



## U9-U17 FAQs

### Questions and Answers

#### **Q: At what age can my child start playing organized hockey?**

**A:** Hockey West Island offers organized hockey starting at the Timbits U7 level (formerly Pre novice) for children who will be either five or six years old on or before December 31 of the current hockey season. [CLICK HERE](#) for more information on Timbits Hockey.

After finishing the Timbits U7 program, players move on to a two-year U9 program. Children who will be turning seven years old on or before December 31 of the current hockey season are considered U9 players. All U9 players begin playing half-ice at the start of U9 Year 1 and transition to full-ice hockey during the second half of U9 Year 2.

#### **Q: My child can skate but has never played hockey before. Can they join a team?**

**A:** HWI offers hockey instruction for all skill levels whether you have played for years or are just taking up the sport. We are always happy to welcome players new to the sport. Coaches and teammates will be happy to help them enjoy themselves as they pick up the basics of the game.

#### **Q: What are the minor hockey age categories, and how are they determined?**

**A:** The minor hockey age categories are:

- Timbits U7 – for players six years of age or younger
- U9 – for players seven and eight years of age
- U11 – for players nine and 10 years of age
- U13 – for players 11 and 12 years of age
- U15 – for players 13 and 14 years of age
- U18 – for players 15, 16, and 17 years of age
- U21 – for players 18, 19 and 20 years of age

Players are placed into age categories according to what age they will be by **December 31 of the current calendar year.**



## **Q: What is hockey instruction like in U9 (Novice)?**

**A:** Read more about the program at this Hockey Quebec resource available [HERE](#).

## **Q: What is the time commitment? How often are there practices?**

**A:** Depending on the level your child plays, the on-ice commitment can vary between 2-3 times / week for Single letters, to 4-5 times / week for Double letter players. Keep in mind teams will have the opportunity to add additional practices and off-ice training and activities as well. Tournaments and other hockey events can also add to the season's ice-time commitment.

## **Q: How many games are played in a season?**

**A:** It will be hard to determine at this point. Pre-covid seasons had approximately 20-25 games for Single letter, and 25-30 games for Double letter teams.

## **Q: Do teams attend tournaments?**

**A:** Single letter HWI teams are eligible for three tournaments in Quebec. All Single letter HWI teams must participate in the HWI tournaments, leaving two additional ones for them to select.

## **Q: Are there extra costs for tournaments?**

**A:** When travelling to away games and/or tournaments, teams are responsible for their own travel costs, food, hotels, and tournament fees. It is up to the parents, the team manager, and coaching staff on each individual team to determine how these expenses will be paid. Many teams organize fundraisers such as raffles, or sponsors to subsidize parents' travel and other associated costs. Each team is responsible for ensuring that its fundraising activities comply with local, provincial, and federal laws.

## **Q: I want to become a coach. What do I need to do?**

**A:** Anyone who wishes to be involved with minor hockey teams MUST have completed two prerequisites. The first being the [Respect in Sport on-line course](#). The second is that all volunteers, coaches, and managers MUST have undergone police screening and have obtained a Volunteer Card from either Dorval or Pointe Claire. Details can be found [HERE](#).



For coaching certification, visit [THIS PAGE](#) from Hockey Quebec which outlines the courses you will need to take as well as other regulations. Verification of a coach's qualifications will be done through Hockey Canada's registration system (HCR). All coaches must be certified by December 31st of the year that they are coaching.

Those interested in coaching **Double Letters** can contact HWI's Double Letters VP Rick Ness at [hwi-vpdl@hockeywestisland.org](mailto:hwi-vpdl@hockeywestisland.org)