Participant Guide
Tips and info for Parents and Players

Canada Post Agreement Number: 40020560
OMHA PARTICIPANT GUIDE ➔ 7

The Goods

The OMHA

3 Introduction
4 Messages
5 About the Ontario Minor Hockey Association
6 OMHA Communications
7 OMHA Core Values
8 What is Hometown Hockey™?
9 Where Do You Fit? / OMHA Structure
9 I Have A Question About the OMHA, Who I Contact?
10 Membership Benefits
11 Leagues Operating Outside Hockey Canada
12 Annual General Meeting Weekend
13 Registration

The Parent

14 I’m a New Parent to Hockey, What Should I Expect?
16 Your Investment To Play Hockey
17 Tournaments – Excitement on the Road
17 Experience Overseas Travel
18 Equipment
19 Your Child’s Safety
21 Head Contact
21 Stickers on Helmets
22 Recreational Hockey versus Rep Hockey
23 Education + Hockey = Winning Combination
24 OMHA Outreach Program
25 Keeping An Updated List of Your Home’s Inventory
25 OMHA IBAO Goalie Assist Program
26 Join the OMHA – Be a Player/Volunteer
27 Join the OMHA – Be a Team Manager/Hockey Coach
28 Join the OMHA – Be a Hockey Official/Hockey Trainer
29 Certification & Ongoing Education Programming
30 Long-Term Player Development
31 Your Child’s Hockey Season – Key Information
Introduction

Sponsored by the Insurance Brokers of Ontario, the seventh edition of the OMHA Participant Guide stems from the 2005 “Our Game: An Open Forum on Hockey.” The purpose of the Forum was to examine the game of hockey in an effort to continually seek ways to improve the experience of participating in minor hockey.

Following the Our Game Forum, the OMHA acted on several of the outcomes from that event including the 2009 evaluation of the hockey landscape in Ontario. This involved a public forum and questionnaire hosted by the OMHA to assess and review the current hockey landscape within the OMHA. It identified opportunities for potential change that will enhance the minor hockey experience of all members.

Another key points made during the Forum was the need for effective communication with parents regarding their child’s experience in minor hockey. Parents are influential decision makers regarding their children’s activities, and need to be informed of the issues pertaining to their involvement with the game. It is important that parents, and players in particular, are aware and informed of their options in order to make their experience a positive one.

This guide will outline numerous points of interest to OMHA parents and players such as: How is the OMHA structured?; What is included in my Membership Fee?; How can I get involved?; and other important information that is relevant to both the parent and player. It represents the OMHA’s commitment to excellence.

A special thanks is extended to the Insurance Brokers of Ontario for sponsoring this initiative. The Guide will serve as a resource for participants seeking information on the game and their role within it.
Message from the Ontario Minor Hockey Association

Communication is perhaps the key to success. Effective communication educates people and helps solve problems. The OMHA Participant Guide is an excellent resource for anyone involved in hockey because it communicates information to new and returning participants. It is not designed to be a manual or a complex resource. The OMHA Participant Guide is designed to inform you of the big picture, how you are a part of it and what you can do to make a positive impact.

In recent years, the OMHA has taken an active role in promoting hockey and encouraging new people to participate through our Outreach Program. The OMHA Participant Guide is distributed to each person at our Outreach Program events and is received with positive feedback. We hope to improve this publication each year to help people make educated choices when contemplating participation in our game.

This is the OMHA’s seventh edition Participant Guide. We are extremely appreciative of the support of the Insurance Brokers of Ontario that has enabled us to produce this excellent resource. We encourage you to contact the Insurance Brokers of Ontario to obtain a quote on your home or automobile insurance and take time to thank them for their help.

I truly hope that you enjoy this publication and welcome your comments and recommendations so that we can continue to improve our level of service to the membership.

Have an enjoyable season!

Yours in Hockey,

Joyce Junker
OMHA President

Message from Insurance Brokers of Ontario

IBAO proudly continues to support this great provincial group, the Ontario Minor Hockey Association, focused on building and growing the skills of youth in our communities. We are especially thrilled about the growing success of our goalie support partnership program, with over 80 individual goalie kits donated across the province - ‘Just Like Insurance, the First Save is the Biggest One’. We believe OMHA’s Participant Guide is an excellent tool to help educate hockey parents and players to better understand the sport at this level and the resources available.

Insurance brokers across the province can appreciate the value of developing skills, perfecting strengths, and taking advantage of available resources in order to be true professionals and ultimately be the best in all you do. In fact, IBAO member brokers work at continuously improving their skills in order to maintain their professional status and reputation.

As IBAO members, we are well connected to the communities in which we live, work and play, and actively participate in community affairs and activities all over Ontario. We are not just located in your community; we are active within the community, employ locally and support others locally as well. When you deal with a local broker, you're also investing back into your own community.

IBAO looks forward to supporting and working together with OMHA, to build and maintain better communities in Ontario. We wish you the best of luck and success this hockey season!

Yours truly,

Randy Carroll
CEO
Insurance Brokers Association of Ontario
About the Ontario Minor Hockey Association

Hockey is Canada’s game! It is recognized and valued for its contribution to developing individuals and communities. As a result it has a huge fan base and public support. Today, hockey is played around the world in over thirty countries and is an Olympic sport. There are millions of players world-wide participating at various levels.

A major part of the development of hockey in Canada has been centered in the Province of Ontario. For over seventy-five years, the community-based minor hockey programs of the Ontario Minor Hockey Association (OMHA) have been an integral part of the game.

The OMHA provides hockey opportunities through our 246 Associations for men, women and children of all ages, gender, race and ability. Through our volunteer-based programs, the OMHA has worked hard at directing and coordinating a superior standard of organization and service. Since its inception, the goal of the OMHA has been to provide opportunities for members to play the game within their hometown hockey™ programs.

The objective of the OMHA is to remain as the leader of minor hockey administration, and continue to set the standard in these areas for many years to come.

