



# PARENTS MANUAL

*2025-2026*

[www.paminorhockey.ca](http://www.paminorhockey.ca)

Dear Parents,

To those of you who are returning members, we sincerely hope that you continue to support Prince Albert Hockey by volunteering a small part of your time. Our program has continued to grow over the past years because of the commitment of our volunteers.

To those of you who are new, a special WELCOME!! We hope that you will find Prince Albert Hockey a great place for you and your children to enjoy the game of hockey. If you have any questions or new ideas to contribute to our program do not hesitate to call on any of the members of the board. And by all means volunteer if you are able.

As always, let us remember the primary reason that our children participate in this great game. It is for FUN and RECREATION. Let us all demonstrate positive reinforcement to the kids. Remember that regardless of the skill level, every boy or girl, in every game or practice, does at least one thing well. Focus on that one thing, however small. It will make them want to come back to the rink another day!

### **Fair Play Code for Parents**

1. Do not force your children to participate in sports but support their desire to play their chosen sport. Children are involved in organized sports for their enjoyment, not for mine. Make it fun.
2. Encourage your child to play by the rules and to resolve conflicts without resorting to hostility or violence.
3. Teach your child that doing one's best is as important as winning, so that your child will never feel defeated by the outcome of a game or event.
4. Make your child feel like a winner every time by offering praise for competing fairly and trying hard.
5. Never ridicule or yell at your child for making a mistake or losing a competition.
6. Remember that children learn best by example. I will applaud good plays/performances by both my child's team and their opponents.
7. Never yell at or physically abuse your child after a game or practice...it's destructive. Support all efforts to remove verbal and physical abuse from children's sporting activities.
8. Do not scream at your child on the ice because it will influence his or her concentration on the game.
9. Do not question the officials' judgement or honesty in public. Know the rules of the game and support the officials on and off the ice. This will help in the development of the sport.
10. Recognize the importance of volunteer coaches who give their time to provide sport activities for your children.
11. Remember that your CHILD is playing hockey. It is important to allow them to establish their own goals and play the game for themselves.

### **Program Outlines and Objectives**

How a player gets that first taste of hockey is crucial.

If the beginner has fun, developing some basic skills and building confidence, there is a good chance that the player will go on to enjoy hockey for many years. But if a beginner has an unhappy, unrewarding experience, the chances are that he or she will quit at an early age and never discover the real joy of Canada's great game.

### **Age Divisions 2025-2026 Season**

Division	Age Groupings	Year of Birth
Under 7 (U7)	5 and 6	2019, 2020

Under 9 (U9)	7 and 8	2017, 2018
Under 11 (U11)	9 and 10	2015, 2016
Under 13 (U13)	11 and 12	2013, 2014
Under 15 (U15)	13 and 14	2011, 2012
Under 18 (U18)	15, 16 and 17	2007, 2009, 2010

**Refunds** – Players who withdraw from active participation in the Association may do so by notifying the Executive Director.

Withdrawals before November 1<sup>st</sup> will qualify for a fifty percent (50%) refund, less the insurance, and facility fee of an amount determined in accordance with his status of single or family membership registration.

However, if the registrant has not attended an evaluation, game or a practice a one hundred percent (100%) refund will be issued.

Refunds will be considered after November 1<sup>st</sup>, for players that have never attended an evaluation, game or practice or no longer reside in Prince Albert. These registrants shall be offered a fifty percent (50%) refund. No insurance fee or facility fee portion of the registration fee will be refunded after the player has attended practices or a game or whose name has been submitted to Hockey Sask for certification.

No refunds will be issued after December 1<sup>st</sup>.  
Conditioning Camps and AA tryouts are non-refundable.

**Eligibility Requirements** – A player is eligible to play on teams sponsored by the PAH if they meet residence requirements. Players can obtain a concession from the Hockey Sask allowing them to play on PAH teams. It would then go to the Board of Directors for approval or rejection.

A bonafide resident is one who resides in PAH boundaries with his/her parents or legal guardian by September 1<sup>st</sup> of the current season or who takes up physical residence in our boundaries for the balance of the season.

**For AAA and AA only – A player who has moved with his/her parents and the parents have taken up physical residence by July 1st and continues to reside at said residence for the balance of the season.**

In all age groups within Prince Albert Hockey where numbers warrant, Female players will play on a female team.

Parents can make a request for a concession to Prince Albert Hockey for a female player to play on a male team.

### **Divisions**

**Prince Albert Raiders Under 7 (U7) Program** – Is a progressive, learn to play, non-competitive, teaching curriculum. Children learn through participating in practice drills and informal and modified games such as small area games, learn to play games and obstacle courses. The goals, philosophy and objectives of this program are:

1. Teach basic hockey skills so players can enjoy the game.
2. Assist in development, refining and enhancement of basic motor patterns.
3. Develop and encourage the concept of team play, through player participation with on and off ice activities.
4. Implement fitness, fair play, and cooperation aspects within the fun of the game.

