

### Timed-Drill Sessions – Novice, Atom and PeeWee

This year all players in Novice, Atom and PeeWee will participate in a timed-drills skills session for their first evaluation session

The purpose of the timed-drills is that a player's performance on the timed-drills will determine those players' "starting grid" position for Evaluations session #2. For all groups not using timed-drills, (Bantam and Midget) Evaluations starting grid positions for players will be determined by where they played the previous season, as has previously been the practice. For the timed-skills sessions players will be placed in groups of approximately 30 players, however to ensure approximately equal-sized groups for the timed-drills sessions, players may or may not be with players from the team they played with the previous season.

All timed-drills skills sessions will be run by a third party supplier, Fuel Performance Testing. Player performance in the drills will be measured by an electronic timing system using timing gates and all results will be recorded and reported electronically. Glenlake volunteers will assist to ensure the correct players are on the ice for the session, and that those players are equipped with electronic timing device wrist bands, but will not be involved in the performance timing or results recording for any player. The electronic timing system being used is the same system used by various Calgary and area hockey associations, by the WHL for its skills testing combines and by various NHL teams to test their prospects. To understand better how the system and equipment will be set up and operates, please see the video found at the following link:

Sport Testing Athletic Testing Solution: <https://www.youtube.com/watch?v=U4nryAKTjJ4>

The drills used are quite basic in design and have been posted under the "Evaluations" tab of the Glenlake website. The skills timed during these sessions will include age category appropriate drills for forward skating, backward skating, agility and basic puckhandling, and, for Atom and PeeWee players transition skating. Each player will be given two opportunities to complete each drill with their best time for each drill being recorded. At Glenlake's discretion, where deemed necessary in the interests of fairness, extra opportunities may be provided for a player to complete a drill.

As mentioned above, the results from the skills testing (for all players) will be used to place the players in the appropriate initial group level for the remaining portion of the Evaluations process, starting with Evaluations Session #2. Starting grid positions will be determined by the "average rank" of players for all drills used. In the event of a "ranking" tie between players, the best aggregate (total) recorded time for the drills will be used to break the tie. No scoring from the skills sessions will carry over to the remainder of the Evaluations process.

Subsequent Evaluations sessions will follow the same format as in previous years, with player evaluation, ranking and movement being unchanged and in adherence to the Glenlake Evaluation Guidelines.