

U5 & U7 FAQs

What are the main goals for U5 and U7 hockey?

At this age, our program is designed to build teamwork and self-confidence on the ice, while fostering a love for the sport of hockey. Players will develop basic hockey skills, and experience personal achievements throughout the year, all through fun and fair play.

How often will my player be on the ice?

U5 players are scheduled for 1 – 50 minute ice time per week

U7 players are scheduled for 2 – 50 minute ice times per week

The season typically runs from mid-late September until the end of March. There may be weekends throughout the season where there is no scheduled practice due to the ice being utilized for other events such as tournaments.

New for 2022-23

The U7 weekly ice schedule has been adjusted to allow for smaller team sizes and the addition of planned weekly games between each team. The program also plans to introduce an NCCP Certified Skating Instructor to work with each of the U5 and U7 groups to solidify important skating techniques.

When do practices usually occur?

Historically, practices for our U5 and U7 players occur on Saturday and Sunday morning, however the exact dates and times will not be known until all ice allocations have been assigned, in September of each year.

What can players expect at a typical practice?

Players will be divided into small groups and will rotate through stations, practicing essential skills such as skating, stopping, puck handling and shooting. These concepts will be reinforced through fun games, led by the coaches and on-ice helpers.

For U7, players will be divided into teams for the purpose of providing game experience for the players. Games will be played on a half-ice surface, with a buzzer that dictates all shift changes. These short shift, smaller ice surface games allow all players to get involved in the game action, touch the puck and build confidence as a hockey player.

Are parents allowed on the ice?

Players at this age improve when there is an appropriate player to coach ratio. On ice helpers are a necessity to help run a successful program, but it is not a requirement that you are on the ice with your player.

On-ice helpers must be approved by the team coach.

What if my child can't skate, yet?

No problem! They will learn! Players of all abilities are welcome to register in the U5/U7 program.

What equipment is needed at this level?

All players are required to provide and wear well fitting, acceptable hockey equipment, including an approved hockey helmet, neck guard, shoulder pads, elbow pads, gloves, shin pads, pants,

athletic supporter/pelvic protector and skates. Team sweaters and socks are provided to each player. All players should also have a properly sized hockey stick
For help in correctly sizing your child's hockey equipment, please check out this link
<https://www.youtube.com/watch?v=VtzUxPebp2k>

What can I do if I have missed the registration deadline?

Registration for the waitlist will open May 24, 2022. When a space becomes available, you will receive notification that you can move forward with registration and payment. Please refer to the Registration page for the appropriate links.

What if my child decides they no longer want to play hockey?

Please refer to the SMMHA refund policy found [here](#)

For more information, please contact Katharine Found, U7 Program Co-ordinator at kfound@quadro.net