



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.

Q: What is a Timbit?

A: A Timbit is a delicious fried donut hole, commonly consumed after hockey practices. It is also the name of Hockey Canada's learn-to-play hockey program for kids aged 4 to 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 more simple and consistent reference for parents registering their children, Hockey Canada and its 13 Provincial and Territorial members changed the division names in 2019. The changes took effect for the 2020-21 season registration and beyond. Only the names switched and the 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. Players aged 4 may register for this division but will be in the program for three years (ages 4, 5 & 6).

Q: Who coaches U7?

A: Qualified 'MAHG Maître Entraîneur' and our Tech Team of professional coaches supervise on-ice sessions and the MAHG program during the season. Parent coaches will also serve as the Head Coach and assistant coaches for the teams. We may also ask for on-ice assistants.



Q: When does U7 practice?

A: Typically, pre-novice teams are on the ice twice a week at Pointe-Claire's Bob Birnie Arena or at Dorval's Edgar-Rouleau Arena.

There is usually a 1-hour session on Saturday mornings and a 1-hour session on Sunday mornings — between 7 a.m. and 11 a.m. Generally, the season's entire schedule will be posted in mid-autumn.

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 mouthguard is not mandatory for U7 players but is recommended at all levels.

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 and socks in October/November once the U7 teams are finalized.

Q: What team is my child on?

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

Q: Where do I find the schedule?

A: The schedule for the U7 season will be available at www.hockeywestisland.org at <https://www.hockeywestisland.org/schedules/> -----> Find the **U7 Schedule button**.



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 the ice time available. Plan to arrive early (approximately 30 minutes before your practice time) as the Bob-Birnie Arena parking lot can get very busy on weekends. At Bob Birnie Arena, the dressing room allocation is indicated as you enter the building on the right of the office. At Edgar-Rouleau Arena, the dressing rooms are listed on the TV screen in the lobby.

Q: Are there tournaments?

A: A few exhibition games against other hockey associations and optional hockey festivals may take place during the season. Dates, locations, and costs (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 of providing an adequate coach/player ratio and ensuring the safety and development of players throughout the year.

We are also looking for team managers who will be responsible for supporting off-ice activities starting in mid-fall.

Anyone who wishes to be involved with minor hockey teams **MUST** have completed four prerequisites below (with extra courses for those who are head or assistant coaches).

1. Fill out the Coach/Manager/Helper application form here: hockeywestisland.org/coaches/
2. Complete the [Respect in Sport online course](#).
3. All coaches, managers, and team volunteers (parents) **MUST** have undergone police. Bring two pieces of government ID to the front desk at Bob Birnie Arena and fill in the form with the office attendant. A paper receipt will be given and a copy must be emailed to the HWI Registrar ASAP. Once a police screening check is on file with Hockey West Island, it is considered current for 3 years.



4. Everyone involved in a minor hockey organization must register each season through the HCR system. This ensures that Hockey Canada Insurance covers members and they acknowledge having consented to the ethical codes and waivers. Specific registration fees have been created for staff on the HWI's platform in HCR. The registration cost is marked as \$0.

ALL head coaches and assistant coaches must have obtained the coaching certifications required for the M7 division.

For coaching certification, visit Hockey Quebec or speak with the Director of Operations to discuss 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).

Q: What are parents' responsibilities?

A: Parents are responsible for their child's supervision at all times in the arena and 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 ensure 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.