**OMHA PLAYER REGISTRATION BY YEAR**

<table>
<thead>
<tr>
<th>Year</th>
<th>Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>2001/02</td>
<td>106,000</td>
</tr>
<tr>
<td>2002/03</td>
<td>111,752</td>
</tr>
<tr>
<td>2003/04</td>
<td>116,892</td>
</tr>
<tr>
<td>2004/05</td>
<td>110,787</td>
</tr>
<tr>
<td>2005/06</td>
<td>110,888</td>
</tr>
<tr>
<td>2006/07</td>
<td>113,603</td>
</tr>
<tr>
<td>2007/08</td>
<td>111,411</td>
</tr>
<tr>
<td>2008/09</td>
<td>101,641</td>
</tr>
<tr>
<td>2009/10</td>
<td>104,967</td>
</tr>
<tr>
<td>2010/11</td>
<td>102,068</td>
</tr>
</tbody>
</table>

**OMHA AGE BREAKDOWN OF PLAYERS**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Number of Players</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tyke</td>
<td>18,108</td>
</tr>
<tr>
<td>Novice</td>
<td>13,148</td>
</tr>
<tr>
<td>Atom</td>
<td>17,722</td>
</tr>
<tr>
<td>Peewee</td>
<td>17,406</td>
</tr>
<tr>
<td>Bantam</td>
<td>16,316</td>
</tr>
<tr>
<td>Midget</td>
<td>15,978</td>
</tr>
<tr>
<td>Juvenile</td>
<td>3,390</td>
</tr>
</tbody>
</table>

Statistics based on 2011-12 season.
OMHA Communications

Throughout this guide you will find reference to different communication vehicles used within the minor hockey world to distribute information and keep members informed. More information on each of these sources and where they can be found is discussed below:

**OMHA WEBSITE** ([www.omha.net](http://www.omha.net))
The Ontario Minor Hockey Association website is the central communication vehicle for the entire Association. The website distributes news relating to administration, registration, marketing, development, and news from Hockey Canada and the OHF. The site also hosts scores and standings for many leagues, OMHA Playdown results, tournament listings and results, clinic listings, information about OMHA events, and a multitude of resources for the player, coach, trainer, official, manager, or parent/guardian.

**HOMETOWN HOCKEY™ MAGAZINE AND WEBSITE** ([www.hometownhockey.com](http://www.hometownhockey.com))
As a member, you will receive the Hometown Hockey™ magazine four times annually. The Hometown Hockey Website builds on the content of the magazine with an interactive community of videos, tips and drills, blogs, and games.

**OMHA MANUAL OF OPERATIONS**
The OMHA Manual of Operations is produced annually and covers OMHA By-Laws, Regulations, and Policies & Procedures. It can be found on the OMHA website in the “Administration” menu.

**OMHA INSIDER E-NEWSLETTER**
The Insider newsletter is a weekly electronic update from the OMHA. It provides the latest news as well as Insider announcements and contests. To sign up for the Insider visit the OMHA website.

**SOCIAL MEDIA**
People will be able to find information on events, tournaments, programs, news and special stories or follow the OMHA Events Team as they travel across Ontario. Follow the OMHA on Twitter or become a “friend” on Facebook by searching:
Twitter: @HometownHockey       Facebook: OMHAHometownHockey       YouTube: OMHAMinorhockey

**OMHA STORE**
Hockey participants can find great deals on the latest resources for coaches, trainers, managers and officials. Exclusive merchandise is also available. Shop today at [www.omha.net](http://www.omha.net).

**HOCKEY CANADA WEBSITE** ([www.hockeycanada.ca](http://www.hockeycanada.ca))
The Hockey Canada website provides news and information on hockey from the Olympic and World Championship level down to grassroots minor hockey. It also contains the Hockey Canada Rulebook featuring playing rules.

**ONTARIO HOCKEY FEDERATION WEBSITE** ([www.ohf.on.ca](http://www.ohf.on.ca))
The Ontario Hockey Federation (OHF) website features news and updates relating to safety, championships and development programs within the Federation. The Handbook, Suspension List and Policies of the Federation can all be found online for easy reference.
OMHA Core Values

The following core values of the Ontario Minor Hockey Association have been adopted by our organization and our participants as leaders and stakeholders in minor hockey. They guide us in everything we do.

Leadership – Take a leadership position in the administration, and delivery of programming in minor hockey in Canada. Lead, Develop, and Promote Positive Hockey Experiences.

Sportsmanship – Foremost of all values is to learn a sense of fair play. Become humble in victory, gracious in defeat. We will foster friendship with teammates and opponents alike.

Respect for the Individual – Treat all others as you expect to be treated.

Integrity – We seek to foster honesty and fair play beyond mere strict interpretation of the rules and regulations of the game.

Pursuit of Excellence at the Individual, Team and Organizational Levels – Each member of the organization, whether player, volunteer or staff, should seek to perform each aspect of the game to the highest level of his or her ability.

Enjoyment – It is important for the hockey experience to be fun, satisfying and rewarding for all participants.

Loyalty – We aspire to teach loyalty to the ideals and fellow members of the game of hockey.

Teamwork – We value the strength of learning to work together. The use of teamwork is reinforced and rewarded by success.

Our People

Although developing on-ice skills is a large part for registering in hockey, it is what a person learns off the ice that is more important. It is what the OMHA calls “People Development”.

The OMHA sees the people involved in hockey as the single biggest factor in our success. The values of teamwork, physical activity, work ethic, community spirit, and a positive attitude are not as measurable as how many goals a player scores but are more valuable to their overall development. Additionally, the OMHA believes that our programming builds loyalty and retains those skills within the OMHA for years to come. It helps continue the “Hockey Circle of Life”.

Your Local Minor Hockey Association

The foundation of Canadian hockey begins with your local Association. It is here where volunteers set the standard for administration of registration, scheduling, fundraising and most importantly, create a positive memorable experience for everyone involved in the game.

Your local Association is the first place you should turn to if you have a question or concern. They are empowered by people with a wealth of knowledge and experience eager to help you.

The job demands in your local Association require a wide range of skills with a high level of complexity. Regardless of the size of the organization, it is vital to ensure that individuals responsible for volunteers have the necessary skills, experience and support to do the job well. The OMHA supports your local Association with tools and resources to help them with their jobs.
What is Hometown Hockey™?

Community-based minor hockey programming has been the foundation of the OMHA for seven decades. It is a philosophy based on local players playing on local teams - a philosophy that is currently implemented throughout Hockey Canada.

Nothing can compare to the atmosphere and spirit created when traveling to a small town in the winter for an important playoff game or tournament. Large crowds, cheering fans and bus trips to other communities make up the schedule of thousands each year.

Community pride is important to Hometown Hockey™. Playing with friends, family members, and classmates develops character, friendships and spirit.

Change to Help Player Development

In August 2010, the OMHA passed a motion to allow OMHA players at the Peewee age (11-12 years) and above to try out at the A and AA categories. This motion has made a positive impact in player development by providing opportunities to develop and play to their potential with fewer restrictions.

The motion was a result of the ‘Made for Ontario’ Ad Hoc committee whose mandate was to assess and review the current landscape with the OMHA and identify ways to enhance the experience for participants.

