

Twin Centre **ST★RS** U7- U9 Programs



U7 Program Information

Age Groups: Players born 2017, 2018, 2019

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

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

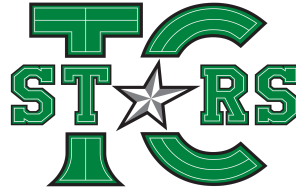
Skills:

- Focus on introductory hockey fundamentals (skating, puck handling, passing, shooting)
- Fun activities such as skills centres, races and small area games
- 8 - 15 cross ice exhibition games*
- 1-2 Jamborees*

* *Games and tournaments are dependent on provincial reopening plan/stage*

Instructors: Volunteer coaches and parent helpers

U8 and U9 Program Information



Age Group: Players born 2015 (U8); 2014 (U9)

Scheduling: Mid-September - 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)

* Games and tournaments are dependent on provincial reopening plan/stage

Instructors: Volunteer coaches and parents