Under 7 (U7) players are grouped into two categories – Tier A and Tier B and will play Cross Ice

All U7 teams will follow the U7 Program Manual with a practice to game ratio of 2:1. Four teams will share the ice at the city arenas. On average there is one ice slot per week scheduled at the city arenas and one practice slot at the community club rinks.

First year players are normally placed on a Division B/C team. This allows the players to learn the skills at a slower pace so they can concentrate on perfecting their skills rather than focusing on speed. A 20-20-20 format is used during ice sessions with the first 20 minutes focusing on skills, the second 20 minutes dedicated to drills and the last 20 minutes used for some type of game. Four teams will share the ice. On average there is one ice slot scheduled at the city arenas each week and usually two shared ice practice slots scheduled at the community club rinks once they are running. There are no playoffs in the U7 Division.

Parents don't get caught up in the fact that your child is playing cross ice or sharing practice ice, this is the best way for your child to learn the skills of the game. More chances to touch the puck and more involvement will benefit your child in the long run.

We strongly suggest you get involved in coaching as this will be good practice and experience and also good insight into what will hopefully be a big part of your winter for years to come.

At PAH we truly believe that getting both players and parents involved will add to your family's enjoyment for years to come.

PAH will appoint a Board Member to help with team start up and the sorting of players into divisions and teams. Remember that all our Board Members and the PAH Office staff are in place to help you and answer your questions, please don't be afraid to ask.

### **Under 9 (U9) Division**

**P.A. Source for Sports and Beachcomber Hot Tubs Foxes**– This division is a continuation of the U7 Program with the addition of league games and tournaments. Two to Three teams will share the ice in the U9 Division. PAH in the 2000-2001 season passed a motion to limit the number of goals that one player could score to three in one game. There will be no playoffs in the U9 Division.

### **Under 11 (U11) Division**

**McDonalds and Beachcomber Hot Tubs Foxes** –This division will be the first full ice experience for players in PAH. There will be a faster pace, more positional instruction, and a commitment to playing as a team. All of the skills developed through the U7 Cross Ice and U9 Half Ice programs will be crucial to the transition to full ice.

### **Under 13 (U13) Division**

**Redhead Equipment, Beachcomber Foxes and U13AA** – A more competitive tier of hockey is implemented in this division – the Developmental Program. There is currently one 'AA' team boys and one 'AA' female team in the city selected from players who choose to try out for this level of hockey. These teams play in the SAAHL/SFHL. All other players will play on Division A or B teams. The numbers of teams at each level will be decided by enrollment numbers.

### **Under 15 (U15) Division**

**Liteway Electric and U15AA**– At the U15 level, hockey really starts to take shape, as kids are bigger and more skilled. There is currently one 'AA' team in the city selected from players who

choose to try out for this level of hockey. This team plays in the SAAHL. All other players will play in the Tri City League. The number of teams will be decided by enrollment numbers.

**U15/U18 Beachcomber Hot Tubs Foxes/U15AA Rickys Foxes / U18AA Family Pizza Foxes-**

Team(s) will play in the Sask Female Hockey League. Players can be registered to one team only. Female players wishing to try out for AA female teams may pay the fee and attend the tryouts. If they are successful in their attempt, they will stay on the AA team, if not they will return to the female division that they registered to play with.

**Under 18 (U18) Division**

**U16AA Team-** The AA team plays in the SAAHL.

**North Star Trophies and U18AA-** There are three divisions in this age grouping – U18 AAA Division, U18 AA Division and U18 House Division. The U18 AAA team is comprised of players from Prince Albert and Saskatchewan and plays in the Saskatchewan U18 AAA League. The AA team plays in the SAAHL. The U18 House Division teams will play in the Tri City League.

**Commitment** – Financial – Your child's team will be looking for a team startup fee, this is above the registration fees that you pay. Teams book extra practices, enter tournaments, purchase team apparel and thus will require additional fees that will be discussed at your team parent meeting.

