

Coquitlam Minor Hockey Association

Welcome to Coquitlam Minor Hockey Association

Welcome to Canada's Game!



“Every day is a great day for hockey.” Mario Lemeiux

Coquitlam Minor Hockey Association “CMHA” is proud to be one of the largest and most respected associations in BC Hockey. We operate under the umbrella of the Pacific Coast Amateur Hockey Association (PCAHA), which governs our west coast minor hockey associations. PCAHA operates under the net of BC Hockey, which in turn is governed by Hockey Canada. CMHA is governed internally by our Policies and Procedures and our Constitution, both of which can be found on our website and which we encourage you to review.

We maintain a strong emphasis on teaching the fundamental skills of the game, team play, good sportsmanship, and building confidence and self esteem. We want our players to finish the season being proud of what they have accomplished both on and off the ice and the friendships they have made!

In this package, we hope you will find useful information to assist you with some of your questions. Please feel free to contact us with any questions you may have that we have not answered here.

You can access up to date information on all aspects of our league by going to our website at www.coquitlamminorhockey.org. We encourage you to check it regularly for timely changes or any questions you may have.

We strive to make hockey available to all the children and youth of Coquitlam, regardless of financial position. If you need confidential assistance to help make hockey affordable for your child, please contact our Registrar.

OUR MISSION STATEMENT

To provide the children and young adults of Coquitlam with the opportunity to play recreational hockey in a safe, enjoyable, and challenging environment.

Minor Hockey League Divisions

Little Chiefs (Initiation Minor - New to Hockey) (Skating is not a prerequisite)

This is an entry level program designed to introduce children 8 and under to the game of hockey, keeping them active and engaged while learning the skills of the game in a fun, safe and informative atmosphere. Our goal is to make sure that the players have FUN and enjoy learning the game of hockey. This program is a development program for players and coaches alike. Teams will have two scheduled ice times per week. Players require all protective hockey gear, including a neck guard.

Initiation Major - 6 year olds (Skating is not a prerequisite)

This division continues the program introduced in Hockey 1. The player focus is on development for the first part of the season and then enter into inter-association games during the later part of the season. The true emphasis is on a "FUN" learning environment! Teams will have two scheduled ice times a week, which will be determined at a later date. Players require all protective hockey gear, including a neck guard.

Novice Minor - 7 year olds (Skating is helpful, but not a prerequisite)

This division focuses on the further development of the player's skills with the addition of power skating lessons. Teams will begin inter-association games in mid-late October. Teams will have one practice and one game each week and players will have one power skating session per week for a portion of the season. Players require all protective hockey gear, including a neck guard

Novice Major - 8 year olds (Skating is helpful, but not a prerequisite)

This division continues to focus on development of the players skills with on going power skating lessons. Teams will begin inter-association games in mid-late October. Teams will have one practice and one game each week and players will have one power skating session per week for a portion of the season. Players require all protective hockey gear, including a neck guard.

Atom Division: (Ages 9 & 10)

This division introduces two different levels of hockey, recreational C league and Competitive A league playoffs, which is an introduction to Representative A league (Rep) hockey. Evaluations similar to what you have experienced in the earlier divisions take place for placement on C teams whereas tryouts are held for A team selection. Both leagues have playoffs at the end of the season where teams play for banners. The focus is on the continued development of the players and includes one power skating session for the players per week for a portion of the season. This level of play also introduces more focus on goaltending.

Pee Wee Division: (Ages 11 & 12) This division is the next step up from the Atom division. Players require all protective hockey gear, including a neck guard and concussion helmet. typically play at three high level tiers, A1, A2 and A3.

Bantam Division: (Ages 13 & 14) This division introduces a new component to the Rep leagues, body checking. Bantam division hockey is exciting and competitive in both C and A levels. Players in C hockey will continue to play against our neighboring teams in league play while players in Rep hockey may have to travel a little farther in the region.

Midget Division: (Ages 15,16 & 17) Unlike the previous three divisions, the Midget Division is comprised of three birth years to provide fun and exciting hockey in both C and A leagues. Many high schools are now forming hockey teams and compete against each other for a fun tournament for high school bragging rights. Players in this division are also eligible to try-out for BC Hockey high level hockey played in their regions Minor & Major Midget team division.

Juvenile Division: (Ages 18,19 & 20) This is the final division of minor hockey. This division has both C and A leagues as well as playoffs and Championship banners.

Volunteers Are Always Needed!

We are a non-profit organization, which can only run successfully with the help of the many people who volunteer each year. The more volunteers we have, the better a player's hockey experience will be. Training will be provided, especially for coaches and Hockey Canada Safety Personnel. Some of the ways you can help out are as Head Coach, Assistant Coach, Team Manager, HCSP, Team Parent, Tournament Volunteer, or as an Executive Member. If you are interested in coaching, please email our Coaching Coordinator. If you are interested in being involved in any other way, please contact our Administrator or our Parent Auxiliary Chairperson.

All families are required to put in some shifts to help keep our Association running and can get more information on our website and by emailing our Volunteer Coordinator.



