



Smiths Falls Minor Hockey Association (SFMHA) Newsletter

September 2023

Welcome back to another season of Minor Hockey in Smiths Falls!

SFMHA is committed to player development and to promote play at a level that is appropriate for enjoyment. As part of this commitment, SFMHA conducts tryouts and evaluations at the start of every new season.

While the beginning of a new hockey season is an exciting time, it can also be stressful for both parents and players. To help make this time less stressful and more enjoyable, we have developed the following objectives and goals for everyone:

- Provide a fair and impartial assessment of a player's total hockey skills during the skating and scrimmage sessions.
- Ensure that players have a reasonable opportunity of being selected to a team appropriate to their skill level as determined during the on-ice evaluations of the current year.
- Provide coaches with input when building a team based in part on their own coaching philosophy and knowledge of player skills and attitude.
- Provide uniformity and consistency in the evaluation process so that player and parent expectations are consistent from year to year as players move through the various levels of the association's programs.
- Form teams to maintain balanced and competitive play where the athletes can develop and participate equitably and have fun playing hockey during the season.
- Provide feedback to foster player development.

As parents, you can assist in this process by:

- Ensuring full registration fees have been paid before your child can participate in the evaluation process. Registration fees are due on **October 1, 2023**. The only exception is for players who have not previously played for SFMHA. Contact SFMHA Treasurer, Erica Nicholson at treasurer@sfmha.ca to check on the balance of your account. If your child is not paid in full by the evaluation process, you will be asked to settle your account at evaluations.
- Getting your child to the arena no later than 30 minutes prior to their evaluation time. Note: your child can ONLY skate at his/her designated evaluation time.
- Having your child dressed and ready to go on the ice 15 minutes prior to their ice time.
- Ensuring that your child brings their own practice jersey and water bottle.
- Ensuring your child is dressed in full CSA-approved equipment. If players are missing any piece of equipment, they will NOT be allowed on the ice during tryouts or the evaluation process.
- Staying positive. Support your child throughout the process. Do not sweat the small stuff: kids fall, miss pylon, and passes. It is all part of growing as a hockey player.
- Setting your expectations accordingly. Do not assume your child will be placed on a specific team based on their drills and/or the scrimmage they participate in. Numerous players will be moved around throughout the evaluation process.
- Avoiding unacceptable behaviors during the evaluation process. This includes yelling at your child on or off the ice and communicating with evaluators, volunteer staff or SFMHA Executive members for ranking information or player placement feedback.

The following sections will provide further information for players and parents on all pre- season events as well as more detailed information on the process for try-outs and evaluations.

Respect In Sport Parent Program - Attention all U7 and U9 parents and any new parents to hockey. One parent from the household must complete the Parent Respect in Sport Course. The course is offered online and can be accessed through the following link:

[Respect In Sport for Hockey Canada Parents-Getting Started](#)

Criminal Record Checks - all coaches, trainers, dressing room monitors, managers and treasurers must have a valid vulnerable sector criminal record check on file with the SFMHA. The CRC's are valid for 3 hockey seasons. If you have questions regarding your status, contact SFMHA Risk and Safety Director Melissa Gemmell at gemmell_cuconato@hotmail.com Criminal background info and forms are available in the links section of the SFMHA website.

Used Hockey Equipment Swap

Saturday September 9th and Sunday September 10th- times TBD at the Smiths Falls Community Center (Upstairs). Donations can be made on Friday September 8th- Time TBD at the Community Center. (Donations will also be accepted on Saturday and Sunday). Swap open to SFMHA, Smiths Falls Cubs and Christian League players.

Questions-Contact Alex Ross- ahross@me.com

Warm-up Skates

This fall SFMHA is pleased to be once again including a warm-up skate for each player, which was part of each member's registration fee. These warm-up skates are being organized by the SFMHA Executive and run by volunteers. These skates are an opportunity for everyone to have a practice/warm-up by getting on the ice to get the kinks out before going through try-outs and/or house evaluations. There will be NO evaluators at these sessions. They will be structured to use similar evaluations that will be used during house evaluations (as rep try-outs are structured by the Rep coaches), so participation is strongly encouraged.

