

Twin Centre **ST★RS**

U7- U9 Programs



U7 Program Information

Age Groups: Players born 2019, 2020, 2021

Scheduling: October - March, 2-3 sessions/week, 40-50 mins/session

Equipment: Full hockey equipment required; Players receive Tim Horton's jersey and socks

Skills:

- Focus on introductory hockey fundamentals (skating, puck handling, passing, shooting)
- Fun activities such as skills centres, races and small area games
- 8 - 12 cross ice exhibition games
- 1-2 Jamborees

Instructors: Volunteer coaches and parents

Cost: \$620.00 plus \$125 fundraising fee

U8 and U9 Program Information



Age Group: Players born 2018 (U8); 2017 (U9)

Scheduling: October - March, 2-3 sessions/week, 50-60 mins/session

Equipment: Full hockey equipment required; TCMHA game jerseys and socks provided

Skills:

- Focus on age appropriate hockey fundamentals (skating, puck handling, passing, shooting)
- Skill centres and small area games
- U8 (½ ice games); U9 (½ games and full ice games)
- 2-3 Tournaments/Jamborees
- 30-40 games (exhibition, league, jamboree, tournament)

Instructors: Volunteer coaches and parents

Cost: \$770.00 plus \$125 fundraising fee