“Growing up, if I hadn't had sports, I don't know where I'd be. God only knows what street corners I'd have been standing on and God only knows what I'd have been doing, but instead I played hockey and went to school and stayed out of trouble.”

Bobby Orr

What are my roles and responsibilities as a Hockey Parent in Coquitlam Minor Hockey Association?

1. First and foremost, support your child in this new venture. They might find it challenging but keep encouraging them as the payoffs are worth it. They will advance much quicker than they, or you, think. If they are needing extra help, please do not hesitate to reach out to your Division Coordinator who might be able to provide some options.
2. Remember, always, that as a parent, you are a spectator. This is your child's game. Your role is always cheerleader, never critic. Sadly, many children lose their love of the game and quit hockey later because of pressure.
3. Be a role model for your children (and other parents). Just like every other aspect of parenting, your behaviour is what your child bases their reactions, behaviour and experiences on. One of the best things about hockey is the tremendous opportunity for life lessons. Use these opportunities, to learn to lose with grace, win with sportsmanship, respect the authorities of the game and respect your opponent. Keep your talk positive. One of the worst things we hear is children bullying other children in the dressing room paraphrasing their parents comments about them.
4. Referees. Coquitlam Minor Hockey has **zero tolerance** for referee abuse. Minor hockey is the school for young referees. Children are on the ice officiating your children's games. This is how they learn. Mistakes will be made. Remember these are children. Some of them not much older than your own child. Check yourself and don't be afraid to remind other parents to do the same. Especially when the ref makes a mistake!

Hockey is passionate and brings out the loudest voice in all of us. The game of hockey is losing referees at a rapid pace and finding difficulty replacing them and the primary cause is parents and coaches berating, screaming and abusing them. Always remember, THESE ARE CHILDREN and ask if you would speak to a 12 or 13 year old on the street that way and one day, it may be your child out there. If you ever saw the face of 12 year old dressed in stripes crying in the dressing room because an adult or group of adults has screamed at him or her, you would never forget it.

5. Volunteering - without volunteers, we have no sport for our children. This organization is large with over 1200 players and officials. All parents are needed to contribute volunteer hours to both their child's team and to the Association. There are many options so work with your Team Manager and Division Coordinator to find something that suits you and your available time.

6. All parents new to CMHA must take Respect in Sport, for parents and Sportsmanship starts in the Stands.
<https://www.bchockey.net/RiskManagement/ParentProgram.aspx>

7. Finally, an excellent video series, based on the book by a hockey mom, called "Lessons Behind the Glass" is available on the BC Hockey website:
<https://www.bchockey.net/Content.aspx?id=297>

They're Little Kids Yet

*He stands on the ice with fear in his eyes;
Can't win the puck battles, no matter how hard he tries.
The puck has been dropped, the game is in play;
Here come the opponent on a clear breakaway.
He attempts to skate back with a lump in his throat,
"It's no use, he's too slow," his own teammates gloat.
The visitors chime in: "At least put up a fight";
He chokes back his tears, "I can't do anything right."
He looks to his bench, to his friends, to his coach,
Met with disappointing glares; he's too scared to approach.
The fun of the game has been taken away,
From these innocent children who just want to play.
When did the game become more about winning?
The pressure imposed is so unforgiving.
So take a step back and try not to forget,
This is minor hockey; they're little kids yet.*

~S. Roche

HOCKEY CANADA FAIR PLAY CODE

RESPECT THE GAME

Hockey Canada asks you to consider your role in showing "Respect" for the game, and for the people who make this the great game it is. How much do you RESPECT the game of hockey and all its participants? Take this simple test to see how you rate.

Check off the statements that apply to you.

- The safety of the participants in the game is more important than the final score.
- I value the contribution of the coach in developing the player's talents, even though I may not always agree with their methods.
- I understand that officials do not make the hockey rules, they only apply them.
- I understand that children learn from adults, and my behaviour reflects what I want children to learn.
- I understand that officials are responsible to ensure that the game is played in a safe and fair manner for all participants.
- I understand that players, coaches and officials are learning the game, and mistakes will be made in the learning process.
- I may not cheer for the opposition team, but I will also not cheer against them or verbally abuse them.
- I understand that the biggest reason for players and officials quitting the game is abuse.

(How did you rate? If you checked off 0-2 Step back and check your motives for being involved in the game; 3-4 on your way; 5-6 almost there; 7-8 outstanding



FAIR PLAY CODE FOR PARENTS...

