



# What to expect....

## U7 Division

## 2022-23 Season

### How will the Season be Structured?

- 1. Skill Groups:** Players will be assigned to one of three U7 skill groups. Players must attend the skill group session they are assigned to.
- 2. Teams:** "Balanced" teams will be formed in mid-October with players from three skill groups on all teams. Cross-ice balancing games will start in late November against other Tbird teams.

During games, two cross-ice scrimmages will take place where players on both teams are split so they are playing against similar skill players. Games are played against other associations after January 2 either at home or away at varying times. Most teams will play between 4-8 league games and 1-2 tournaments.

- 3. Goalies:** all players will play a minimum of one game on rotation.

First Session  
Sept 18

Skills Challenge  
TBA

Winter Break  
Dec 20-  
Jan 2

Family Day Tourney  
Feb 17-20

Last Session  
March 5

### Schedule Overview

#### September: Start of Season

An ice time schedule will be sent out in early September. Ice times will fluctuate due to start of season.

Parent Meeting: September 7<sup>th</sup> @7pm on Zoom

#### Pathway Skates: Sept 18

Players will enjoy being on the ice for the first time in a relaxed friendly environment.

#### Assessments: Sept 25

Players will be on the ice for our Hockey Advisor to assign them into their initial skill groups. The goal is to have players of similar skill level be assigned to each group, and players may be further grouped within each group. This model allows each player to be challenged and continue developing their skills in each session.

Movement between groups may occur mid-season by the Hockey Advisor to ensure all players continue to develop in an appropriate grouping.

#### October- March

Once teams are formed skill group times will be:

- #1: Sat @ UBC from 1:45-2:45pm;
- #2: Sat @ UBC from 12:30-1:30pm;
- #3: Tues @ UBC from 4:30-5:30pm.

Team Practice or Home Game Times will be either:

- a) Sun 8:30-9:30am @ Hillcrest
- b) Sun 8:30-9:30am @ Kerrisdale
- c) Sun 8:30-9:30am @ Sunset

#### On-ice Coaches:

Vancouver Hockey School will provide on-ice leadership every 2-3 skill group sessions. For skill group #3, a skill lead will attend all skills group sessions. Team coaches will lead all team practices with support from the Coach Development lead, U7-U9 Teams. Please contact [awhite@vancouverbirds.ca](mailto:awhite@vancouverbirds.ca) to volunteer on ice.

### Skill Development Focus

Focus is on individual skills with an intro to team play and games.

### Coach Responsibility

Developing hockey skills is something we look for in all our coaches, but it is not what we value the most. We want every coach to focus on ensuring ALL players are in a safe environment where they ALL can learn to love hockey. It is expected ALL coaches will be part of ensuring every player is included.

### Parent Involvement

Our programs can't run without parent volunteers. On Ice Volunteers, Division Ambassadors, Skill Managers, Safety People, Tournament Volunteers are some that are needed. But most importantly, be a supportive parent and remember we want our players to love coming to the rink.

### Division Ambassadors

Cherie Mah:

[u7-cmah@vancouverbirds.ca](mailto:u7-cmah@vancouverbirds.ca)

Niki Colley:

[u7-ncolley@vancouverbirds.ca](mailto:u7-ncolley@vancouverbirds.ca)

DAs will help pass along information and support team/skill group staff.

For more information, go to [www.vancouverbirds.ca](http://www.vancouverbirds.ca)

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