



www.lacombeminorhockey.com

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Welcome to Lacombe Minor Hockey. We are a member association of Hockey Alberta and Hockey Canada. The philosophy of LMH is to provide a hockey program which encompasses fun, development, competitiveness and challenge for all players. Levels U9 through U18 compete in the Central Alberta Hockey League (CAHL).

At what age can my child start to play hockey?

Our youngest program is U5 (previously know as Bears) and is for kids that will be at least 4 years old as of December 31. Hockey is a great environment to learn skating skills.

When does the season start & how do I register my child?

Our season generally runs from early September to March. U5 & U7 typically start near the end of September. Registration is via our website in the months leading up to the season. If you are new to Lacombe or would like to register your child outside of our regular registration times please email us to see if we have space for additional players on the team in your child's age group.

What equipment does my child need to play hockey?

Players need full equipment even in the lower levels.

Helmet	Hockey pants
Neck guard	Practice jersey*
Shoulder pads	Hockey socks*
Elbow pads	Gloves
Jock/Jill/pelvic protection	Skates
Knee Pads	Hockey stick

*U5 registration includes a TimBits practice jersey & socks to keep. U7 & U9 registrations include one pair of socks. U11 and above can order socks during registration.

Reds Source for Sports here in Lacombe has all the equipment your player needs & offers skate sharpening.

Other places to look are: TBS Hockey Sports Excellence, Canadian Tire, Sportchek, & Play it again sports in Red Deer.

When are practices & games?

U5 practices once a week on the weekend & near the end of the year a game is typically arranged with a neighbouring community. U7 practices once during the week and has a game either at home or in a neighbouring community each weekend. U9 & above typically practice twice a week during the weekdays and have 1-2 games each weekend. U9 & above may also have 7AM weekday practices (typically once every 3-4 weeks).

A note about ice times:

The City of Lacombe releases the winter season's ice schedule to all user groups (LMH, Ringette, CanSkate, Figure Skating etc.) in August. LMH typically uses its September ice for evaluations. After the

number of teams in each division is determined, the LMH ice convenor divides the ice between all the LMH teams.

Because there is such a huge demand for ice between all the arena user groups the city maximizes its usage by running it from 3:45-10PM on weekdays. Like other user groups, LMH schedules the younger groups (U7-U9) in the earlier ice times. As the players age they get later ice times with the 8:30/9PM practice times assigned to the U15 & U18 groups. LMH also rents ice in Clive and other surrounding communities to ensure there is enough ice for the association. The out-of-town ice is typically assigned to the older and/or AA teams.

How much are registration fees?

Registration fees vary by level. Please see the Lacombe Minor Hockey website (under registration information) for current registration fees. Attendees of our AGM (typically in May) receive \$100 off their player's registration fees for the upcoming season (levels U7 and above only). Our AGM date/location will be posted on the LMH Facebook page. Our website also has information about programs that can help cover some registration or equipment costs.

What other expenses are incurred throughout the season?

For U5 there are minimal extra expenses throughout the year. Levels U7 through U18 may choose to do 1-2 Away tournaments throughout the year. This may involve a one or two night stay in a hotel. Registration fees for tournaments are not included in registration fees and are paid for by the team.

How much volunteer & fundraising is expected from parents?

Lacombe Minor Hockey is a volunteer run organization. Each team is run by parent volunteers which include coaches, a manager, a treasurer, a parent that takes care of jerseys, and a parent that enters data for the league. Parents also keep score, play music, and run the penalty boxes during games. U7 through U13 levels each host a Home Tournament which is organized & run by parents. There are also many volunteer opportunities with the LMH executive and operating committee.

LMH typically does one major fundraiser per year and parents are expected to participate. Individual teams may also decide to do fundraising to cover the cost of Away Tournaments.

Financial Assistance

Hockey Canada Foundation <https://assistfund.hockeycanadafoundation.ca/en/index.html>

KIDSPORT- <http://www.kidsportcanada.ca/>

JUMPSTART- <https://jumpstart.canadiantire.ca/>

LACE EM UP- <http://www.laceemup.ca/>

FCSS - EMAIL: INFO@LACOMBEFCSS.NET

Looking for more information?

If you are looking for more information please reach out to us at lacombeminorhockeyoffice@gmail.com

Other sources of info online:

- LMH Facebook page: <https://www.facebook.com/lacombeminorhockeyassociation>
- LMH Policies and Procedures Handbook on our website www.lacombeminorhockey.com
- Hockey Alberta - www.hockeyalberta.ca
- Hockey Canada - www.hockeycanada.ca
- Central Alberta Hockey League - www.cahlhockey.ca