To learn more, please contact us at omha.net.

Calling All Community Leaders!

The Award of Hometown Excellence was created to recognize House/Local League teams for their teamwork and dedication both on and off the ice. The recognized teams will have displayed excellence in one or both of the following areas:

- Excellence in the Community (fundraising, social causes, volunteerism, community service)
- Excellence on the Ice (league-play, tournaments, playoffs)

To learn more, please visit the ABOUT THE OMHA section on omha.net.
Where do you Fit?

The OMHA is a proud Member Partner of the Ontario Hockey Federation (OHF), a branch of Hockey Canada. As a member of the OMHA, you are entitled to several key benefits. These include Hockey Canada insurance and sanctioning for participation against other Hockey Canada or International Ice Hockey Federation (IIHF) registered member teams. In addition, OMHA Members have exclusive access to events, Hometown Hockey™ magazine plus unique hockey development programs such as the Continuing Education Program.

OMHA Structure

The OMHA is divided into three Districts (Western, Central, Eastern) and the Western Ontario Athletic Association (W.O.A.A.). Each District is represented by an elected Vice President on the OMHA Board of Directors.

Each Region is further divided into two Areas and is represented by an elected Regional Executive Member (REM) on the OMHA Board of Directors. In addition, a representative of the W.O.A.A. also sits on the OMHA Board of Directors.

Locate your Regional Executive Member by visiting the CENTRE FACTS section on omha.net

- Region 1: Area A & Area B
- Region 2: Area D & Area E
- Region 3: Area C & Area F
- Region 4: Area G & Area P
- Region 5: Area H & Area N
- Region 6: Area J & Area K
- W.O.A.A.

I Have a Question About the OMHA, Who Do I Contact?

Depending on the question, your quickest way to find direction is to go to the OMHA website under the Contact Us section. You will be able to locate information for the OMHA Board and Office. Here are some of the common areas where most questions can be answered:

- **Registration and Playing Rules:** Your Local Association and/or Regional Executive Member
- **Coaches/Trainers/Officials:** OMHA website in Development Programs and/or OMHA Office
- **Marketing and Sponsorship:** OMHA website in Marketing and/or OMHA Office
- **Administration:** OMHA Office
- **Risk Management:** Your Local Association and/or OMHA Office
- **Finance at the local Association level:** OMHA Office

For more Frequently Asked Questions go to the JOIN THE OMHA section on omha.net
OMHA Membership Benefits

When you register with your local minor hockey association and Branch, you become part of a family in excess of 700,000 members nationwide. The OMHA is a Member Partner of the OHF who is a Branch of Hockey Canada.

As a member of the OMHA, you are entitled to many privileges that are not available to other hockey organizations in Canada. The OMHA is considered a leader in several aspects of hockey development, marketing and programming.

Some examples of initiatives in hockey include:

- Mandatory Helmets for Coaches
- Pizza Pizza Hockey Festival
- Hometown Hockey magazine
- Mouthguard Policy
- Continuing Education for Coaches
- Mobile team and player statistics
- STOP Program
- Neckguard Policy for Players
- Corporate Sponsorship Programs
- On-Line Registration
- Player Insurance
- Facemasks for Players

In addition to regular league, tournament play and world-class development programming, the OMHA offers a number of programs for players at all age groups.

Visit omha.net for a complete description of all of these programs and events.
Why should you be a member of Hockey Canada?

Hockey Canada, through its member Branches, is committed to providing the best services possible to our members from coast to coast. Our Mission Statement - Lead, develop and promote positive hockey experiences doesn’t refer strictly to our on-ice capabilities but also to our commitment of excellence to our members. We have compiled this information to highlight the programs we offer and the overall benefits of being a member of Hockey Canada.

Our Hockey Canada programs are the benchmark by which other hockey programs and leagues are measured. In fact, many of these organizations use our materials, such as our playing rules and manuals in their programs. Hockey Canada is indeed the measuring stick for hockey programming in this country. Why would you not want to be a member of the leading hockey organization in Canada?

OMHA Membership Assessment

Each year, members of the OMHA pay a membership assessment fee to Hockey Canada, the Ontario Hockey Federation (OHF) and the OMHA. The following fee structure represents the cost of being a member of Hockey Canada, the OHF and the OMHA. The OMHA fee has not been increased in the past three years. Members receive all of the privileges as outlined in this program.

The OMHA is a registered not-for-profit corporation that is bound by By-laws and Regulations. Most OMHA Member Associations are also not-for-profit corporations. A complete financial report is presented to the membership at the Annual General Meeting.

National Sport Governing Body of Hockey

When you register with your local minor hockey association and Branch, you become part of a family in excess of 700,000 members nationwide, all of whom share a passion for our great game. Hockey Canada is the national governing body for hockey in this country and is the only recognized organization based in Canada that is a member of the International Ice Hockey Federation. Hockey Canada is respected around the world, not only for our expertise in the game of hockey, but also for our volunteer structure and our administration of sport in general. As a member of Hockey Canada, you are connected with the organization that selects, trains and operates Canada’s national hockey teams at all levels, both male and female.

<table>
<thead>
<tr>
<th>ITEM</th>
<th>PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insurance premium</td>
<td>$17.44</td>
</tr>
<tr>
<td>OMHA assessment</td>
<td>$  9.25</td>
</tr>
<tr>
<td>OHF assessment</td>
<td>$  3.10</td>
</tr>
<tr>
<td>HC assessment</td>
<td>$  4.50</td>
</tr>
<tr>
<td>Total</td>
<td>$34.29</td>
</tr>
</tbody>
</table>

Membership benefits include access to premium insurance coverage, international travel and development programming.
OMHA Annual General Meeting Weekend

OMHA Delegates and Members will meet on June 7-8, 2013 at the Sheraton Parkway North Hotel in Richmond Hill for the Annual General Meeting Weekend. The purpose is to discuss the past year’s accomplishments, studies, problems, initiatives and more. During the AGM, revisions to OMHA regulations, policies and procedures for the upcoming season are also addressed.

Recognizing volunteers and teams at the AGM is important to the OMHA. The Annual OMHA Awards ceremony includes the Patricia Hartley Administrators Award; the George H. Carver Media Award; Award of Hometown Excellence; and the OMHA Honour Award.

In addition to the AGM, there are plenty of activities and events to enjoy.

The Hometown Hockey Consumer Show is a FREE event for the public to meet over sixty vendors with products and services for the hockey community. Past exhibitors range from fundraisers, artists, equipment manufacturers, hotel chains, trophy manufacturers, restaurant franchises, financial services to memorabilia companies. There are plenty of interactive activities for the entire family plus helpful information sessions from vendors.

