

## WHAT IS IT?

- A comprehensive Initiation (IP) program for the development of young children as hockey players.
- The main focus is on **Development** and **Fun**.
- Aim is to have participants and instructors continue in the game.
- U5 program is run by a development group to ensure a standardized start for each of our youngest players.

## WHO IS IT FOR AND WHAT DOES IT CONSIST OF?

- This is a Hockey Program for the **4-, 5-, & 6-year-old age group**. (See note below)
- The program follows the [OMHA recommendations](#) for ages U9 and below.
- The program is a "*Cross Ice*" program and consists of
  - U5: 20 hours (Saturdays)
  - U6/7: 30 hours (Saturdays and alternate Sundays)
  - U8 and U9: 38 hours (Saturdays and Sundays)of skating skills development and hockey stick/puck skills development.
- Your child does not need to know how to skate to join this program! For the younger ages (4 and 5) it is a great alternative to other skating programs!

## THE PROGRAM

The program follows the OMHA [U9 and below IP \(Initiation Program \) Player Pathway](#), including skating skills sessions and stick/puck & hockey sessions.

Registration opens annually in early April. Our season starts early to mid-October and runs to end March.

Scheduled ice times are typically on Saturdays & Sundays. Exact schedule times will be determined once registration closes and will be posted before season start. Please visit the website schedule.

## ARE ALL INITIATION PROGRAMS THE SAME?

MMHA provides a Certified Hockey Initiation Program that is sanctioned by Hockey Canada. We ensure that all of our Head Coaches have the required qualifications as mandated annually by the Ontario Minor Hockey Association and follow the Hockey Canada Initiation Program manuals and guidelines. Our u5 program is facilitated by an outside development group, standardizing the start for these new players. Further, this also allows for coach mentoring as skills are passed onto the coaches, so as they move up into other hockey streams the proper player development continues.

## MORE ON MMHA VOLUNTEERS FOR THE INITIATION PROGRAM

All volunteers have completed at minimum two online courses, Rowan's Law (concussion) instruction and have provided the MMHA with a current police check.

Head Coaches are required for each team and they have completed additional training including a full day Hockey Canada approved clinic that covers running a "typical ice session" refining Teaching Skills, Skills Analysis, Leadership, Communication, Growth & Development, and Lesson Organization.

Trainers are required for each team, and they have completed additional training in the prevention, recognition and management of hockey-related injuries. The course is the only sport-specific risk management, injury management and safety education program in Ontario

Other than development groups we retain to facilitate our U5 age group, all on ice Instruction Personnel are volunteers and are not paid Instructors.