

APPENDIX D



The Pas Minor Hockey Association

thepasminorhockey.ca

Box 794, The Pas, MB R9A 1K8

PARENT/GUARDIAN GUIDE

(Revised October 2023)

***For ease of use within this document, The Pas Minor Hockey Association will be referred to as
TPMHA***

On behalf of TPMHA, we would like to welcome you to the family. Starting hockey is one of the most exciting and fun times for children as well as parents/guardians. It can be an intimidating experience if you are new but keep in mind that it is all for fun. With that being said, please recognize the child's season and development is *dependent* on you as parents/guardians. The first few years of hockey are about developing fundamental skills and learning the basics. It is about teaching children sportsmanship and the fun in sports. Have open, calm, respectful discussions with Coaches, Conveners, or Managers and do not lose sight that they are also volunteering. For the beginner player or parent/guardian, a wealth of information for resources is often found with an experienced parent/guardian. The following information has been compiled to answer as many questions as possible and get you and your family ready for the upcoming season.

Equipment

All players with The Pas Minor Hockey will be expected to have the following to be allowed on the ice:

- CSA-certified helmet with cage
- (BNQ) Throat protector
- hockey skates
- Shoulder pads
- Shin pads
- Elbow pads
- Pants
- Jill or Jock
- Gloves
- Stick (straight stick recommended if child is unsure what hand they shoot)
- Mouth guard
- Hockey socks to fit over shin pads
- Jersey (jerseys will be issued shortly after the season starts but it is recommended to have your own at the start)
- Personal water bottle with name on it (required)

To ensure the safety of everyone involved, these requirements will be strictly enforced and players will not be allowed on the ice without proper equipment.

General Information for all ages

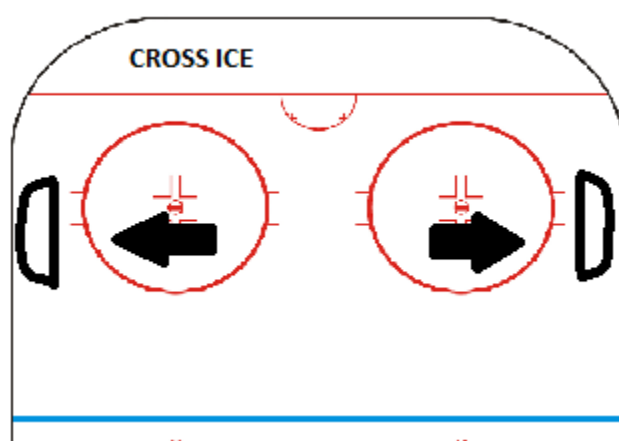
- All children will have to have a parent/guardian complete the mandatory **Respect in Sport** course. In order for a child to be eligible to play on a sanctioned Hockey Manitoba team, this online course must be completed by at least one parent or legal guardian of any minor hockey player before the child can be registered. **No players will be allowed on the ice until this course has been completed.** Link to online course can be found on the website at **www.thepasminorhockey.ca/resources**
- Volunteer fees paid during registration will be refunded if the parent/guardian completes a set amount of volunteer hours. Please refer to Policies and Procedures Manual under Section 12, Volunteer Refunds for full clarification.
- If you do not complete your hours, your refund will stay with TPMHA
- Volunteer Log Worksheets can be found on the website at **www.thepasminorhockey.ca/forms**
- There will be a parent/guardian meeting within the first month of hockey that should have the Coach and Convenor present as well as at least one (1) parent/guardian from each child so that expectations can be discussed for the year. This meeting will also outline tournament preparations as well as give the parent/guardian an opportunity to ask questions, address concerns, etc.
- Please try to have your child at the rink a minimum of thirty (30) minutes prior to any ice times (practice/games). Some children may take longer to dress so please take this into account to ensure your child is fully dressed and ready to play 5-10 minutes before their scheduled ice time.
- There is a dedicated bulletin board for TPMHA. It is located on the wall in the Roy H. Johnston Arena lobby (on the right before the dressing room hallway). Please check this often as there will be information posted regularly for each division.

Specific Information to Age Groups

U7

- All Parents/guardians are highly encouraged to come on the ice (with skates, if possible) for children that are unable to skate. Parents/guardians can assist on the ice until December 1st without certification. There will also be coaches to assist (for parents/guardians that may not be able to skate). Many helpers are needed in this level due to the maturity level of the players.
- TPMHA may choose to run mandatory timekeeper/clock training for all U7 parents/guardians
- Please note that a Criminal Records and Vulnerable Sector check is required to volunteer for on and off ice activities and all required forms/letters can be found on the website at www.thepasminorhockey.ca/forms
- It is requested to have only one (1) parent/guardian in the dressing room (It is best to not have any siblings, if possible, due to safety reasons). This is for practices/games/tournaments (some dressing rooms on road trips are very small so adherence of this guideline is respectfully requested). Please ensure that one (1) parent/guardian is in the arena at all times when your child is on the ice.
- Parents/guardians are requested not to go to the bench during practices. For some children, it may encourage them to go off the ice more and will be missing valuable development and skills opportunities from the coaches. They will check on your child when they notice them on the bench.
- One (1) day tournaments are **optional** to attend. Sign-up sheets will be posted on the bulletin board at the arena with deadlines. Once sign-up has ended, coaches will make team rosters. There are no extra fees for tournament entries as this comes from profits of your home tournaments. Tournaments are not mandatory but are encouraged as they are a fun environment in which children get the opportunity to play against other teams as well as implement the skills and development they've practiced during regular ice time. Once you have signed up for a tournament, you are expected to attend.