Saturday September 9

1:00 p.m.-U9 Group 1 (A-K)

2:00 p.m.-U9 Group 2 (L-Z)

3:00 p.m.-U11 Group 1 (A-K)

4:00 p.m.-U11 Group 2 (L-Z)

5:00 p.m. U13 Group 1 (A-K)

6:00 p.m. U13 Group 2 (L-Z)

Sunday September 10

5:00 p.m. -U15

6:00 p.m.- U16

Conditioning Camp Information

Mustang Hockey School is offering 3 hours of conditioning camp before the start of tryouts and evaluations for the cost of \$ 60. Open to players outside of SFMHA. Sessions will be held in the Community Centre at the following times:

U9 - Saturday August 26th at 5 pm ***new time**
Sunday August 27th at 5 pm
Tuesday August 29th at 6 pm

U11 - Saturday August 26th at 6 pm
Sunday August 27th at 6 pm
Tuesday August 29th at 7 pm

U13 - Saturday August 26th at 7 pm
Sunday August 27th at 7 pm
Tuesday August 29th at 8 pm

U15/U18 - Saturday August 26th at 8 - 9:30 pm
Sunday August 27th at 8 - 9:30 pm

You can register by sending an etransfer to mustangcondcamp23@gmail.com - make sure you put the players' name, conditioning camp and age level. Sign up early as spots will be limited.

Body Contact Information

In preparation for the upcoming season, SFMHA will be holding body contact clinics. The cost is \$ 45 for 3 one-hour sessions.

Saturday September 16th at 5 pm
Sunday September 17th at 8:30 pm
Thursday September 21st at 8:30 *new date and time

You can register on www.playpay.ca or send an etransfer to treasurer@sfmha.ca - make sure you put the players name and body contact. Sign up early as spots will be limited.

Goalie Development

Alternate Wednesdays beginning October 4 and ending February 7th- 5:30 - 6:20 p.m. in the Community Center.

Coach Meeting

Wednesday October 4 at 7:30 p.m. Mandatory ice session. Please RSVP to Allison Staples coach@sfmha.ca

Referee Development

Saturday September 23, 2023- 5:30-6:50 p.m. in the Community Center.

Please contact Referee in Chief Todd McKoy at referee@sfmha.ca for details.

Tournament Committee

Our Tournament Committee is looking for individuals who are interested in helping promote, organize, and help run tournaments this season. Interested parties may contact the Tournament Director Crystal Scott at: sf_battleofthebiscuit@gmail.com

Stay tuned for upcoming 2023-24 Smiths Falls Minor Hockey Tournament dates and times!

Call for Volunteers – Evaluators, On-Ice Instructors, Trainers and Dressing Room Monitors

It takes an army of volunteers to help throughout the try-out and evaluation process and we are thankful for the support and dedication that we receive each year. If you or someone you know has a strong knowledge of hockey and would like to volunteer as an Evaluator or On-Ice Instructor, please contact one of the following:

Vice President of U7 / U9 Alex Ross at u7-u9@sfmha.ca

Vice President of U11/U13 Andrew Drummond at andrewkdrummond@gmail.com

Vice President of U15/U18 Aaron King at u15-u16-u18@sfmha.ca

Coaching Director Allison Staples at coach@sfmha.ca

Evaluators must be independent and will only be allowed to participate in divisions where they do not have a child registered.

If you can volunteer as a trainer or dressing room monitor during any pre-season activity, please contact Stephanie Pepper at secretary@sfmha.ca. All trainers and dressing room monitors must also have Respect in Sport (formerly Speak Out) certification, Gender Identity and Vulnerable Sector check.

Evaluations will begin immediately following warm-up skates and will continue throughout the month of September. Please visit <http://sfmha.ca/> for master schedule.

Competitive (Rep B-level) Try-outs and House Evaluations

The SFMHA Executive has determined the number and level of teams for each division and has declared to the Upper Canada Minor Hockey League (UCMHL). The SFMHA Executive has designated the number of players/goalies to be selected for each team based on the total number of player registrations for each division and whether imports will be eligible for tryouts. Tryouts will place a significant emphasis on scrimmage and game simulation situations.

