

## **What to expect in U5 and U7...**

### **Timing and Equipment**

The U5 and U7 groups are required to wear full hockey equipment and typically skate both Saturday and Sunday mornings (with some coaches picking up extra ice as available). The season runs from mid-September until mid-March.

### **Under-5**

The U5 age group is intended for beginner skaters with an emphasis on fundamental skating skills. Coaches will divide players up into groups based on skating experience. The U5 group plays a few games against each other towards the latter half of the season.

### **Under-7**

For U7, depending upon registration levels, it is typically divided by age and ability into Tier 1 and Tier 2 groups. These groups continue to build upon fundamental skating skills but also introduce other aspects such as edge work, stick handling, shooting etc. The U7 age group plays half ice exhibition games starting in November. Games can be local against each other or may include a short travel to other centers such as Port Stanley, Belmont, Langton, Tillsonburg etc.

### **Player Movement**

Players in these age groups may be moved into a higher or lower division based on ability, space within a division and other factors. Movement will be done through consultation between coaches and parents with the goal of placing players where they can maximize development.

### **On-ice Helpers Needed**

In order for these younger age groups to be successful we require a lot of on ice volunteers, particularly while they are just learning to skate. Volunteers are required to complete a police check and the Respect in Sport Activity Leader training prior to being on the ice.

If you are interested in helping out please reach out to the U5/U7 Convener @ [hollycarrelrmt@hotmail.com](mailto:hollycarrelrmt@hotmail.com)