- U7 Convenors shall be permitted to charge a twenty dollars (\$20.00) sign-up fee for players per tournament to ensure attendance of all games and will be refunded once tournament has concluded (At the discretion of Convenors, exceptions with valid reasoning will be allowed).
- At this age, the emphasis is on individual skills and not rules. This helps the children learn the basics. One (1) parent/guardian will assist their child to get dressed. Games are played cross ice (see diagram below):



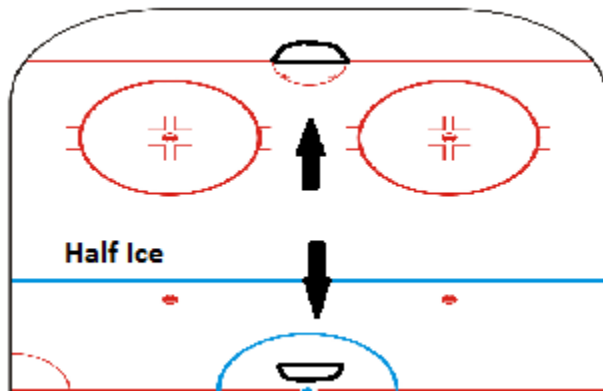
****multiple games can be played at once**

U9

- Emphasis is still on skills, but there will be introduction to some rules later in the year. This is to prepare children who will be moving up to U11. One (1) parent/guardian will continue to help their child get dressed but encourage them to dress independently.
- 2-3 day tournaments are **optional** to attend. Much like U7, sign-up sheets will be placed on the bulletin board at the arena with deadlines and rosters will be made once the sign-up deadline has passed. Again, there are no extra fees for tournament entries as this comes from profits of your home tournaments. Once you sign up for a tournament, you are expected to attend.
- U9 Convenors shall be permitted to charge a twenty dollars (\$20.00) sign-up fee for players per tournament to ensure attendance of all games and will be refunded once tournament has concluded (At the discretion of Convenors, exceptions with valid reasoning will be

allowed).

- House League start: Coaches will make house league teams up and start alternating ice times with practices later in the fall. Emails will be sent as well as information placed on the bulletin board at the arena (Please ensure that your coach has a valid email address to ensure that important information is not missed).
- Timekeepers will be needed for House League and this time will count toward your volunteer hours.
- At this age, it is still requested and strongly encouraged to have one (1) parent/guardian in the arena while the child is on the ice.
- Games are played on half ice – see diagram below:



**multiple games can be played at once

U11, U13, U15, U18

- (U11 – U18) is set up the same and Rep teams begin at U11
- Rep teams are on a tryout basis. A thirty-dollar (\$30.00) tryout fee is required to be paid in full prior to stepping on the ice for tryouts (this fee is in addition to your original registration fee). It is collected to cover the cost of the extra ice time for tryouts and tryouts forms can be found on the website at www.thepasminorhockey.ca/forms
- Rep teams travel to other communities to play in 2-3 day tournaments.
- These tryouts will be within the first few weeks (it will be posted on the website/bulletin board at the arena as well as emails). At the end of the tryouts, the coaches will advise of the roster. Depending on numbers, there may be an option of a second team tryout

(if your child did not make the first team). No additional tryout fees for second tryout.

- If your child successfully makes a rep team, there will be a rep team season fee collected by the Manager to cover ice time for rep practices and exhibition games, team building events, entry fees for tournaments attended, name bars, socks, non-parent coach fees, and other approved team expenditures.
- For children that do not wish to travel and/or participate in rep hockey, there will still be house league. House league consists off all players in that age group (split into as many teams as possible). There will also be weekly developmental practices for the entire group of children to attend.
- By U11 division, your child should be able to get their equipment on by themselves and be encouraged to tie their own skates. At this age, parents/guardians should start to distance themselves from the dressing room. Coaches will be around for tying skates for the first year players that may not be able to yet.
- At these levels, it will be full ice with full rules moving forward for your child.

Female Hockey

- All female players will have the opportunity and are encouraged to play with their age groups and have equal opportunity to try out for rep teams.
- There is a Female Hockey Coordinator within TPMHA Executive.
- There will be weekly practices on the schedule for all females to attend during the year. It is a great opportunity for the younger females to interact with the older ones.
- (In previous years, female teams have also gone to tournaments and/or provincials with other associations in such as Flin Flon, Thompson, etc.)

Useful Resources/Important Information

- Website can be found at www.thepasminorhockey.ca
- Bulletin board at the Roy H. Johnston Arena
- Facebook Page (search “The Pas Huskies”)
- **tinyurl.com/HMSMpolicy**

In closing, we would like to thank you for choosing and entrusting TPMHA to not only develop skills and instil a lifelong love of the game for your child but also to learn valuable life skills that can be carried on well into the years.

If you have any questions and/or concerns throughout the season, please ask any Executive Member for assistance. If you are interested in volunteering for any executive position, please refer to the website for current vacant positions and/or when positions will be made available for nomination to the board.

We hope you have a great year and our main goal is to make each year as memorable as possible so your child continues on playing the sport we all love as long as they can.