

HOCKEY IS FUN!

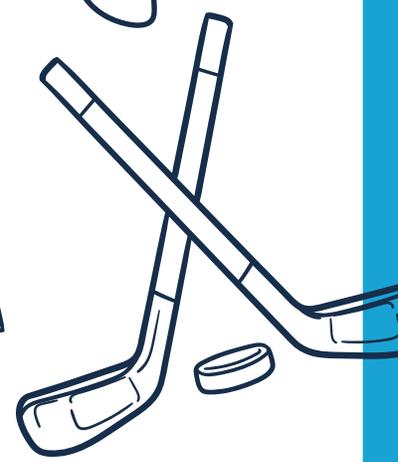
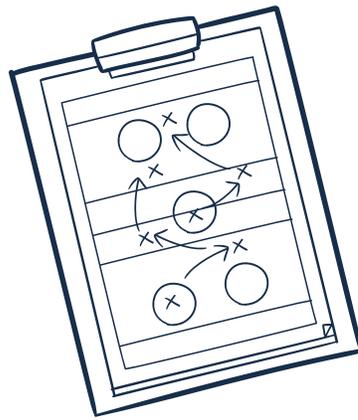


***A PARENT'S GUIDE
To Getting Your Kids
STARTED IN HOCKEY***

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HOCKEY IS FUN!

WHO WE ARE

We are the ONTARIO MINOR HOCKEY ASSOCIATION



- FOUNDED IN 1935
- LARGEST MINOR HOCKEY ASSOCIATION IN THE WORLD
- 100,000+ PARTICIPANTS
- AGES 4 – 20
- ALL SKILL LEVELS WELCOME
- 200+ LOCAL MINOR HOCKEY ASSOCIATIONS
- 25+ LEAGUES



80,000+ PLAYERS

That's 20% of all Canadian hockey players! 9,500 new players last season!



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REASONS KIDS PLAY HOCKEY



Hockey is the best game on earth.

The game teaches the importance of teamwork, respect, work ethic and having a positive attitude. We use hockey to build better people and a better community around us. And we love hockey because HOCKEY IS FUN!

- **HAVE FUN**
- **EXERCISE**
- **LEARN SKILLS**
- **PLAY WITH FRIENDS**
- **COMPETITION**

The benefits go well beyond the ice. For parents, it is a great way to connect with other families in your community and to make friends for life.

FIND OUT MORE ONLINE:

projectplay.org/youth-sports/facts/benefits

YOUR CHILD'S SAFETY

There are a number of programs in place to ensure your child has a safe experience while being part of the hockey community.



Respect in Sport – Parent Program

- Mandatory for all hockey parents
- Creates standard of positive behaviours and communication

Respect in Sport – Activity Leader Program

- Empowers and educates coaches on prevention of negative behaviours
- Builds culture of respect within hockey
- Provides fundamental training to enable leaders to become even better role models

Certified Coaches and Trainers

- All coaches and trainers must take appropriate education to be active
- Must undergo criminal record check

Certified Referees

- All referees are evaluated throughout the season
- Must pass certification to become a referee
- Must undergo criminal record check

Rowan's Law Compliant

- Associations must create code of conduct to support concussion prevention
- Must establish a Removal-from-Sport and Return-to-Sport protocol.

Mandatory Equipment

- All mandated equipment designed to keep children as safe as possible
- Mouth guards, neck guards, helmets and face masks protect most vulnerable areas



WHAT DO I NEED?

GET SUITED UP!

Once you have all of your equipment it's time to get dressed! Watch how:

youtu.be/tPi8aDZfDRM

- Equipment should have snug (not tight) fit and not shift when in motion
- Second-hand, lightly used gear is great way to save money

REQUIRED EQUIPMENT:

- Helmet
- Mouth guard
- Neck guard
- Shoulder pads
- Elbow pads
- Gloves
- Jock strap/Jill strap
- Pants
- Shin pads
- Skates
- Stick
- Jersey & Socks



WHAT DO WE GET?

