for uniting female players
- HSL is looking to roll out this year with U13 female league as well so it addresses competition

# REGISTRATION INFORMATION

## U13 AA programming:

- Tryout registration opens: June 1, 2023.
- Season registration fees\*: \$3,500 (subject to changes based upon playoffs and tournaments).
- Roster size: 17 players (9 forwards, 6 defence, 2 goaltenders).

## U13 Community, U11 Tier 1, U9 Tier 1:

- Registration opens: June 1, 2023.
- Season registration fees\*:
  - U9 Tier 1: \$750 registration + \$200 development (\$950)
  - U11 Tier 1: \$850 registration + \$200 development (\$1,050)
  - U13 Community: \$900 registration + \$200 development (\$1,100)
- 'Play together' requests can also be made once registration opens.

*\*Note: tryout fees are additional. Costs are subject to change based upon playoffs and tournaments, and offsetting fundraising.*

**CLICK HERE TO REGISTER**



**OR SCAN HERE**

# WHAT TO EXPECT

## U13 AA programming:

- 3:1 practice to game ratio
- 30 games minimum, restricted to northern half of the league
- 2-4 tournaments
- Provincial playoff series

## U11 Tier 1 programming:

- 18 practices
- 24 games

## U9 Tier 1 programming:

- 18 practices
- 18 games

## U13 Community programming:

- 20 provided games and 18 practices
- Plus, opportunities to purchase more, and no restrictions on number of tournaments.
- Team roster targets: 15 to 17
- Note: the more competitive teams will play fully into appropriately fitting Co-ed Tiers 1-6. Some parity teams will be created and play in the Female B league in EFHL.



# DEVELOPMENTAL PROGRAMMING

## U13 AA PROGRAMMING

EFHA will follow the Hockey  
Edmonton - Elite Hockey Program  
Framework for the U13 AA program.

[Alberta Female Hockey League \(AFHL\) website](http://nahl.hockey/)

### PHYSICAL

- **(1)** Player/Parent Nutrition, Hydration, Sleep, Workout Information Session (season start).
- **(20)** Team Workout Sessions (1 per week) – at arena or gym (recommended in conjunction with Technical Skill Development Session).
- Athletic Club is responsible for:
  - Code of Conduct and Health Protocols.
  - Outlined Medical Process & Return to Play Guidelines.
  - Hockey Canada Medical Forms completion.
  - Emergency Action Plans (Coaching Staff).
  - Athletic Therapist (games only).

### MENTAL

- **(4)** Mental Development Sessions (October, November, January, February).
  - Goal Setting & Preparation, Simulation/Imagery, Overcoming Adversity, Focus.

### TECHNICAL

- **EQUAL PLAY model (with some exemptions)** – Athletic Club/Coaching Staff responsibility.
- **(20)** (1-hour) Individual Tactic/Team Tactic/Position Specific Sessions/Team Systems Practice (1 per week) – ice provided by Hockey Edmonton.
- **(20)** (1-hour) Technical Skill Development Sessions – **Players** (1 per week) – ice provided by Hockey Edmonton.
- **(20)** (1-hour) Technical Skill Development Sessions – **Goalies** (1 per week) – ice provided by Hockey Edmonton.
  - **(20)** (1-hour) **Extra** development Sessions/Practices can be allocated to each team (Maximum).
- **(30)** Game Regular Season games (additional Exhibition/Playoffs games).
  - League website: <http://nahl.hockey/>
- **(4)** Tournaments maximum.
- **(12)** Team Video Review Sessions (2 per month) at arena/online (recommended in conjunction with Individual Tactic/Team Tactic/Position Specific Sessions/Team Systems Practice (Coaching Staff responsibility).
- Technical Package – Athletic Club/Coaching Staff responsibility.
- Season Plan – Coaching Staff responsibility.

### LIFE SKILLS

- **(2)** Team Identity/Vision/Rules Sessions (October and January) – Coaching Staff responsibility.
- **(2)** Parent Information Sessions (October and January) – Coaching Staff responsibility.
- **(2)** Individual Player Development/Progress Sessions & Reports (October and January) – Coaching Staff responsibility.
- Continuous Team Building Events (i.e. Bowling, Escape Room, Soccer, Volleyball, etc.) – Coaching Staff responsibility.
- Continuous Community Service Events (Coaching, Food Bank, Shelter, The First Shift, etc.) – Coaching Staff responsibility.

### OTHER

- Team Selection Criteria Outlined – Athletic Club/Coaching Staff responsibility.
- Elite Coach Education Policy compliance – Coaching Staff responsibility.
- Coach Mentorship Program compliance – Coaching Staff responsibility.
- Team Apparel & Team Equipment – Athletic Club responsibility.
- Team Snap accounts (or equivalent).