Teams declared for the 2023-24 season:

U7- 2 Jr and 2 Sr teams (subject to change based on increasing registration)

U9- Tier 4, 2x Tier 3, Tier 2

U11- Rep B, House B and C

U13- Rep B, House B and C

U15- Rep B and House B

U16- Rep B

SFMHA recommends that all players arrive no later than 30 minutes before the posted try-out or evaluation time to warm-up, get dressed in their equipment and receive any instructions from coaches, on-ice instructors and/or SFMHA Executive members prior to their session. Please refer to the master schedule on the <http://sfmha.ca/> website.

Upon arriving at the rink, please sign-in at the SFMHA registration desk. Players will be given a dressing room and a numbered pinnie which will be used to identify the player. Evaluators will only receive the player's pinnie numbers, not the players' names. Pinnies are to be returned, unless otherwise noted by registration staff, following each ice time.

If you miss all tryouts or evaluations, you may be placed on the lower-level team. SFMHA requires that parents and family members DO NOT sit by the evaluators. Please do not approach the evaluators with questions about rankings or marks. All evaluation information will be kept confidential.

Competitive (Rep B-level) Try-Out Process

Players interested in trying out for a competitive Rep-B team must present themselves at the first try-out time listed. The first try-out is open to any age-appropriate player and is mandatory unless communicated with the division Vice President (SFMHA Bylaw7A-4) – refer to contact information provided above. Try-outs for Rep level teams carry a \$25 per session try-out fee which is additional to the annual registration fee. Please bring cash for each try-out and exhibition game. There is no guaranteed number of skates each player will receive and there may be cuts following each session.

The Rep coach and/or member designated by the Rep coach will prepare and run their on-ice try-outs. The on-ice portion of the try-out is designated by Hockey Canada and has designated that all divisions U13 and below are NON-CHECKING and, as such, all competitive try-outs for the U13 division will be conducted as NON-CHECKING.

Following each try-out, the division selection committee, consisting of the Head Coach, his/her evaluators, and members of the SFMHA Executive, will review evaluation results agree on players to be released.

House Evaluation Process

Players interested in House B must attend the House B tryout evaluation times. There is no charge to attend House B tryouts and all non-rep players are welcome to attend the tryout. If a player is not interested in playing at the House B level, that player is not required to attend House B tryouts and will subsequently be assigned to the House C team and should report to the first House C practice/ice time.

The Upper Canada Minor Hockey League (UCMHL) has continued to keep the house league teams all **NON-CHECKING** and as such, all house evaluations will be conducted as **NON- CHECKING**. All evaluations will have a registered trainer on-hand should an injury occur.

Players will be ranked based on a standardized evaluation form looking at various hockey skills as defined by the SFMHA and Hockey Canada. Further information on the skills that the evaluators will be ranking is provided later in this document.

Following two evaluations the House B rosters will be posted on the SFMHA website <http://sfmha.ca/> no later than 9:00 AM EST, the date following the last ice time, with players being identified by a special alpha-numeric code given to each player at their first evaluation. There will be no releases after the first House B tryout. There will be two (2) evaluation ice times for each level. Following the final ice time, players/parents will be contacted by their coach. In cases where there are multiple teams in each division and level, a further scrimmage may be held prior to teams being finalized. The purpose of this scrimmage is to ensure teams are balanced.

Evaluation Criteria

The evaluation process will consist of skill evaluations and scrimmage sessions. The following skills have been identified as evaluation criteria. Note, not all the skills in hockey are equal; therefore, some skills may be weighted differently by division. These weightings will be taken into consideration in the overall ranking of players.

Forwards/Defence

Skating	Skating acceleration, speed, mobility, agility, balance, stride, crossovers, pivots, acceleration out of turns, quick feet, controlled skating, change of pace.
Passing	Passing, receiving, passing choices, on backhand, unselfish with the puck, presents a good target, receives and retains with control, touch passing.
Puck Control	Head ups, smooth and quiet, good hands, protection, in small spaces, in traffic.
Shooting	Power, accuracy, quick release, can shoot in motion, goal scorer, rebound control, variety of shots.
Positional Play	Ability to see the play developing both offensively and defensively and moves to support, judgment, anticipation, understands systems, disciplined.

