



St. James Assiniboia Minor Hockey Association



Novice, Atom, Peewee, Bantam and Midget Girls (7-17) Program Information

Program information subject to change. Updated June 28, 2019

Rockets Titans Female Hockey is responsible for organizing the female minor hockey program for Seven Oaks (SOMHA) and St. James-Assiniboia (SJAMHA) areas.

Female hockey offers the opportunity for young girls to engage in a healthy, active lifestyle while learning valuable life lessons and developing new friendships that will last after the hockey season ends. Whether your daughter is just starting out or has been playing for a number of years – there are a number of great opportunities for her to become involved in female hockey.



Dates, Times and Locations

- Registration opens early August before the commencement of the season
- Season runs September to March
- Usually one game per week, mostly on weekends
- 2-3 practices per week, mostly on week nights
- Most teams register for 2-4 weekend tournaments
- Games take place at variable times at various arenas around Winnipeg
- Practices usually take place at arenas within St. James/Seven Oaks
- Approximately 60 -70 total ice times during the season

Costs

- Registration Fees: \$600-700 paid in August (see annual registration fees document)
- Team Fees: Approximately \$300-500 paid once teams formed. Team fees vary depending on number of extra practice ice times, tournaments, team apparel etc.
- Some teams choose to fundraise to reduce team fees

Program

- The Rockets offers A1 and A2 teams at the Novice, Atom, Bantam and Midget levels (ages 7-17)
- The Titans offers AA teams at the Peewee, Bantam and Midget level
- Follows Hockey Canada Long Term Player Development Model
- Emphasizes skill development (balance and agility, skating, puck control, passing, shooting)
- Coaches are parent volunteers who undergo Hockey Manitoba and Respect in Sport training
- Parent volunteers are also needed as managers, safety rep., tournament organizers/staff

Stages of Season

Early September - Evaluations (Tryouts)

- Tryouts take place at the Novice, Atom, Peewee, Bantam and Midget age groups (ages 9-17). At each age group, players will be pooled together from all SOMHA and SJAMHA community centres to create teams at different levels (A1, A2)
- Players are evaluated by outside evaluators during 2-4 evaluation skates
- After evaluations, players are placed at the A1 or A2 level
- Players can choose to try out for AA Titans at the Peewee, Bantam and Midget levels prior to Rockets tryouts

Mid-September - Team Formation

- Coaches are selected for each of the Rockets teams and teams are drafted
- All SJAMHA/SOMHA girls A1 and A2 teams ages 7-17 are called the Rockets, regardless of the home community club of players

October - February - Regular Season

- Novice Games: Two teams are on the ice, 4 on 4 play, score is kept, referees manage game
 - 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, at 12 minute intervals, groups rotate in/out of development zone.
- Atom, Bantam, Midget Games - Full-ice, 5 on 5, score is kept, referees manage game. Usually one game per week, mostly on weekends
- Practices - 2-3 practices per week, on weekends and week nights
- Tournaments - Most teams register for 2-4 indoor/outdoor tournaments, each consisting of 3-4 games

March - Playoffs

- All teams make the playoffs, and play until they are eliminated
- Season is usually complete before the end of March