- *I will not force my child to participate in hockey.*
- *I will remember that my child plays hockey for his or her enjoyment, not mine.*
- *I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.*
- *I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game / event.*
- *I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.*
- *I will never ridicule or yell at my child for making a mistake or losing a competition.*
- *I will remember that children learn best by example.*
- *I will applaud good plays / performances by both my child's team and their opponents.*
- *I will never question the official's judgement or honesty in public.*
- *I will support all efforts to remove verbal and physical abuse from children's hockey activities.*
- *I will respect and show appreciation for the volunteer coaches who give their time to provide hockey experiences for my child.*

10 WAYS TO BE A GOOD HOCKEY PARENT

1. Get involved with your child's team in a positive way. Volunteer!
2. Let your child know you enjoy having them involved with the game.
3. Don't lose perspective, emphasize the values associated with the game. There are many benefits that go far beyond winning or losing.
4. Be supportive and don't let expectations become a burden to your child. Remember this is their game to play, you are a spectator.
5. Model respectful behaviour for your son or daughter. **RESPECT THE REFS!** Remember they are someone's child and they are learning too.
6. Be there for your child whether they win or lose.
7. Make safety, respect, fair play and fun a priority.
8. Support your child emotionally.
9. Encourage your child to participate but avoid pressuring them to play the game. Remember this is their game to play, you are a spectator.
(Yes, that was intentionally repeated)
10. Communicate with all members of our sport in a professional effective manner, especially volunteers.



All new to CMHA players are required to have at least one parent complete the Respect in Sport for Parents program found online [here](#)

HOCKEY EQUIPMENT CHECKLIST

HELMET: Must be CSA approved and include a full cage or face shield. The cage/shield must be properly attached to the helmet with both screws and straps. Cages and shields must be properly sized to fit the helmet and child's head. J-clips must be in place to prevent excessive upward movement of the cage or shield. A chinstrap is also required and there must not be more than a 2 finger width space between the strap and underside of the chin when fastened. Loose/missing screws, cracks, decals and stickers (including name stickers) will void the CSA certification and are therefore prohibited.

MOUTH GUARD: The wearing of a mouth guard is not mandatory, but is recommended to protect against concussion and tooth injury. The mouth guard must be properly fitted so as not to restrict airflow.

THROAT PROTECTOR: There are three styles of throat protectors - hard bib, soft bib and neck band. It must be "BNQ" certified. The neck protector must be the correct size so as to stay in position, but not restrict movement or airflow.

SHOULDER PADS: Must be properly sized to fit the child. Proper shoulder caps that cover the outside/top of the shoulders must be in place. When properly fitted, the shoulder pad, elbow pad and glove form a continuous line of protective equipment down the arm. Some shoulder pads have more padding in the abdomen area and these are recommended for greater protection.

ELBOW PADS: Must have "doughnut" to fit elbow into. When in place, should create a continuous line of protections with the shoulder pads to protect the upper arm area.

GLOVES: Should be properly sized to fit the size of the player's hand. When in place, should create a continuous line of protections with the elbow pad to protect the lower arm area. There may be no holes or torn stitching in the palms of the gloves. Gloves can be repalmed and repaired at a shoe repair.

PANTS: Should be long enough to come down to the middle of the knee and high enough to cover the kidneys. Kidney pads, thigh pads, and tailbone pad must be in place. Either a belt or suspenders can be worn to hold up the pants.

ATHLETIC SUPPORT/CUP: must be properly sized and fitted for comfort and protection.

SHIN PADS: With the knee placed in the centre of the kneepad cup, the shin pad should extend from the bottom of the pants down to ankle height. The shin pad and skate boot create a continuous line of protection for the lower leg area. The tongue of the skate can be placed either in front of or behind the shin pad. Some styles come with attached straps or else straps can be purchased to keep the shin pads in place. There should be no loose or missing stitching.

SKATES: As proper fit of the skates is very important, it is best to have the skates professionally fitted. Do not buy skates to "grow into". With the toes touching the front of the boot, there should be a one-finger clearance between the boot and the heel. Loosen the laces, put the foot into the boot, then tap the back of the blade on the floor a couple of times to seat the heel into the back of the boot. Lace the skate using all the eyelets and do not wrap any excess lace around the ankle. Blades should be wiped dry after each use and kept free of nicks and sharpened.

STICK: the stick should be cut to a length so that it comes between the chin and the nose when the child is wearing their skates. Both the blade of the stick and the butt end must be wrapped in hockey tape. The butt end of the stick must be taped with enough of a knob at the end so as not to fit through the cage. The stick must not be splintered or cracked.

SOCKS: worn to cover the shin pads and should extend from the top of the foot to the top of the leg. Socks are held in place by either a garter belt or Velcro pads. Most players also secure the socks with hockey tape.

JERSEY: should be purchased large enough to comfortably fit over the shoulder/elbow pads. The jersey must be worn over the pants and not tucked in.



Coquitlam Minor Hockey Communication Flow

Your first contact during your hockey experience will be the **Registrar**. Any questions regarding registration or payments or financial assistance are to be directed to her.

Once you are registered, your next contact will be your **Division Coordinator** until you have been placed on a team. Once you are on your team, your primary contact for any team related issues will be your **Team Manager**.

If you cannot resolve the issue at the team level through your Team Manager, you have the option to escalate to your **Division Coordinator**.

At any time if you feel there are issues of bullying, hazing or harassment, you may contact the Risk Manager directly.

In the attached Newsletter that was sent out preseason, you will find contacts for your Coquitlam Minor Hockey Executive Board and Support staff as well as other valuable information.

You can also find all contact information under ABOUT on our website at www.coquitlamminorhockey.org

On behalf of our entire Coquitlam Minor Hockey community, we welcome you to our Association and look forward to many happy & exciting seasons of hockey!