

# Twin Centre **ST★RS** U7- U9 Programs

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## **U7 Program Information**

**Age Groups:** Players born 2018, 2019, 2020

**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:** \$606.90 plus \$150 fundraising fee

## U8 and U9 Program Information



**Age Group:** Players born 2017 (U8); 2016 (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:** \$754.80 plus \$150 fundraising fee