OMHA Members have access to information sessions hosted by the OMHA. Sessions include topics such as Long-Term Player Development; Registration; Sponsorship; On-line Services and much more. There is no admission fee for administrator or volunteer to attend each of these extremely valuable sessions.

The fifteenth annual OMHA Golf Classic raises money for the Minor Hockey Foundation Ontario. Since the inaugural Golf Classic, there has been over $60,000 raised to help support minor hockey in Ontario. Space is limited, so please register soon to help a good cause and have a great day.

Every OMHA Championship Team is invited to the Parade of Champions. Teams parade throughout the entire OMHA AGM and hotel in front of 4,500 people as Master of Ceremonies Andy Frost and Don Landry announce the teams. Following the parade, players and their family can enjoy a free BBQ lunch courtesy of Maple Lodge Farms.

Visit the Events section on OMHA.net to see photographs and video.
Once again for the 2012-2013 season OMHA registration of players and team rosters will be administered through the Hockey Canada Registry (HCR). The Hockey Canada Registry (HCR) is customized for hockey and used by the majority of Hockey Canada Branches across the Country.

**IMPORTANT INFORMATION FOR PARENTS**
Before registering for hockey, be sure to visit your Association’s website or contact them directly for information about registration procedures and other relevant information.

**Returning** - If your Association uses the HCR parent online registration and you registered using this online system in the previous season, your account login information remains the same. If your child played hockey anywhere in Canada in any prior season, he/she will have a record in the HCR which you will be able to access once your account is created.

**New Registrants** - If you are using the HCR online registration system for the first time you will be directed to set up a new account.

Should you have any difficulties registering or locating your child’s record once your account is created and they have previously participated in minor hockey in Canada, please contact your Association.

**WHAT IF YOUR FAMILY MOVED?**
If your family has moved, please contact the new local minor hockey Association that your child will be registering with. They will provide you with the required form to begin the process. This will ensure there are no delays in your child playing with their new Association.

---

The percentage of feedback coaches give players when they have the puck. Ironically players only have the puck on their stick for 0.2% of the game!
I’m A New Parent To Minor Hockey — What Should I Expect?

Supporting your child with positive encouragement will make the experience positive.
As a parent, it is your responsibility to be the key figure in your child’s hockey development. Whether it is on or off the ice, the “little things” that you do or say can influence your child’s experience, and attitude towards the game. It is vital that you remain active and positive throughout the process. Parents have the right to be involved and ask questions such as:

1. What role can I play in my child’s hockey development?
2. How will the Minor Hockey Association and their coaches communicate with me?
3. What resources/parent education opportunities are available?
4. We are experiencing financial hardship. Is there a confidential number or website we may call to obtain assistance for my child/children to experience our winter national game?
5. When do we have a responsibility to do or say something to a parent who is exhibiting embarrassing behaviour in the hockey environment? Should we speak up? Should we talk to the person? Should we report the incident to someone else?
6. How will my child make the transition from body contact to checking?
7. What is the cost of participating?

**Fair Play Code for Parents**

- I will not force my child to participate in hockey.
- I will always remember that my child plays hockey for his or her enjoyment, not for mine.
- I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will teach my child that doing one’s best is as important winning, so that my child will never feel defeated by the outcome of the game.
- I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
- I will never ridicule or yell at my child for making a mistake or losing a game.
- I will remember that children learn best by example. I will applaud good plays and performances by both my child’s team and their opponents.
- I will never question the officials’ judgment or honesty in public.
- I will support all efforts to remove verbal and physical abuse from children’s hockey games.
- I will respect and show appreciation for the volunteers who dedicate their time to my child’s development.

**Download your Hockey Canada Season Planner**

Need to plan your hockey season? Visit [http://www.hockeycanada.ca/index.php/ci_id/159486/la_id/1.htm](http://www.hockeycanada.ca/index.php/ci_id/159486/la_id/1.htm) to download your planner.
Your Investment to Play Hockey

Hockey can be an expensive sport for your child to participate in so it is important that you understand what your investment will be.

Annual fees can be the biggest financial investment for a parent. Speak with your local Association about what is included as part of your registration fees. Ask how much money is allocated towards items such as ice time, administration, officials, and travel. Your team also sets a budget for things like tournaments, buses, hotels, team apparel and fundraising. Talk about this at the first parent meeting to clearly understand how much money will be required this season.

✔️ **Estimated Registration Fees for Minor Hockey** *(includes ice time, officials, administration)*

- Recreational = $550 per season
- Representative = $1,500 per season

Time is another major investment for parents and players. Balancing a busy work or school schedule with hockey practices and games can be a challenge. Prior to registering, consult your family members to ensure that your child(ren) will be able to commit to hockey while maintaining their school priorities.

You might also want to start a hockey savings account. Set up an automatic deposit program to this account. Encourage your son or daughter to contribute a portion of their allowance or earnings from a part-time job toward this account.

There are several places where parents can seek assistance with registration fees or equipment. Here are a few:

**Children's Fitness Tax Credit**
The Federal Children's Fitness Tax Credit allows parents to claim a maximum of $500 per year for eligible fees paid for each child who is under 16 at any time during the year. Visit www.cra.gc.ca for details.

**Minor Hockey Foundation of Ontario**
The Minor Hockey Foundation Ontario was created to support minor hockey players in the Province of Ontario. The Foundation assists players seeking post-secondary education, players who require financial assistance in order to play minor hockey, and the Let's Learn Hockey Program. Visit www.hockeyfoundation.ca.

---

**Did You Know?**

You can choose your investment no matter what level your child plays. Speak with your Coach about what is required for practices, tournaments, games, travel and training.
Tournaments – Excitement on the Road

OMHA tournaments are very popular hockey gatherings surrounded by an atmosphere of excitement and anticipation each hockey season. Some of the most renowned minor hockey tournaments are sanctioned by the OMHA. The Stoney Creek “Tournament of Champions”, Oakville “Richard Bell Memorial” Tournament and Kingston Area “Kids for Kids” Tournaments are some of the most prestigious minor hockey events in the world. Some of the larger tournaments attract teams from as far away as the United States, Europe, Russia and Mexico.

Tournaments are a fun way for families to get together, travel to different communities and meet new people. This is where friendships are created that will last a lifetime. OMHA volunteers annually administer over 670 OMHA sanctioned tournaments.

Visit omha.net for a complete listing of tournaments including tournament schedules and statistics!