A TYPICAL REGISTRATION PACKAGE INCLUDES:

- Approximately a 16-week season
- 1-2 ice sessions per week
- Hockey jersey and hockey socks
- Year end celebration
- Team Photo
- Insurance through Hockey Canada
- Instruction from Certified Coaches
- **MOST IMPORTANTLY - A FUN EXPERIENCE CREATING LIFELONG MEMORIES WITH NEW FRIENDS!**



WHAT TO EXPECT

- Season runs from October to March
- Dates and times are usually consistent each week
- Emphasis on skill development
- Your team may decide to enter a tournament
- **A FUN EXPERIENCE!**

SKILL DEVELOPMENT

- Local association may offer intro to skating lessons
- Programs help children become comfortable on the ice
- Basic hockey skills like passing and stick handling help
- Understanding of gameplay



THE HOCKEY SEASON



WHAT THE HOCKEY SEASON LOOKS LIKE

The OMHA follows the Hockey Canada development model known as **Player Pathways**. This takes players through five phases during the season, from their first steps onto the ice right to the last buzzer. Here we go!

Re-Connecting With Our Love of the Game

PREPARATION PHASE

- Get on the ice and get ready for the season ahead
- Kids meet friends both new and old

Assessing Players' Skill Levels To Provide an Optimal Experience:

EVALUATION PHASE

- Players assessed and grouped together with those of similar levels
- Ensures each child has best possible development environment
- Players have opportunity to try out for Rep teams depending on age

Sharpening Skills And Skates

DEVELOPMENT PHASE

- Skill development and team building exercises
- Players gain confidence ahead of puck drop
- Comfort grows between teammates, coaches before season starts

The Puck Drops, And An Exciting New Season Begins

REGULAR SEASON PHASE

- It's time to play and make some memories
- Each league sets details on number of games, schedule, playoff format
- No league play during December holiday break
- Teams may sign up for tournaments during the season

An Exciting Finish

PLAYOFF PHASE

- All teams play through March so all kids are playing longer
- League playoffs may begin at this time
- Celebrate an exciting and fun hockey season
- Less travel for hockey families, saving time for all

THE GOAL OF PLAYER PATHWAYS:

- Focus on the mental well-being of our players
- Scheduled seasonal break in December for families to be together over holidays
- Age-appropriate programming to ensure kids learn new skills and fall in love with the game

HOCKEY MYTH BUSTERS



Being involved in hockey is something that every child should be able to be a part of. Enjoying a healthy, active lifestyle is something kids can carry with them for years to come. LET'S BREAK DOWN SOME OF THE MYTHS ABOUT HOCKEY:

Myth: IT TAKES UP TOO MUCH TIME!

1. Schedules are released months in advance to help planning
2. Consistent practice and game times
3. Program times are age-appropriate
4. Frequency varies based on age and skill level

Myth: IT'S TOO LATE FOR MY CHILD!

1. Never too late for any child to learn
2. Programs teach kids of any age how to skate and the basic skills of hockey
3. Child will learn age-appropriate skills
4. Benefits of playing multiple sports outweigh early commitment to one activity

Myth: HOCKEY ISN'T SAFE!

1. Players required to wear full protective gear whenever they are on ice
2. Equipment is specifically designed to keep your player safe
3. Every team has a Certified Trainer as part of staff
4. Bodychecking is only allowed at 14 years + and only at Representative level

Myth: HOCKEY COSTS TOO MUCH

1. Cost per session + length of season shows hockey provides great value. Learn more: omha.net/news_article/show/1245454
2. Associations offer equipment swaps for families
3. Second-hand equipment is popular
4. Programs like [KidSport Ontario](#) and [JumpStart](#) provide registration grants

	REGISTRATION	SESSIONS	COST/SESSION
	\$207.00	14	\$15.12

	REGISTRATION	SESSIONS	COST/SESSION
	\$283.75	23	\$13.53

	REGISTRATION	SESSIONS	COST/SESSION
	\$255.00	14	\$13.20

	REGISTRATION	SESSIONS	COST/SESSION
	\$254.75	11	\$22.94

	REGISTRATION	SESSIONS	COST/SESSION
	\$631.25	41	\$15.67

SEE?
HOCKEY IS
FUN,
AFFORDABLE,
& ACCESSIBLE
TO EVERYONE!



