



TWHA U7 (TIMBITS) PROGRAM INFORMATION

PHILOSOPHY

The U7 Timbits program focuses on skill development and the FUNdamentals of the game for the players, coaches and parents. At Trails West, we strive to ensure the players enjoy coming to the arena, have success on the ice and most importantly want to keep coming back!

TEAM FORMATION

- U7 teams are formed based on birth year of the player and skill level as assessed during the evaluation process.
- “Junior”, is usually first year players and “Senior”, is usually second year players however this may not be the case depending upon the skill level of a player.
- There will be one evaluation skates for U7 in mid September with teams formed mid to late September and practicing shortly after.
- Teams are created to be equally balanced from both a player and coaching perspective.
- Since balanced teams are our priority, we do not promise friend requests will be accommodated but will work our best to create the most positive experience we can for all our players.
- Any reciprocal friend requests should be to be forwarded to the U7 Age Group Coordinator at U7@trailswesthockey.com

PRACTICE SCHEDULE

- Two ice times per week
- **Senior:** Friday and Sunday* | **Junior:** Saturday* and Monday
- *denotes Hockey Calgary scheduled game day – if game is scheduled, there will be no practice that day
- Weekday (Monday & Friday) times can start as early as 4:00pm and weekend (Saturday & Sunday) times, while on occasion start as early as 6:30am, are usually 7:00am or later, but almost always in the morning.
- The general ice scheduling rule is that the younger age groups receive the earlier ice times and the older age groups receive the later ice times.
- There are many factors involved in ice scheduling but most practice times and locations for U7 are relatively consistent every week and we do our best to release the team schedules as far out as possible during the season.
- U7 teams will always share the ice with either one or two other U7 teams – full ice practices and games are not permitted.

GAMES/TOURNAMENTS

- Exhibition games and tournaments are arranged and scheduled at the team level except for the Trails West U7 Senior HoHoHo tournament hosted at the end of November/early December.
- All Hockey Calgary sanctioned games are to be cross-ice format with half ice format permitted for Hockey Alberta sanctioned games.

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- Details of U7 Season Structure and Game Play are outlined in [Hockey Calgary's Introduction to Hockey Resources Guide 2022-2023](#)
 - **U7 Senior**
 - Maximum of 3 tournaments/jamborees (excluding Hockey Calgary Jamboree)
 - Maximum of 1 out of town tournament
 - Teams can host/attend tournaments beginning November 11
 - **U7 Junior**
 - Maximum of 2 tournaments/jamborees (excluding Hockey Calgary Jamboree)
 - Maximum of 1 out of town tournament
 - Teams can host/attend tournaments beginning November 25

U7 HOCKEY CALGARY SCHEDULED GAMES

- **U7 Senior**
 - 8 games
 - Games scheduled in line with community regular season (Dec 4-21 & Jan 3 to Feb 25)
 - Games on Sundays
- **U7 Junior**
 - 8 games
 - Games scheduled in line with community regular season (Dec 4-21 & Jan 3 to Feb 25)
 - Games on Saturdays
- Games will be scheduled for 2 team format, will continue to encourage 3 team format for tournaments and jamboree
 - Hockey Calgary will provide resources to help coaches make use of the “neutral zone” during games
- Teams are permitted 1 schedule window
- Games scheduled on weekends, maximum 1 game per weekend

COACHES

- Coaches are all Trails West volunteers, usually a parent of the players on the team and we could not run our programs without them!
- U7 teams are permitted 5 coaches per team and in some cases up to 7 coaches
- U7 teams must, at minimum, have 1 qualified coach per 10 players therefore U7 teams are required to have 2 qualified coaches per team
- Assistant Coaches must have at minimum a valid Respect in Sport- Activity Leader certification and a valid Criminal Record Check (Police Information Check)
- Head Coaches are required to have the above noted minimum qualifications in addition to the Hockey Canada Coach 1 certification
- A minimum of two coaches per U7 team must have the Safety qualification and attend every ice time
- Coaches have access to the programs necessary to receive their Coach qualifications through [Hockey Canada's National Coaching Certification Program \(NCCP\)](#)
- Trails West will reimburse clinic/course fees for all rostered coaches
- More information is available on our website under [Coaches-Qualifications](#)



OTHER VOLUNTEER OPPORTUNITIES

- There are various opportunities at the Association level with roles usually coming available during the spring when planning for the upcoming season. Visit our [Board & Volunteers](#) page for a list of association volunteer & board of director roles.
- Volunteer roles are also available at the team level every season and can include manager, treasurer, safety coordinator, tournament coordinator, social coordinator, game-sheet coordinator to name a few.