No. of OMHA Tournaments Per Season
Christmas Break
March Break
Regular Season

95
52
523

No. of Division Tournaments Per Season
(REP, HL, LL, RS, MD)

<table>
<thead>
<tr>
<th>Division</th>
<th>10</th>
<th>54</th>
<th>224</th>
<th>76</th>
<th>259</th>
<th>83</th>
<th>292</th>
<th>82</th>
<th>244</th>
<th>94</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juvenile</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Midget</td>
<td>1</td>
<td>51</td>
<td></td>
<td>76</td>
<td>151</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minor Midget</td>
<td>48</td>
<td></td>
<td></td>
<td>224</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bantam</td>
<td>54</td>
<td></td>
<td></td>
<td></td>
<td>259</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minor Bantam</td>
<td>42</td>
<td></td>
<td></td>
<td>83</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pee wee</td>
<td>259</td>
<td></td>
<td></td>
<td></td>
<td>151</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minor Pee wee</td>
<td>101</td>
<td></td>
<td></td>
<td>292</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Atom</td>
<td>292</td>
<td></td>
<td></td>
<td></td>
<td>83</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minor Atom</td>
<td>164</td>
<td></td>
<td></td>
<td>82</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Novice</td>
<td>244</td>
<td></td>
<td></td>
<td></td>
<td>224</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tyke</td>
<td>94</td>
<td></td>
<td></td>
<td></td>
<td>76</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Memorable Trips

“Some of the most memorable moments are the weekend tournaments, travelling to different cities and towns on bus trips and just being one of the guys was a lot of fun.”

Mike Fisher
Nashville Predators
Peterborough MHA Graduate

Experience Overseas Travel

The OMHA has several teams that travel overseas each year to play in organized hockey tours. Teams get to visit several historical places and play hockey exhibition games against local teams...even sometimes on outdoor natural rinks!

Contact the OMHA to find out how your team can participate in an experience of a lifetime with overseas travel.
What equipment does my child need?

Goalies:
- Chin Strap
- Helmet and Throat Protector
- Upper Body Pads
- Blocker Glove
- Catcher Glove
- Mouthguard
- Neckguard
- Leg Pads
- Skates
- Athletic Supporter/Pelvic Protector
- Hockey Tape

Forwards & Defensemen:
- Helmet
- Mouthguard
- Neckguard
- Chin Strap
- Shoulder Pads
- Elbow Pads
- Wrist Pads
- Gloves
- Pants
- Shin Pads
- Skates
- Hockey Tape
- Athletic Supporter/Pelvic Protector
Equipment

Finding the right equipment can sometimes be a challenge with so many options available on the market. Your most important decision before starting hockey should be to purchase properly fitted and comfortable equipment. When equipment is not suitably fitted, the player may be injured. This starts from the undergarments to the type of stick your child will use.

Three important factors should be stressed when evaluating hockey equipment: A) that the equipment is in good condition, B) that the equipment is well maintained throughout its life span and C) that the equipment fits properly. ‘Hand-me-downs’ are a great way to save money but be sure to carefully inspect the items to ensure they are safe to wear. Plan a budget for purchasing equipment. The most expensive equipment is not always necessarily the best for your child.

We recommend you consult a professional sporting goods retailer for advice before you purchase any product.

Hockey Canada offers an excellent resource called SAFETY FOR ALL. This book contains information about insurance policies as well as tips on equipment fitting. You can download a copy of it by visiting hockeycanada.ca.

How much will equipment cost?
The following costs are based on suggested retail prices before taxes of entry-level, junior equipment.

Estimated Cost (Fwds & D) = $545
Estimated Cost (Goalie) = $1,430

Youth Starter Kits are available can range from $84.00 to $129.00. Contents typically includes shin guards, elbow pads, hockey pants, hockey gloves, shoulder pads and a hockey bag to carry it all in. It is important to have your equipment fit you properly. Starter kits often come in one size so ask your retailer prior to purchasing if the equipment is suitable for your child. Helmets, skates, sticks and other equipment are additional expenses. Contact your local association about equipment swaps or visit a sporting goods store like Pro Hockey Life for more information.

Did You Know?
Proper maintenance of your equipment will prolong its life. Regular cleaning of the equipment in your washing machine or a equipment specialist will help eliminate bacteria growth and the smell!
Your Child’s Safety

The OMHA has long been regarded as an innovator of hockey safety through the various initiatives since the early 1950s but perhaps the biggest contribution has been the development of the Trainer’s Program. Safety has always been placed at the forefront by the OMHA Trainer’s Program and is led by several industry experts whose knowledge and experience keeps the Program up to current standards of safety.

Teamwork extends beyond the teams playing on the ice. Communication between Referees, Trainers and Coaches is vital to maintaining a safe environment. This is established at the beginning of every game with the Fair Play Initiative.

<table>
<thead>
<tr>
<th>The OMHA has also taken leadership position with the following safety initiatives:</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Hockey insurance program – 1953</td>
</tr>
<tr>
<td>✓ Helmets for Players – 1969</td>
</tr>
<tr>
<td>✓ Facial Protection for Players – 1972</td>
</tr>
<tr>
<td>✓ Helmets for Officials – 1975</td>
</tr>
<tr>
<td>✓ Development of the Trainer’s Program - 1980</td>
</tr>
<tr>
<td>✓ Mandatory Safety Person for each Rep Team - 1995</td>
</tr>
<tr>
<td>✓ Helmets for On-Ice Team Officials – 1999</td>
</tr>
<tr>
<td>✓ Mouthguard Policy – 2000</td>
</tr>
<tr>
<td>✓ Trainer Supervision program - 2000</td>
</tr>
<tr>
<td>✓ Mandatory Safety person for every hockey team - 2003</td>
</tr>
<tr>
<td>✓ STOP Program participation – Adopted the program in 1999 and made mandatory in 2003</td>
</tr>
<tr>
<td>✓ Bodychecking module in all OMHA NCCP clinics – 2004</td>
</tr>
<tr>
<td>✓ Concussion Awareness video and program - 2004</td>
</tr>
<tr>
<td>✓ STOP Program Helmet Decals - 2009</td>
</tr>
<tr>
<td>✓ Throat Protectors for Officials – 2010</td>
</tr>
<tr>
<td>✓ On-Ice Official Medical Safety Card – 2010</td>
</tr>
</tbody>
</table>

Did You Know?

The OMHA Trainer’s Program has a Medical Advisory Committee comprised of doctors and physicians who actively review safety and risk management policies of the OMHA.

What Does My Hockey Canada Insurance Cover?