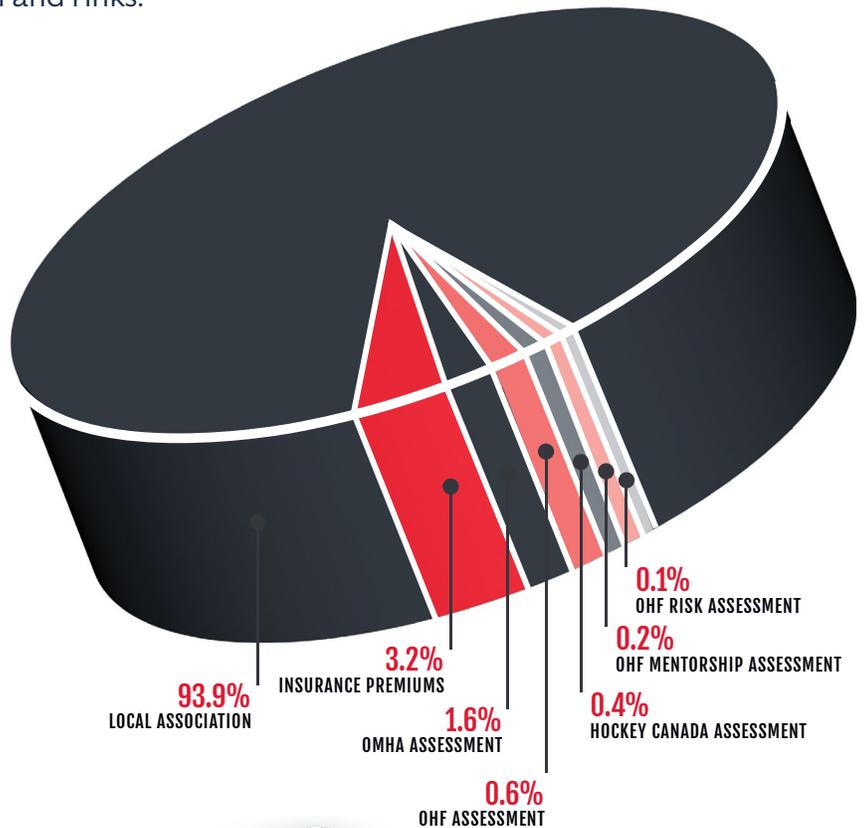
HOCKEY FEES



PARTICIPANT FEE BREAKDOWN

Just like every activity your child participates in, there are costs associated with it, and families want to know where that money goes, how it is used and how it positively impacts your child's experience. We've taken a base registration fee of \$700 and broken down that fee with a description of each of the different areas paid for. In the diagram here, you will see that the single biggest cost to playing the game is through ice costs – this is something that we know happens the moment you go inside – costs go up – that means a gymnasium, indoor field, pool and rinks.

- 93.9% - LOCAL ASSOCIATION
- 3.2% - INSURANCE PREMIUMS
- 1.6% - OMHA ASSESSMENT
- 0.9% - OHF ASSESSMENT
- 0.4% - HOCKEY CANADA ASSESSMENT



For full details, read our article: [“Where your Registration Fee Goes”](#)



BE A PART OF OUR GAME

Volunteering is a great way to give back to your community and help children have a positive experience through sport! There are many ways to get involved, either with a team (coach, trainer, manager) or as an administrative volunteer. Check with your Association to find the best fit for you and they will help you get started.



WHY OMHA HOCKEY?

By registering with an Association in the OMHA, you can ensure that your child will be led by certified coaches and trainers, who must take courses before they can be on the bench. All volunteers must undergo a criminal record check. As part of the registration fee, injuries are covered by Hockey Canada insurance. These are just some of the measures in place to ensure your child has a safe experience.

CONNECT WITH US

LET'S DROP THE PUCK!

If you or your child are excited to try hockey but aren't sure how to get started, you have come to the right place. Helping new players start hockey is one of our main priorities. Connect with us online or drop in to one of over 200 local minor hockey associations across the province to get started!



Scan this QR CODE with a mobile device to view a map of our affiliate hockey centres throughout Ontario.

OMHA.NET/PLAYHOCKEY

CONNECT WITH OMHA THROUGH ANY OF OUR ONLINE CHANNELS:

-  **EMAIL:**
omha@omha.net
-  **FACEBOOK:**
@OntarioMinorHockey
-  **TWITTER:**
@HometownHockey
-  **INSTAGRAM:**
@OntarioMinorHockey
-  **YOUTUBE:**
@OntarioMinorHockey
-  **LINKEDIN:**
@Ontario Minor Hockey Association
-  **WEB:**
omha.net

