GLENLAKE U7 TIMBTS PROGRAM INFORMATION

PHILOSOPHY

The U7 Timbits program focuses on skill development and the FUNdamentals of the game for the players, coaches and parents. At Glenlake, we strive to ensure the players enjoy coming to the arena, have success on the ice and most importantly, want to keep coming back!

Pathways Pre-Skates

- Glenlake will offer no-cost pre-evaluation skates for all players as a part of Hockey Canada's Long-Term Player Development Model called Pathways.
- This program is designed to create a positive experience and to allow all players equal access to pre-evaluation ice.
- These pre-skates are optional. No friend requests or moving between pathway groups will be accommodated.
- Full equipment is required to be worn at these pre-skates.
- At no time during these sessions will players be evaluated.

Evaluation & Team Formation

- There is usually one evaluation skate for U7 in mid-September, with teams formed the third week of September and practicing shortly after.

Team formation

- U7 teams are formed based on the birth year of the player and skill level as assessed during the evaluation process
- "Junior" are first-year players and "Senior" are second-year players.
- Teams are created to be equally balanced from both a player and coaching perspective
- **Friend Requests:** Since balanced teams are our priority, we do not guarantee friend requests can be accommodated, but we will work our best to create the most positive experience we can for all our players.
- The Glenlake Administrator will collect any reciprocal friend requests via a Google form

PRACTICE SCHEDULE

- **Frequency:** Two ice times per week on a set/fixed schedule.
- **Set Days:** Senior teams will practice on Fridays and Junior teams will practice on Mondays. There may be times that ice may be adjusted to accommodate various ice schedules. As much notice is given as possible.

- **Timing:**
    - Weekday (Monday to Friday) times can start as early as 4:00 PM.
    - Weekend (Saturday & Sunday) times are usually starting at 6:30 AM or later, but almost always in the morning to mid-day.

    - The general ice scheduling rule is that the younger age groups receive the earlier ice times and the older age groups receive the later ice times.
- **Location:** U7 teams will generally hold most practices ice on City of Calgary arenas. Home games are generally scheduled at Flames Community Arena but may be held at other arenas as needed, generally in the SW part of Calgary.
- **Ice Use**: U7 teams will always share the ice with either one or two other U7 teams – full ice practices and games are not permitted.

Game Structure and Format

- All Hockey Calgary-sanctioned games are to be cross-ice format, with half ice format permitted for Hockey Alberta-sanctioned games.
- Games will be scheduled for 2-team formats, and Hockey Calgary will continue to encourage 3-team formats for tournaments and jamborees.
- Games scheduled on weekends, maximum 1 game per weekend (this will replace a weekend practice).
- Glenlake U7 teams are a part of the West quadrant, which includes Trails West and Springbank teams.
- U7 Senior: set as Sunday games, scheduled in line with community regular season (Dec-Feb)
- U7 Junior: set as Saturday games, scheduled in line with community regular season (Dec-Feb)

COACHES

- Coaches are all Glenlake volunteers, usually parents of the players on the team.
- U7 teams are permitted 5 coaches per team.
- Rostered coaches only are permitted on the ice with the team; "On-ice help" or 'because we are short coaches" is not allowed
- Minimum Requirement: U7 teams must have at a minimum 1 qualified coach per 10 players; therefore, U7 teams are required to have 2 qualified coaches per team.
- Assistant Coaches must have at a minimum a valid Respect in Sport- Activity Leader certification and a valid Vulnerable Sector Record Check (Police Information Check).
- All coaches with Glenlake must have the Safety qualification.
- Glenlake will reimburse clinic/course fees for all rostered coaches once teams have been established.

Other Volunteer Opportunities

- Many volunteers are required to make our season a success! These roles include Team Manager, Team Treasurer, Tournament Coordinator, and Team Social Coordinator, to name a few.

TEAM CASH CALLS

- Requested on a team-by-team basis
- Usually at the beginning of the season
- Average ranges from $200-$350 per player

- The purpose is to cover team-related expenses such as exhibition games, tournaments, dryland training, team social events, team apparel, etc.
- If affordability is a concern, please talk directly, in confidence, with your coach/team manager to work through options and/or a payment plan

EQUIPMENT

- All players are required to always wear full equipment on the ice.
- Hockey Calgary's equipment list & care information: https://www.hockeycalgary.ca/resources/equipment-care
- Used hockey equipment can be purchased at Play It Again Sports in Westhills.
- Adrenalin Source for Sports (located at 9309 Macleod Trail South) is Glenlake's approved apparel provider and provides Glenlake families with a discount when you mention you are a member at the till

Team Equipment

- Glenlake will provide every U7 player with a game jersey and socks, which are sponsored by Tim Hortons.
- Jerseys are to be turned in at the end of every season in "good" condition –you can keep the socks.
- Glenlake provides all U7 teams 'blue' pucks to use, which must be used for all Timbits games

HOCKEY CALGARY'S TIMBITS LEARN TO PLAY PROGRAM

- Hockey Calgary webpage
- Offer for new, **first-time** Timbits players only
- Dates: Late August to Early September (MaxBell Arenas)

https://www.hockeycalgary.ca/programs/u7-timbits-program/timbits-learn-to-play-program

HOCKEY CALGARY'S TIMBITS JAMBOREE

- Hockey Calgary hosts this family-oriented day, where U7 Timbits families can enjoy the success of the season
- U7 team managers will book this event on behalf of the team