TEAM CASH CALLS

- Requested on a team by team basis
- Usually at the beginning of the season
- Average range from \$100-\$300 per player
- Purpose is to cover team-related expenses such as exhibition games, tournaments, dryland training, team social events, team apparel, etc.
- If affordability is a concern, please talk directly, in confidence with your coach/team manager to work through options and/or a payment plan.

HOCKEY CALGARY'S TIMBITS LEARN TO PLAY PROGRAM

- Hockey Calgary webpage: <https://www.hockeycalgary.ca/programs/u7-timbits-program/timbits-learn-to-play-program>
- Offer for new, **first time** Timbits players only
- Tentative Dates: August 28 – August 31 (MaxBell Arenas)
- Cost: \$30
- Details: Four one-hour ice times; one 45-min off-ice session immediately after one ice time; Hockey Calgary jersey; sweet treat from Tim Horton's
- Player must be registered with Trails West for the 2022-2023 season
- Registration: **Opens Early August (exact date TBC)** Hockey Calgary website noted above – limited spots per minor hockey association available - if there are no spaces available for Trails West, you can still sign up on the waitlist if interested

TRAILS WEST U7 PRE-SEASON CAMP

- Trails West will be offering TWO pre-skate ice sessions for all U7 players
- Tentative Dates: September 9 & 15, 2023 (Flames Community Arenas)
- Cost/Registration: no additional cost or registration required.
- Further information will be provided to registered U7 players in early August.

SUMMER CAMPS



- Hockey Alberta is offering summer camps for U7 players. Details can be found on their website (look under “Super Skills” tab): <https://www.hockeyalberta.ca/players/hockey-alberta-skill-camps/>

HOCKEY CALGARY’S TIMBITS JAMBOREE

- Hockey Calgary hosts this family orientated day where U7 Timbits families can enjoy the success of the season.
- Date: March 2, 2024
- Location: Cardel Rec South
- Each player who attends the Jamboree receives a Timbits Medal, honoring each player for a job well done.

PLAYER EQUIPMENT

- Trails West will provide every U7 player a game jersey and socks which are sponsored by Tim Hortons every three seasons.
- Players can keep the socks every year however the game jersey must be returned (in good shape) at the end of the season.
- Jersey replacement cost is \$125 per jersey – acknowledgement of care & payment if necessary is required during registration.
- Hockey Calgary’s equipment & care information: <https://www.hockeycalgary.ca/resources/equipment-care>
- New and used hockey equipment can be purchased at Play It Again Sports (270 Stewart Green SW).
- New equipment can be purchased at various sports/athletic stores including Adrenalin Source for Sports (9309 Macleod Trails SW) which also carries some Trails West apparel in store.

TEAM EQUIPMENT

- Trails West provides all U7 teams ‘blue’ pucks to use which must be used for all Timbits games (these are lighter in weight than the standard black pucks)
- Most arenas have smaller nets available for U7/U9 teams.
- Bumpers are available at many arenas to be utilized during game play and practices to split the ice.

RESOURCES

- Trails West’s website under [Programs-Age Divisions-U7](#)
- Hockey Calgary’s website under [Programs- U7 Timbits Program](#)
- Trails West’s [Information & Important Dates for the 2023-2024 Season](#)

CONTACTS



Registration Questions

Courtney Dreger, Administrator admin@trailswesthockey.com

Coaching Questions

Kevin Cameron, Coach Development U7-U11 coachdevU7-U11@trailswesthockey.com

U7 Program Questions

Laurel Lui-Maclean, VP Operations (LTS-U7-U9) at vpU7U9@trailswesthockey.com

Nicole Dougherty & Amanda Hart-Morin, U7 Age Group Coordinators at U7@trailswesthockey.com