



# St. James Assiniboia Minor Hockey Association

## 5/6 House League Program Information

Updated June 28, 2019

### Dates, Times and Locations

- SJAMHA 5/6 House League registration opens early August and season runs September to early March
- Program runs each Saturday and Sunday (except holidays) with an occasional bye week
- Most house league ice times take place at Allard Arena with 8:00-9:30 am start times
- Many teams have weekday indoor or outdoor practices in between 5:00pm and 6:00pm
- Most teams register for 2-4 weekend tournaments in January-March
- Approximately 60 -70 total ice times during the season

### Costs

- \$325 for house league (paid at registration in Aug.), approximately \$250 for team fees (paid in Nov.)
- Some teams choose to fundraise to reduce team fees

### Program

- Follows Hockey Canada Long Term Player Development Model
- Emphasizes skill development (balance and agility, skating, puck control, passing, shooting)
- Players placed in small groups with peers of similar age and level of skill and experience
- Score is not kept during any scrimmages or games
- Coaches are parent volunteers who must undergo Hockey Manitoba and Respect in Sport training
- Parents volunteers also act as managers, safety rep., tournament organizers, tournament staff

### Stages of Season

#### *Stage 1 - September-October: Initiation Program,*

- Players are grouped according to years of experience for a skill-based "camp".
- All skills stations and scrimmages are cross-ice
- Evaluation skates may take place during Stage 1 to enable balanced team formation in Stage 2

#### *Stage 2 - November-December: Team Formation*

- Teams are formed consisting of approximately 12 players. Teams are generally created geographically
- For each ice time, three teams are on the ice and the ice is divided into three cross-ice zones
- All players are grouped based upon skill level: red-developed, yellow-intermediate, blue-developing
- Each ice time consists of 40 minutes of skills and 20 minutes scrimmage (4 on 4) , all cross-ice
- Saturdays - Players remain with their colour-based skill groups for skill station rotation and scrimmage
- Sundays - Players stay with their team for skills and then join colour-based skill groups for scrimmage
- Weekly Practice - Some teams begin having weeknight indoor or outdoor practices

#### *Stage 3 - January-March: Half-Ice Game Play*

- Saturday - Practice Day: Approximately 40 minutes of skills with team and 20 minutes cross-ice 4 on 4 scrimmage with colour-based skill groups, similar to Sundays of Stage 2
- Sunday - Game Day: The ice is divided into two half-ice zones with two 5 on 5 games with four teams on the ice, players remaining with their team for the duration of the game
- During Stage 3, tournaments begin. Most teams register for 2-4 tournaments between January and March, each consisting of 3-4 games. Most tournaments have half-ice play
- Team wind-up normally takes place mid-March and the season is complete before Spring Break