

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 will be weekends throughout the season where there is no scheduled practice due to the ice being utilized for other events such as tournaments. These black-out weekends have been taken into account when setting registration fees.

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 utilizes the expertise of an NCCP Certified Skating Instructor who works with the players and the coaches of this age group, to develop and lead on ice drills that will help to solidify many important skating techniques.

When do practices usually occur?

Historically, practices for our U5 and U7 players occur on Saturday or Sunday mornings, 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. Coaches, trainers and on-ice helpers are all a necessity to help run a successful program. Participating as an on-ice leader in youth sport is an extremely rewarding opportunity for both the players as well as the adult volunteer!

For U7, our program aims to have a 5:1 player: adult ratio. Each team will require 1 qualified coach, 1 qualified trainer and at least 1 on-ice helper. All on-ice adults must have the necessary qualifications, as required by OMHA to be approved in their role. Coach, trainer and on-ice helper qualifications can be found [here](#). All adults on the ice are required to wear a helmet at all times and should possess strong, safe skating skills.

For U5, to start the season, 1 adult is allowed to accompany their player on the ice to assist in

understanding and accomplishing the drills. This adult must wear a helmet at all times while on the ice. As of January 1st of each season, the number of adults on ice will be reduced to only those listed on the official team roster.

If you are interested in becoming an on-ice helper, coach or trainer, please be sure to indicate this at the time of registration, or reach out to the U7 coaches committee rep at u7rep@smmha.ca.

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 April 11, 2023. 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, U5 & U7 Program Co-ordinator at kfound@quadro.net