



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. All professional and volunteer coaches must have completed and passed a background check



through the city of Pointe-Claire (no matter their residence) and official team coaches, assistant coaches, and team managers must complete certain Hockey Canada certifications.

Q: When does U7 practice?

A: The U7 season starts right after Labour Day.

Typically, pre-novice teams are on the ice twice a week at Pointe-Claire's Bob Birnie Arena.

For the 2026-2027 season, players will be on the ice for their sessions on Saturdays at 7, 8, or 9 am, AND on Sundays at 8, 9, or 10 am. The times rotate between groups so that everyone shares in the early times. At the start of September, the full month's schedule will be shared, and generally by the end of October, the FULL SEASON's schedule will be shared. The season is finished at the end of March.

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.

ALL players MUST wear full equipment and a neck guard at all time. Only hockey skates are permitted (players can not wear figure skates.)

Players **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 (RED, GREEN, BLUE) 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. You will then follow your team's schedule.



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. Once team's are made, the schedule will be posted in TeamSnap.

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 on the TV screens as you enter the building.

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. **Note that older siblings, friends, grandparents, etc are NOT allowed on the ice. Only those members who have registered as an official team coach, assistant coach, or "on-ice helper" may be on the ice with the players.** 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 coaches, assistant coaches, or managers).



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.

ONLY those who have filled out the “coach and manager application form” and who are chosen to coach or manage will receive the links for the appropriate Hockey Canada certifications. Please do not try to register for courses on your own.

ALL head coaches, assistant coaches, and managers must have obtained the coaching certifications required for the U7 division.

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.