Hockey Canada insurance programs are in place to protect every registered player, team official, on-ice official and volunteer involved in Hockey Canada sanctioned hockey activities.

Download the SAFETY FOR ALL book at hockeycanada.ca to learn more.
Head Contact

The new Head Contact Rule was unanimously approved at Hockey Canada’s 2011 annual general meeting. The new rule calls for zero tolerance on any head contact in minor and female hockey and has come into effect for the 2011-2012 season.

The OMHA and Hockey Canada are serious about working with administrators, coaches, trainers, officials, parents and players to create the fun, respectful environment we all expect in the game. The rule changes combined with education, awareness, strong player development and respect for the game will reduce injuries such as concussions and help to keep the game fun for all.

The OMHA created a web page dedicated to the implementation of the new Head Contact rule for the 2011-12 season including videos of acceptable and unacceptable contact as well printable resources such as Pre-Season Team agenda as well as links to numerous Hockey Canada resources for minor hockey associations, participants, parents and volunteers to assist with the implementation of the new head contact rule.

Follow this link to the Head Contact Rule page: http://www.omha.net/flash.asp?page_id=439

Stickers on Helmets

The life-span of a hockey helmet is not easy to determine. Many factors, including the amount and type of use, care and maintenance, storage, etc., determine a hockey helmet’s life-span. Consumers should exercise good judgment as to the suitability of a hockey helmet for play. Helmets that are cracked, have loose fitting or missing liner pieces, or that have been subjected to a severe blow should be replaced.

Virtually all hockey helmets sold in Canada bear three stickers (CSA, HECC, CE). Additional stickers can be placed on the helmet providing that they meet the CSA and manufacturer’s safety standards. Visit omha.net to learn more about helmet stickers.

For more information on the STOP Program, please visit www.safetytowardsotherplayers.com

“I feel this decal will save a lot of injuries, if we can help one kid it is worth the effort. Every coach should have their team participate in this program”

Don Cherry
Hockey Night In Canada Commentator
NHL Coach of the Year – 1976
Recreational vs. Rep – What is the Difference?

**RECREATIONAL HOCKEY**
Recreational hockey is often referred to as House/Local League hockey within an Association. Rostered Select and Select League are a slightly higher calibre of recreational hockey with more games and travel than House League. House League programs emphasize skill development, teamwork and simply having fun. These teams typically do not travel outside of their Association and if they do, it is to other Associations within very close proximity. Recreational hockey comprises about sixty-five percent of OMHA membership. More than 750,000 games are played at this level each season.

**REPRESENTATIVE HOCKEY**
Representative hockey is also referred as “Travel Hockey” or “Rep”. It represents thirty-five percent of the OMHA membership. There are over thirty representative leagues in the OMHA that provide hockey for divisions from Novice to Juvenile and include categories at AAA, AA, A, BB, B, CC, C, DD, D, E, and Additional Entry. Each level is determined by residence and competition. Over 200,000 Representative hockey games are played in the OMHA each season. In addition to their respective league championships, these teams compete for OMHA and selected OHF and Hockey Canada Championships.

“*The hockey atmosphere was so much better playing in the OMHA. One year during OMHA Playdowns, we had over 1,400 people come out to watch us for our final game which was unbelievable...it is not like Major Junior or anything like that, it was Minor Midget hockey and we had 1,400 people come out. It was just unbelievable!*”

Steven Stamkos
1st Overall NHL Draft Pick 2008
Markham MHA Graduate

**Did You Know?**
During the important draft year, each Minor Midget AAA team has complete player statistics, detailed reports and profiles on omha.net. This information is provided to Central Scouting to help increase the profile of OMHA players.
Did you know?

✓ Athletic Scholarships, also known as Athletic Financial Awards (AFAs), are offered by Ontario Universities.

✓ Entering student-athletes with an average of at least 80% are eligible to receive up to $4,000 annually from their university of choice.

✓ Non-entering student-athletes can receive AFAs up to $4,000 annually provided they attained 70% on all registered course work.

✓ Athletic Scholarships are based on athletic talent and are determined by the university the student-athlete may wish to attend. Consult the university of your choice for more details.

✓ In addition to athletic scholarships, student-athletes may be eligible to receive academic scholarships and financial need based awards.

✓ OUA promotes gender equity in the implementation of the OUA Athletic Scholarship Policy. For further details on the OUA Athletic Scholarship Policy please visit oua.ca/student/awards

✓ Ontario University Athletics and its 20 member institutions are developing Champions for Life. Giving 9,000 student-athletes the opportunity to excel academically and on the playing field.

✓ The Ontario Hockey League provided 382 players with Academic Scholarships for the 2011-12 year.

For more information on scholarships and bursary programs, please visit:

<table>
<thead>
<tr>
<th>Organization</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ontario University Athletics</td>
<td><a href="http://oua.ca/directory/">http://oua.ca/directory/</a></td>
</tr>
<tr>
<td>Ontario Hockey League</td>
<td><a href="http://www.bestofbothworlds.ca">www.bestofbothworlds.ca</a></td>
</tr>
<tr>
<td>Minor Hockey Foundation Ontario</td>
<td><a href="http://www.hockeyfoundation.ca">www.hockeyfoundation.ca</a></td>
</tr>
<tr>
<td>Ontario Hockey Federation</td>
<td><a href="http://www.ohf.on.ca">www.ohf.on.ca</a></td>
</tr>
</tbody>
</table>
OMHA Outreach Program

Like many organizations, the OMHA recognized that the demographics of Ontario are changing. While hockey registration has been steady over the past ten years, there is research that indicates that fewer children are participating in organized team sports.

In an effort to be proactive, the OMHA launched an Outreach Program in 2009 aimed at introducing the game of hockey to new people and cultures that may never have played before.

The OMHA Outreach Program consists of on-site event activation aimed at introducing participants to some basic hockey skills, providing information on equipment, skating programs and general hockey knowledge. In addition, the OMHA partnered with a program in York Region to introduce hockey to school groups.

To learn more, please visit the JOIN THE OMHA section on omha.net

OMHA and IBAO Goaltender Assist Program

JUST LIKE INSURANCE, THE FIRST SAVE IS THE BIGGEST ONE

The Ontario Minor Hockey Association (OMHA) and IBAO Goaltender Assist Program is an effort to support children who have dreams of becoming a hockey goaltender.

Working in conjunction with local minor hockey associations across Ontario, this program will provide sets of new hockey goaltending equipment to loan to 5-7 year old players interested in trying the position. Each set of equipment will be retained by the local minor hockey associations at the conclusion of the hockey season to loan to new children.