Goaltenders

Skating / Balance	Stance, movement forward and backward (C cuts), lateral movement both shuffle and t-glide, acceleration to free puck.
Positional Play	Good angles, right depth for play, well set in time for the shot, square to shooter, ability to anticipate next play, good post save response.
Puck Control	Control of rebounds, ability to freeze puck when required, handle puck well outside of net, stops rims, sets put for defence, strong accurate passes to team mates.
Quickness / Reactions	Quickness of hands and feet, ability to react quickly to broken play.
Focus / Concentration	Emotion control, maintaining composure, ability to focus after bad goal, able to focus on puck through a crowd, communicates well with team mates.
Second Effort	Not willing to give up on a play (in practice and game), second effort to stop puck.

Releases

After all Try-Outs: Releases will be posted on the SFMHA website no later than 9:00 am EST the date following the try-out with released players being identified by a special alpha-numeric code given to

each player at their first evaluation. A date/time will also be posted where players/parents can meet with the Head Coach to discuss the evaluation results and provide constructive feedback to the player so they can understand their strengths/weaknesses for continual improvement. This meeting is to be conducted during the assigned time by appointment only.

Following the second try-out, the Head Coach may be allowed to carry a limited number of players to **ONE** exhibition game for further evaluation in a game situation. Players will be notified that they are being carried forward and will attend a fourth release session following the exhibition game. If the date/time of the exhibition game is held after house evaluations begin, affected players will be required to attend house evaluation sessions.

Once a player is released from Rep try-outs, they will proceed to the SFMHA house evaluation process and must attend the first evaluation time.

Grievance Process

No grievance will be entertained until the try-out or house evaluation process has been completed and team(s) are selected. Grievances will only be entertained if:

1. Submitted via email to the respective Division Vice President
2. The 24-hour waiting period has been observed.

If either of the above is not observed, any grievance will be rejected. Upon receipt of a grievance, the Division Vice President will:

1. Confirm with the Director of Risk and Safety that a SFMHA Code of Conduct has been filed for the player
2. Review the matter to determine whether the policies and procedures set out herein have been followed
3. If there has been a deviation from the applicable policies and procedures, bring this grievance to the Discipline Committee who will consider whether any substantial unfairness has resulted
4. Where there has been substantial unfairness, the Discipline Committee may take such a course as it decides, with absolute discretion, to deal with the matter

A grievance regarding a player's evaluation or team placement will not provide the player and/or parent/guardian the right to review evaluation forms or evaluation tabulations. These forms and tabulations may be reviewed by the members of the Discipline Committee as part of any review that is directed. All evaluation records will be available for Committee review for at least 2 months following team registrations.

SFMHA Bylaw: Injured/Illness during the Tryout Process

- A player who wishes to try-out for any competitive (rep)/house team but is unable to tryout due to injury or illness must notify SFMHA President or Vice-President before tryouts begin. If the injury/illness happens during tryouts, SFMHA Vice-President must be notified immediately and/or before the player's next tryout session. If proper notification is not given, considerations will not be made (medical verification may be required)

- When the player is cleared to return to play, the player will be placed on the lower-level team.
- If a position opens at the higher-level team, this player may be evaluated and considered, along with those who were previously released from the higher-level team. In this situation, neutral evaluators will be used, and new evaluations will be conducted for those players involved (players who did not attend the tryout without proper injury or illness notification will not be considered)

SFMHA 2023-24 TRY-OUTS AND EVALUATION TIMES

Note: All Rep Tryouts (U9 Tier 2, U11 Rep, U13 Rep, U15 Rep, U16 Rep) are \$25.00 each session.

First Tryout dates are:

Please visit <http://sfmha.ca/> for the full tryout schedule.

U9 Sunday September 24 at 4:30 p.m.

U11 Thursday September 21 at 7:00 p.m.

U13 Tuesday September 12 at 7:00 p.m.

U15 Sunday September 24 at 8:00 p.m.

U16 Sunday September 30 5:30 p.m.