**A. TEAM FINANCIALS**

1. The teams playing in the Sask AA Hockey League will follow the AA Manual.
2. The AA teams playing in the Sask Female Hockey League will follow the SFHL Manual.
3. The maximum amount non-AA teams playing in the **Sask Female Hockey League** can charge per season for team fees is **\$600.00 per player**.
4. In U7-U9-U11 the maximum amount a team can charge per season for team fees for all PA Teams is **\$300.00 per player**.
5. In U13-U15-U18 the maximum amount a team can charge per season for team fees for all PA Teams playing in the **PA League and Tri City League** is **\$450.00 per player**.
6. **PA Hockey limits the number of fundraisers per team to three. If you wish to have more than the three allowed you will need to submit your up-to-date financials and the reasoning why you want to have another fundraiser, and it will be discussed at the next scheduled board meeting. Female teams will be allowed two fundraisers as the third is the 50/50 tickets sold for the female tournament. The AA teams will follow the AA manuals.**
7. This fee includes all team fundraisers, tournaments, and apparel.  
Examples:
  - Teams cannot sell tickets and make the parents pay for them up front.
  - Teams cannot order team apparel and make the parents pay for it.
  - Teams cannot have a bottle-less bottle drive or make the player bring a set amount of bottles to the bottle drive.
8. Team apparel may be purchased up to a maximum of \$200.00 per player.
9. Teams are advised to view the rules for any SLGA Licensed fundraisers (example: Licensed Lotteries or Bingos.)
10. Teams are NOT allowed to use alcohol/alcohol gift cards or any version thereof for any minor hockey team fundraisers/team raffles etc.
11. Teams cannot ask parents to pay any amount of money over the maximum startup fee.
12. Coaches are responsible to enforce these rules and failure to do so will result in Coach Suspensions and or loss of team bond.
13. Team fees can be paid up front or in installments.
14. Any fees above this must be achieved through team fundraising.
15. Parent Participation-any team refunds at the end of the season are dependent upon parent participation throughout the hockey season (examples: working time clock for league games/tournament shifts/fundraising endeavors/collection of jerseys after each game.)

16. As a team you CANNOT return money to your parents at year end in the amount greater than their Startup Fee.
17. If a team finds themselves with excess money they will be required to donate the excess to The Community Club they played out of or give it to a charitable cause.

Teams should collect at least partial team fees before purchasing team apparel, extra ice or going to tournaments. Purchasing these items before you have collected any fees may leave your team struggling to collect from some parents and thus putting the expense of these items on the remaining parents on the team. Apparel and tournaments are extras and if you have not received fees from all parents on the team you should not be purchasing such items.

**Every team is required to submit a \$400.00 performance bond. PAH has the authority to refuse refunding team bonds under certain circumstances.**

**Prince Albert Hockey jerseys-- If all jerseys are not returned in an acceptable condition with a copy of the team financial statement and player evaluations your \$400.00 team bond will be forfeited. IT IS IMPERATIVE THAT SOMEONE COLLECT ALL JERSEYS AFTER EACH GAME. THE JERSEYS ARE NEVER TO GO HOME WITH THE PLAYERS.**

**Volunteer Positions** – By helping your child's team, your support and much needed assistance very often means the difference between a rewarding, productive season or a mediocre, frustrating one. There are many positions on a team where you may be able to offer assistance such as:

- Coach or Assistant Coach
- Team Manager
- Team Treasurer
- Team Trainer
- Team Tournament Coordinator
- Scorekeeper/Timekeeper
- Equipment Manager

**Parents and Officials**-The relationship between parents and referees is often a tenuous one. Parents are primarily concerned with the safety of their son or daughter. Officials are to focus on the whole game, while parents tend to see everything that their child does on every shift they are on the ice. Because of this, officials may miss an infraction that happened to their child that is obvious to the parent, but the official may have been focusing elsewhere.

The on-ice officials mandate is to make the game "fair" and "safe" by calling infractions that, in their judgment cross the line in regard to fairness and safety. However, parents and players should be reminded that officials, in general, can only react to what has happened, not what might happen. If a player is injured as a result of an illegal play, the official can only react by calling the appropriate penalty but cannot prevent the infraction from taking place in advance.

Often officials at the lower levels are young and just learning the "art of officiating", so mistakes will be made. Is it acceptable to yell at officials when they make mistakes? Do you yell at the players every time they make a mistake? Please consider your actions and give the officials a chance to learn the skills needed to improve.

Referees do not make the rules, they are merely the agents charged with the responsibility of enforcing the rules as provided by the rulebooks.

**Tournaments-** The tournament committees are made up of volunteer parents. This aspect is of paramount importance to the success of your child's tournament. This committee is formed to organize the tournament itself and will look to all parents in their division to contribute sometime to the running of it. We cannot stress enough the importance of having every parent contribute in some way to what is an exciting part of your child's hockey season.

Remember, whether hosting or attending tournaments, our teams are the ambassadors of our Association and should conduct themselves accordingly.

**City Tournaments** – For divisions with City Tournaments-All PA teams must participate in the tournaments sponsored by this Association. Failure to actively participate (i.e., working the penalty box and information table) will result in the loss of \$400.00 of the team's performance bond.

**Community Club Tournaments** – Teams run tournaments in their community clubs as a way to generate income for their team(s). All tournaments must be sanctioned by Hockey Sask.