

# St. Charles U7



## Information for new to hockey parents

Enclosed you will find the required information for U7. For addition questions please contact your u7 director.

# Welcome

## Age groups

Our U7 program has three age groups. Discovery (4 year olds), Junior (5 year olds), and Senior (6 year olds).

Our discovery and junior program play one time per week with drills tailored to their development level and support their learning. Discovery is a learn to skate program to help the kids get used to the equipment and wearing it while on skates. Junior is the development of hockey skills and will have practices to begin to learn the game. Senior is introductory to hockey program where the kids will have 1 practice and 1 game per week.



## Equipment

In the picture's above you will find all the equipment needed to be on ice. With the exception of a mouth guard the kids must have full properly fitting equipment at all time. This is for their own safety. They also need a water bottle. It is recommended to use a bottle with a long straw in order to fit through the cages, The squeeze type can often be hard for the younger kids to use.

## Schedule/Teams

Timbits schedule generally starts in October. Each team will have a head coach as well as assistant coaches. They will receive the schedule and send to their teams. As a club we try and keep the schedule the same from week to week with little variation. Teams are based on age and not skill level, but the coaches may divide the kids on ice from time to time in order to give each kids the development they needs. When you arrive at the arena there will be a board with the assigned dressing rooms. Find your Childs time and team to know what room to head into.

For example: 12:00-1:00 St Charles 5/7 That would mean you can choose room 5 or 7.

Its recommended to be 15 minutes early to give yourself enough time to get your child's equipment on.

## Coaching

Our coaches are all volunteers. That being said they do have courses and training in order to provide the best development for your kid(s). We welcome anyone who wants to help on the ice to contact your director and sign up for the required courses. Our club reimburses the cost of coaching courses taken at the request of the director. Coaches can be anyone over 18 years of age that has completed the required courses.

## Rules for the ice

- Kids must be wearing full equipment at all times
- Parents/siblings cannot be in the player's box
- Parents must remain at the arena at all times
- No siblings or parents on ice, unless they are part of that team.
- All parents must complete the Respect in Sport parent course in order for the child to be on the ice.
- One parent per player in the dressing rooms to ease congestion.



## Bingos

### Who has to work the mandatory bingo?

- All Families with only 1 player at the Under 7 have 1 Bingo commitment. (with the exception of Discovery)
- All Families with only 1 player at the Under 9, Under 11 or Under 13 have 2 Bingo commitments
- All Families with 2 or more players in any division have a maximum of 3 Bingo commitments.



### Who is exempt from working bingo?

- Head coaches
- Members of the board

### What is the procedure for booking the mandatory bingo?

- Sign up for a Bingo by selecting one of the available slots on our website
- Deposit Cheques (Undated and payable to St Charles Hockey Club)
  - One bingo commitment - \$250
  - Two or more bingo commitments - \$500
- Cheques will be collected by the director.
- If you have not provided a deposit cheque and signed up for a bingo/volunteer commitment, your child will not be allowed on the ice when the season begins.
- It is your responsibility to record which date your bingo/volunteer commitment occurs.
- A reminder is sent out approximately two weeks prior to the bingo date. After this reminder occurs there will be no further reminders sent out.
- Failure to fill your volunteer requirement will result in your cheque being cashed within 48 hours of your bingo commitment.
- If the Bingo slots are full, you must sign up for one or more (depending on how many commitments need fulfilling) of the following volunteer commitments. Please keep in mind that if you are signing up for any of these positions, you will need to be flexible with the time of the volunteer commitment:
  - Minor Hockey Week Chairperson (January)

- Hockey Tournament (TBD)

### What is the procedure for working the mandatory bingo?

- Bingos are from 4:45 pm till Midnight at Castledowns Bingo Hall (12222 137 Avenue)
- You are unable to leave the bingo hall at any time during your shift.
- All workers must be 18 years of age.
- Dinner is provided during your scheduled break-time.
- Failure to show up for your shift will result in your bingo deposit being cashed within 48 hours.
- If your bingo cheque does not clear the bank, your child will not be allowed on the ice.

For inquiries regarding Bingos please email our Bingo Director Amanda Ramage at [bingos@stcharleshockey.com](mailto:bingos@stcharleshockey.com)

### General Club Information

<https://stcharleshockey.com/>

Please also follow us on facebook and instagram

Our program is solely volunteer run. If your interested in having a position on the board please contact our president our your director.



*Where do I purchase equipment?*

Equipment can be found at many places. United cycle offers KC registers a discount. All sports replay offers new and used equipment. Sport check and Canadian tire also sell hockey equipment.

*Can my child choose to play with a friend or specific coach?*

Yes. At the u7 level the kids are welcome to ask to play with their friends within the same age category. You may also ask for a specific coach. Requests will be honored to the best of the director's ability.

*How many players on a team?*

We do our best to keep teams between 10-12 players. The minimum amount allowed is 8.

*How often should we sharpen skates?*

Its recommended to sharpen skates every 8-10 hours of use.

*Will we get jerseys?*

Yes once teams are made jerseys and socks will be provided. Jerseys are returned at the end of season, socks are yours to keep.

*What is our fundraising fee for?*

We collect our fundraising fee upfront at registration. During our season you will be given tickets to sell. Since you already paid the fee for those tickets you can either sell them and keep the cash or you can write your name on the tickets and try and win. This gives families and opportunity to earn back some of their registration fee.