# DEVELOPMENT CAMP

## U13 AA PROGRAMMING

### U13 AA Development Camp:

- June 5 through Aug 17 (12 weeks), on Monday, Tuesday and Thursday evenings.
  - On-ice component is Tuesday 7:30 at Callingwood or Kinsmen.
  - Off-ice sessions are on Monday and Thursday (time to be confirmed, but one hour duration, no earlier than 5pm and no later than 8pm).
    - Please note: the off ice schedule being confirmed and will be available at the time of registration.
  - Cost is \$795.00
  - Limited to 30 spaces

# DEVELOPMENTAL PROGRAMMING

## U13 COMMUNITY, U11 TIER 1, U9 TIER 1 PROGRAMMING

EFHA will adhere to Hockey Edmonton/Alberta/Canada's Development pathways and programming for the following divisions and categories of play. All of the team's will be members of the Edmonton Federation Hockey League (EFHL).

### U9 Tier 1:

- Hockey Canada
- Hockey Alberta

### U11 Tier 1:

- Hockey Alberta

### U13 Community:

- Hockey Alberta

# PATHWAY

- **June 2023** – Register in FHA or Coed Home Association\*
- **August/September 2023** – Tryout for U13 AA if applicable
- **September 2023** – Remain in FHA U13 Community OR withdraw registration and register for Coed Home Association
- **September 2023** – Try out for U9/U11 Tier 1\*

\*Awaiting guidance on ideal registration pathway for U9/U11 T1 teams. Website will be updated with all registration information by June 1.

# PLAYER EVALUATION PROCESS

## **U13 AA programming:**

- Dates: August 24 to September 4.
- Player Evaluation Process: Coach evaluations, Elite Director oversight.
- Three skates guaranteed at U13 AA (one skill evaluation, two games).

## **U13 Community, U11 Tier 1, U9 Tier 1:**

- Dates: September 5 onward.
- Player Evaluation Process: non-biased third-party evaluators, Community Director and Evaluations Committee oversight.
- Three skates guaranteed at EFHA U13 Community (one skill evaluation, two games).
  - If a player chooses to play co-ed after the EFHA U13 Community session, three skates are not guaranteed with your “home zoned” association. One skate will be ensured for the U9 and U11 teams in the first week of September so that players who are cut can go back to home associations and not miss those evaluations.

# COACHING REQUIREMENTS



## U13 AA programming:

- Head Coach Credentials: Development 1, Checking Skills, Respect in Sport (Activity Leader), Keeping Girls in Sport course
- Assistant Coach Credentials: Coach 2, Checking Skills, Respect in Sport (Activity Leader)

*Did you know?: Elite Stream (AA and AAA) Coaches (Head and Assistant) are held to a higher standard of credentials by Hockey Edmonton than any other association in Hockey Alberta.*

**LEARN MORE HERE**



OR SCAN HERE

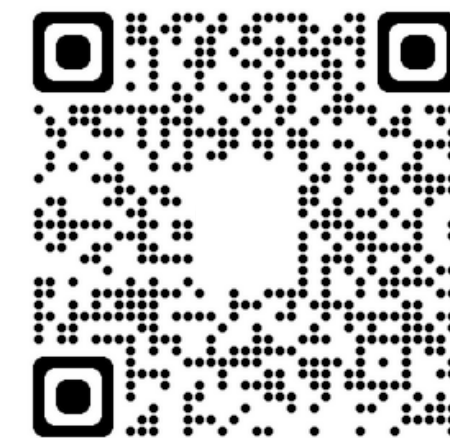


# COACHING REQUIREMENTS

## U13 Community, U11 Tier 1, U9 Tier 1:

- **U9** Head Coach Credentials: Coach 1, Respect in Sport (Activity Leader), Keeping Girls in Sport course.
- **U11** Head Coach Credentials: Coach 2, Checking Skills, Respect in Sport (Activity Leader), Keeping Girls in Sport course.
- **Community Stream** Coaches are expected to adhere to Hockey Alberta's Coaching Requirements:

**LEARN MORE HERE**



OR SCAN HERE

# COACHING APPLICATIONS

## U13 AA programming:

- U13 AA Coach Applications accepted: May 8 to 22
- Applications will be posted [here](#).

**Submit Applications to: [office@hockeyedmonton.ca](mailto:office@hockeyedmonton.ca)**

- U13 AA Coach Interviews conducted on: May 23 to 30 (Hockey Edmonton office)
- U13 AA Coaching Announcements made public on: May 31 (5:00pm)

## U13 Community, U11 Tier 1, U9 Tier 1:

- If you are interested and qualified in coaching opportunities at these levels, please submit a response [here](#).

# EDMONTON FEMALE HOCKEY ALLIANCE

We are seeking volunteers with various skills, interests, and expertise for other support roles.

- Please submit your expression of interest via the form [here](#).

# EFHA QUESTIONS/INQUIRIES

Please direct your questions/inquiries to BOTH of the following contacts:

- **FHC Chair:** chairfemalehc@hockeyedmonton.ca
- **EFHA Registrar:** RegistrarEFHA@hockeyedmonton.ca

More information and FAQs can be found [here](#).