In addition, the Insurance Brokers of Ontario will provide minor hockey associations with goaltending resources to aid coaches.

Did You Know?

Hockey Canada states that only 9.1 percent of Canadian males between 5 and 19 are playing hockey.

USA Hockey studies indicate a 44 percent attrition by the age of nine.

An OMHA study found that “Cannot Skate” was the number one reason followed by “Time” why people have not played hockey.


**Insurance Brokers of Ontario Tips**

**KEEPING AN UPDATED LIST OF YOUR HOME’S INVENTORY**

When was the last you went through all of the contents in your home and actually created a list of valuable and potentially irreplaceable items? On the surface, you might think you are fully aware of all the items in your home – seems pretty straightforward and something that you can rhyme off if asked to do so. Well, you might reconsider when you think about disasters having a tendency to strike when least expected. For example, imagine coming home from vacation to your property and finding nothing but a pile of burnt rubble.

Once the initial steps in the insurance claim process have been taken care of, you will be required to provide a list of items lost in the claim. Where do you begin and how are you going to ensure that you are fully protected for your loss? Will you remember every single item that was inside your home? Not likely.

A great preventative measure to help ensure an accurate and prompt claim settlement is to **complete a home inventory list**. Although initially an inventory list does require some work, it is an invaluable tool in the event of a crisis. In addition to ensuring that all contents can be listed and included in a claim, an inventory list will ensure that you are carrying an appropriate amount of coverage on your personal property contents.

Some quick tips with respect to inventories:

- **Use digital photos or video.** Something is better than nothing.
- **Update the inventory from time to time,** perhaps at renewal time. A 5 year old inventory is not likely to be accurate.
- **Keep a duplicate copy offsite.** Your insurance broker would be happy to keep a copy in your file.

**KNOW YOUR STUFF**

- A free inventory tool can be found in the consumer resource section at [www.myinsuranceshopper.ca/knowyourstuff](http://www.myinsuranceshopper.ca/knowyourstuff). This application makes creating and updating your home inventory easy and efficient. And with free, secure online storage, you will have access to your inventory anywhere, any time. You never know when a disaster may strike, but you can be prepared with an up to date home inventory.

- Visit [www.myinsuranceshopper.ca](http://www.myinsuranceshopper.ca) to find a licensed and educated insurance broker professional in your area. A broker is available for consultation and will help you understand the coverage you have purchased and the options available to you that best suit your active lifestyle.

**OMHA IBAO GOALIE ASSIST PROGRAM**

“Just like Insurance, the First Save is the Biggest One”

The OMHA IBAO Goalie Assist Program is an effort to support children who have dreams of becoming a hockey goaltender, by providing a set of hockey goaltending equipment to 5-7 year old players interested in trying the position. In addition, IBAO will provide minor hockey associations with goaltending resources to aid coaches.

This season’s 42 minor hockey association recipients were:

- Acton MHA
- Aylmer MHA
- Barrie MHA
- BCH MHA
- Belleville MHA
- Bradford West Gwillimbury MHA
- Brock MHA
- Burlington Eagles MHA
- Clarington Rec HL MHA
- Dundas MHA
- Erin-Hillsburgh MHA
- Frontenac MHA
- Greater Fort Erie MHA
- Guelph MHA
- Huntsville MHA
- Kawartha MHA
- Kincardine MHA
- Kingsville MHA
- Lambeth MHA
- Lampton Shores MHA
- Lindsay MHA
- Loyalist Township MHA
- Lucknow MHA
- Mitchell MHA
- Orono MHA
- Oshawa NASC MHA
- Paris MHA
- Pickering MHA
- Port Colborne MHA
- Port Perry MHA
- Prince Edward County MHA
- Quinte West MHA
- Schomberg MHA
- Shelburne MHA
- SL Thomas MHA
- Stoney Creek MHA
- Strathroy & District MHA
- Thorold MHA
- Tillsonburg MHA
- Uxbridge MHA
- West Lincoln MHA
- Whitchurch Stouffville MHA
JOIN THE OMHA – Be a Player

Hockey is a game. It is a recreational activity enjoyed by hundreds of thousands of people across the country. Quite often the score is not as important as the experience of playing and being around friends. Savour every moment of the experience. Whether it is being at the rink or having fun at a tournament, your hockey experience will create memories that last a lifetime.

Hockey Canada and the OMHA have been leaders in this important debate. Philosophically, one of the OMHA and Hockey Canada’s goals is not to put players in the NHL. While we naturally want Canadian girls and boys to achieve the highest levels possible, we will achieve this sooner by focusing on the quality of the overall experience. For this reason, the OMHA’s activities are centred on improving the quality of the hockey experience for players of all ages and skill levels.

Hockey is an incredible vehicle for gaining experience in many facets of life. All players should look at the game as an opportunity to gain many valuable life lessons. Get the most out of your experience!

Contact your local minor hockey association for registration and program information. Visit the CENTRE FACTS section on omha.net to locate your local minor hockey association.

JOIN THE OMHA – Be a Volunteer

Volunteers are people who want to make a difference in their community. They come from all walks of life and each volunteer brings a different skill or expertise to the task at hand.

Becoming a volunteer is easy. What are your interests? What are your strengths and weaknesses? How do you feel you can positively contribute to a specific project or organization? What resources are available? Sometimes the most effective volunteers are those who never played the game but bring different skill sets to the organization. Encourage yourself to not be afraid to step out of your comfort zone. You will be amazed at what you learn and just how important it really is.

Volunteers do not have to be adults. Teenagers can easily become part of the volunteer team too. Talk with your local hockey association about volunteer opportunities. Ask your high school Guidance Counselor if your hockey volunteer placement can apply to your school requirements.

Volunteers are people just like you. Contact your local association and sign up today.
JOIN THE OMHA – Be a Team Manager

The Team Manager is a central figure in creating the flow of communication – not only within the team (players, parents and coaches), but between the team and all support systems such as the minor hockey association, division managers, league managers, other teams, and game officials.

Ultimately, the Team Manager is responsible for ensuring all the off-ice tasks are completed. By assuming the administrative operations of the team, the Team Manager enables the coach to focus on player development and on-ice instruction to provide the players with rewarding hockey experiences.

Download the Hockey Canada Team Manager’s Manual under Development Programs at omha.net.

JOIN THE OMHA – Be a Hockey Coach

It's now easier than ever to become a qualified hockey coach - and we’ve got all the information you need to get started.

The OMHA offers certification programs across the OMHA for aspiring coaches at all levels. Your pathway as a hockey coach is based on the age and level of players you will be working with.

