



TIMBITS UNDER-7 (U7) AND MAHG FAQs

Questions and Answers

Q: What is U7 hockey?

A: Hockey West Island U7 follows Hockey Quebec's MAHG program (*Méthode d'Apprentissage de Hockey sur Glace*). The MAHG program provides a series of technical sessions and drills for U7 players to expose them to hockey. (MAHG level 1 and 2).

Q: What is a Timbit?

A: A Timbit is a delicious friend donut hole, commonly consumed after hockey practices. It is also the name of Hockey Canada's learn-to-play hockey program for kids aged 5 and 6. The program focuses on hockey's basic skills and the FUNdamentals of the game for the players, coaches, and parents. You can read more about the Timbits U7 program [HERE](#).

Q: Isn't this Pre Novice?

A: It used to be called that. To create a simpler and more consistent reference for parents registering their children, Hockey Canada and its 13 members changed the division names in 2019. The changes took effect for the 2020-21 season registration and beyond. Only the names changed and actual divisions remain consistent with past seasons.

Q: Is my child the right age to register in U7?

A: The U7 program is for players under the age of seven as of Dec. 31 of the current playing year.

Q: Who coaches U7?

A: Qualified 'MAHG Maître Entraîneur' and [Pro-Action Hockey](#) supervise on-ice sessions and MAHG program during the season.



Q: When does U7 practice?

A: Typically, pre-novice teams are on the ice twice a week at Pointe-Claire's Bob Birnie arena. A 1-hour session on Saturday morning and a 1-hour session on Sunday morning — between 7 a.m. and 10 a.m.

Q: What equipment do players need?

A: You can find a full list here:

<https://www.hockeywestisland.org/wp-content/uploads/2021/07/Hockey-equipment-list.pdf>

Suitable skate sizing/fitting is particularly important to help a player develop skating skills and proper helmet sizing/fitting is also essential for the safety of your child. Note that players cannot use hockey sticks made of plastic. A mouth-guard is not mandatory for U7 players.

Players should **have a label with the player's full name on their helmet and need to bring their own jersey and socks for the first few weeks** (any jersey colour is fine). HWI and Tim Hortons will provide 'Timbits' jerseys in October once U7 teams are established.

Q: What team is my child on?

A: Players will initially be divided into different groups which will be finalized and distributed via email/website a few days before the beginning of the season. By mid-October, final teams will be made. You will be advised which team you are on via email from a team manager.

Q: Where do I find the schedule?

A: The schedule for the U7 season will be available at www.hockeywestisland.org website. Click on **Schedules and Standing** in the main menu --> **Schedules** --> Find the **U7 (PreNovice)** icon.

Q: What do we do once we get to the arena?

A: Please make sure you attend sessions with your respective group. Players should be dressed in full hockey equipment and arrive **on time for the beginning of practice** to maximize ice time available. Plan to arrive early (approximately 30 minutes prior to your practice time) as



the Bob-Birnie Arena parking lot can get very busy on weekends. Practices are held in the Annex of Bob-Birnie arena (58 Maywood, Pointe-Claire, H9R 0A7) and dressing room allocation is indicated as you enter the building on the right of the office.

Q: Are there tournaments?

A: A few exhibition games against other hockey associations and optional hockey festivals may take place during the season. Dates, location, and cost (if applicable) will be communicated by team managers accordingly.

Q: Can I help out on or off the ice?

A: To ensure the success of the program, we are seeking the help of parents/volunteers to support on and off the ice activities. On-ice volunteers/coaches are essential contributors to the success of the U7/MAHG program with the objective to provide an adequate coach/players ratio and to ensure the safety and development of players throughout the year.

Note that a limited number of MAHG Initiation courses and certification for coaches interested should be available later in the fall. We are also looking for team managers who will be responsible to support off-ice activities starting in mid-fall.

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](#).

Q: What are parent's responsibilities?

A: Parents are responsible for their child's supervision at all times in the arena surroundings. Note that particular attention should be taken when players are walking around with skates and/or sticks in the areas around the rinks to ensure the safety of all. We also ask that parents make sure that players get dressed with all proper equipment and are on time for the practice. Finally, parents are to remain at the arena during the practice or coordinate with other parents/adults if they need to leave the arena.