



St. James Assiniboia Minor Hockey Association

7/8 House League Program Information

Program information subject to change. Updated June 28, 2019

Dates, Times and Locations

- SJAMHA 7/8 House League registration opens early August and season runs September to early March
- Program runs each Saturday and Sunday (except holidays) with the odd bye week
- Most house league ice times take place at Allard Arena with later morning weekend ice times
- Most teams schedule 1-2 weekday practices between 5:00pm and 7:00pm
- Most teams register for 2-4 weekend tournaments in January-March
- Approximately 60 -70 total ice times during the season

Costs

- \$500 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
- Coaches are parent volunteers who must undergo Hockey Manitoba and Respect in Sport training
- Parent volunteers are also needed as managers, safety rep., tournament organizers, tournament staff

Stages of House League

Stage 1 - September-October: Initiation Program

- Players are grouped according to years of experience for a skill-based "camp".
- 1-2 evaluation skates may take place during Stage 1 to enable balanced team formation in Stage 2
- Players can choose to try out for Novice A1 team

Stage 2 - Team Formation, Half-Ice Game Play, November-December

- Teams are formed consisting of approximately 12 players. Teams are generally created geographically
- Saturdays - Team practice according to Hockey Canada developed practice plans.
- Sundays - Game Day - Two teams are on the ice, 4 on 4 play, score is kept, referees manage game
 - The ice is divided with boards into two half-ice zones: a game zone and a development zone
 - Players are placed in three groups based on skill level
 - Players rotate though goalie position game by game (equipment is provided)
 - While two groups take part in the game (one on ice, the other on bench), the third group is in the development zone practicing skills
 - Two minute shifts, and at 12 minute intervals, groups rotate in/out of the development zone.
- Weekday Practice - Teams begin having weeknight indoor or outdoor practices

Stage 3 - Half-Ice Game Play, Tournaments, January-March

- Saturday and weekday practices and Sunday games continue
- During Stage 3, tournaments begin. Most teams register for 2-4 indoor or outdoor tournaments between January and March, each consisting of 3-4 games. Most tournaments have half-ice game play
- Team wind-up normally takes place mid-March and the season is complete before Spring Break