Entry Points for Coaches

The following entry points for coaches are based upon a program design geared towards providing an educational opportunity for coaches who are working with a specific group of athletes.

| Initiation / Tyke / Novice (HL & LL) | 5, 6 and 7 year-olds | Intro Coach (CHIP) |
| Novice (Rep) / Atom | 8-10 year-olds | Coach Stream |
| Peewee / Bantam / Midget – HL & LL | 11-18 year-olds | Coach Stream |
| Peewee / Bantam / Midget – Rep Hockey | 11-18 year-olds | Development 1 |
| Coaching Junior, University | | High Performance 1/2 |

See the OMHA Manual of Operations and omha.net for complete details on current OMHA Coaching Certification Requirements.

Coaches Can Purchase the latest and greatest resources such as books and videos by visiting the OMHA Store at omha.net.

Did You Know?

The OMHA annually accepts College Internship students to assist with office administration. Internships with the OMHA provide students with many important skills and necessary experience for today’s workforce.
JOIN THE OMHA – Be a Hockey Official

Officials perform a vital role in the game at all levels and demand for their services is on the increase.

The Hockey Canada Officiating Program is for anyone interested in officiating the great game of hockey, from beginners to seasoned veterans. There are six levels in the Officiating program, from those looking to get started to the top tier of officials.

The Objectives of the Program are:

- To standardize the methods and techniques of officiating in both the two and three official systems.
- To acquire uniformity throughout the country with respect to rule interpretation.
- To offer participants national recognition for their achievements.

For new officials or those interested in getting started, you will need to attend a certification clinic. Before you do, contact your local Minor Hockey Association to find out if there is demand for new officials, when games will take place and how this fits your schedule.

JOIN THE OMHA - Be a Hockey Trainer

The Hockey Trainer Certification Program [HTCP] is a risk management and safety education program for the volunteer hockey trainer. The ultimate goal of the program is to have all Hockey Trainers implement effective risk management on their own teams, where safety is the first priority at all times, both on and off the ice.

The HTCP is designed to educate people in the prevention, recognition and treatment of hockey related injuries. The HTCP offers three levels of certification, which are designed to assist the individual trainer as his or her experience grows.

All Teams in the OMHA must include a Team Official who is Certified and Registered with the OMHA as a Registered Trainer.
Certification & Ongoing Education Programming

A major component of OMHA service is the implementation of Certification programs for all Coaches, Trainers and Officials (Referees). The OMHA delivers these programs to its membership through clinics hosted across its jurisdiction each year.

The OMHA does not consider education as a one-time occurrence for minor hockey volunteers. Coaches and Trainers in the OMHA are required to renew their certification every three years while Referees are required to renew annually. This ensures these key people remain current, through updates in programming and changes in the game such as the New Standard of Play.

Moving forward, the OMHA will continue to place a high value on the ongoing support of all our volunteers. Ultimately, it is our goal to equip the volunteer with the tools to enjoy and succeed in their role, whatever that may be, thus ensuring the best possible experience for everyone, including the player.

Speak Out/Respect in Sport

The OMHA is committed to the prevention of abuse, bullying and harassment, and the education of our membership. To that end, the OMHA has partnered with Respect Group Inc. to provide Speak Out Certification as an online e-learning option to our Members. As a delivery partner of the Canadian Red Cross, Respect in Sport provides interactive internet-based training in abuse, bullying and harassment education and prevention.

Currently, the OMHA delivers Speak Out Certification through:

- The stand-alone Speak Out Classroom clinic.
- With online Speak Out e-learning and certification through Respect in Sport, the OMHA offers another option to OMHA Members seeking this certification. This option allows participants to complete the certification at a time and place that is convenient to them.

Respect in Sport online e-learning is linked to the Hockey Canada Registry (HCR), and participant certification is uploaded to the HCR upon completion. The omha.net is your source for information and details on accessing this training and Certification.

This opportunity for our Members to access this important education enhances the OMHA’s leadership in ensuring the safest possible environment for our participants.

“Practice is so important, because it allows the children to make more passes, take more shots on net and have the puck on their stick more than in any game.”

Paul Kariya
Retired NHL player
Long-Term Player Development (LTPD)

The minor hockey player in Canada needs to experience a wide variety of learning activities that correspond to his or her level of abilities and capacities. Hockey Canada’s Long Term Player Development model has eight stages. This could also be referred to as the Hockey Player pathway or progression.

This model for hockey has been developed based on the following principles:

- Doing the right thing for the player at the right stage in their development
- Adopting a player-centred approach and not treating the development of all players the same way
- The broader the foundation of players, the more successful the game of hockey will be in Canada
- Viewing player development as a long term process
- Aligning player development resources [skills manuals, DVDs] with coach development and education resources so that coaches are doing the right things at the right time
- A need to better educate parents on the hockey development of their child – it is okay for parents to want their kids to get to the highest levels, but they need to know the best way to go about it

To learn more about Long-Term Player Development, please visit omha.net.

Physical Literacy, Broad Range of Sport Activities & Hockey Specific Basics

Active for Life

Increasing Hockey Specific

Improve your shooting and stickhandling skills – visit www.hometownhockey.com to learn how!
Your Child’s Hockey Season – Key Information

Your Team

Your Team Name: ________________________________

Home Arena: ________________________________

Practice Time and Days: ________________________________

Home Games: ________________________________

Tournament Date(s) and Location(s): ________________________________

________________________________________________________

Next Year’s Hockey Registration

Tryouts: ________________________________ Date & Time: ________________________________ Location: ________________________________

Registration Date: ________________________________ Website (if applicable): ________________________________ HCR ID: ________________________________

Important Contact Information

Your Team Manager
Name: ________________________________
Phone: ________________________________
E-mail: ________________________________

Your Team Coach
Name: ________________________________
Phone: ________________________________
E-mail: ________________________________

Your Local Association Office
Name: ________________________________
Phone: ________________________________
E-mail: ________________________________
Website: ________________________________

OMHA Office
25 Brodie Drive, Unit 3, Richmond Hill, ON L4B 3K7
Phone: (905) 780-6642
Fax: (905) 780-0344
E-mail: omha@omha.net
Website: www.omha.net

We want to hear your comments about the OMHA Participant Guide. Please contact us today at omha@omha.net

Hockey Canada
www.hockeycanada.ca

Ontario Hockey Federation
www.ohf.on.ca
Insurance as individual as you are.

From the unofficial vehicle of hockey parents to other vehicles to homes, go to MyInsuranceShopper.ca to find a broker who will tailor your policy to match your unique needs.