



# WELCOME TO HOCKEY: A GUIDE FOR FAMILIES



# HOCKEY IN SASKATCHEWAN

**Our Mission:** To lead, develop and promote positive hockey experiences for all

**Our Vision:** Shaping Character for life...more than a game

## Our Values

### Fun

We develop, grow, and compete with the joy of play while building lifelong bonds of friendship.

### Safety

We understand, honour, and promote the rules in a spirit that leads to the wellbeing of hockey participants.

### Community

Our game gives us the gift of togetherness and belonging. In this space we support one another, collectively benefit from our shared pride, and strengthen Saskatchewan.

### Respect

Our game is honoured through goodwill, leadership, and dignity.

### Inclusivity

Hockey can be for everyone, and this is demonstrated through a welcoming environment.

### Passion

A love for the game leads to the discovery of identity, pride, belonging, and character building.



# WHERE FUN WINS



## Hockey is Fun!

People of all ages enjoy playing hockey because of the physical effort, team building, and the amazing feeling of skating and gliding on the ice. Physical and personal development is achieved through playing hockey that lasts a lifetime.



## Where do I start?

Children can play hockey as early as five years old (U7) but players can join at any age beyond that.

Some families choose to develop hockey skills by registering their young child in CanSkate or Ball Hockey programs in order to develop skills before they enter ice hockey.

Para Hockey programs are also available through clubs around Saskatchewan. Para Hockey is a modified game for players with certain physical disabilities.

**Myth: Players have to start when they are in the U7 age group**

**Fact: Players can join hockey at any age from U7 and beyond**



### **Under 7 (U7): Have Fun Finding Your Stride!**

Fun and fair for everyone, U7 players will focus on introductory individual skills in a group setting with little to no focus on competitive games.

### **Under 9 (U9): Learning Skill, Building Passion!**

Through a learn-through-fun environment, U9 players will focus on the development of fundamental skills with the introduction of individual tactics and team play at all positions.



### **Under 11 (U11): Love the Game, Respect the Goal!**

Improved skill by improving self-confidence, U11 players will focus on the development and refinement of fundamental skills while introducing team concepts.





# EQUIPMENT & INVESTMENT

## REGISTRATION & TEAM FEES

Registration and team fees will vary by association and the following will be included:

- Approximately 15–20 week season
- 1–2 sessions per week (more for older players)
- Team uniform (jersey and socks)
- Team celebration events
- Team photo
- Insurance through Hockey Canada
- Highly trained and screened coaches

HELMET WITH  
FACE



NECKGUARD



SHOULDERPADS



ELBOWPADS



JOCK OR JILL  
SHORTS



HOCKEY PANTS



STICK (LEFT OR  
RIGHT) AND TAPE



SHINGUARDS



HOCKEY SOCKS



SKATES



## EQUIPMENT

A great place to start is to buy equipment second hand for children's growing bodies.

Local sporting goods stores offer excellent advice and guidance in selecting the right equipment for your child.

This video demonstrates how to put on hockey equipment

<https://www.youtube.com/watch?v=mroRyKO1At0>



# YOUR PLAYER'S SAFETY

Hockey Saskatchewan and Hockey Canada take the safety of players seriously. We can only enjoy the game if it is safe and leads to healthy development. The following actions are in place to ensure safe programs are offered:

- The Long-Term Development model is used to ensure athletes are progressing skills in age appropriate domains.
- Only coaches trained in skill development and respect modules are eligible to coach.
- Policies to identify, acknowledge, and respond to player concussions.
- Policies in place to prohibit maltreatment and discrimination in the game.
- Mandatory equipment is required for all participants to reinforce physical safety.
- Certified Officials who oversee game play and enforce rules of the game.
- Coaches, team managers, officials, and those in leadership roles are screened through reference and criminal record checks and take respect based training.



# A HOCKEY SEASON

## REGISTRATION & TEAM PLACEMENT

- Associations typically hold registration in the month of June to prepare for team placements in the fall.
- Registration is typically done online or through community registration events.
- Optional warm-up camps are often offered before the season begins.
- Older players will have an evaluation process in order to create balanced teams.

## PRACTICES

- Practices are typically held once a week where players can work on progressive skill development.
- Coaches weave in fun activities for team building and skill development.

## GAMES, TOURNAMENTS & JAMBOREES

- When the season is underway, teams will typically play 1-2 games per week.
- Games are modified depending on the age group.
- Older teams will attend one or more tournaments during the season. Some will require travel.
- Younger teams will partake in Jamborees instead of tournaments with a focus on fun.

## TEAM FUN

Many teams will have celebration and team building events off the ice such as socials, fundraising, community service, parent/family nights, and wind-ups to enhance the team experience.

## PARENT/GUARDIAN VOLUNTEERS

Parents/Guardians are invited to make the most of the season by helping with roles such as coaching, team management, fundraising, snacks, or social media.





# HOW TO REGISTER



1. Visit <https://hockeysask.ca/members/zone-map> to locate your hockey association or para hockey club.
2. Find "Registration" on your local association's website.
3. Follow the steps required for your association. Typically there will be initial registration fees, then an installment of team fees once the season starts.
4. Source equipment for your player
5. Enjoy your first season of Hockey!



## FINANCIAL ASSISTANCE FOR REGISTRATION

For eligible families seeking financial support for entering their children in sport programs, Jumpstart and KidSport foundations offer grant opportunities.

<https://jumpstart.canadiantire.ca/pages/individual-child-grants>

<https://kidsportcanada.ca/saskatchewan/>