



Down at the Rink: A guide for new parents



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Introduction

Over the last several years there have been different types of forums and summit meetings whereby the Branch, then known as the Ottawa & District Hockey Association, attempted to not only meet but also to provide the parents and participants in its various levels of hockey programs with the latest of information either received from Hockey Canada or produced by its own internal organization.

Since the need for effective communication with the parents and participants was always a key topic of discussion at these information sessions, Hockey Eastern Ontario (HEO) has prepared this document as a means by which parents can be provided with meaningful information regarding their child's experience in minor hockey.

Parents are influential decision makers regarding their children's activities and need to be informed of the issues pertaining to their involvement with the game. It is important that parents, and players in particular, are aware and informed of their options in order to make their experience a positive one.

This guide will outline numerous points of interest to HEO parents and players such as:

- How is the HEO structured?
- What District and/or Association do I contact to register my children?
- What is included in my membership fee?
- How can I get involved?

And, other important information that is relevant to both the parent and the player. It represents the HEO's commitment to excellence.



Message from Hockey Eastern Ontario

Communication is perhaps the key to success. Effective communication educates people and helps solve problems. The HEO Participant/Parent Guide “Down at the Rink” is an excellent resource for anyone involved in hockey because it communicates information to new and returning participants and parents. It is not designed to be a manual or a complex resource. The HEO Participant/Parent Guide is designed to inform you of the big picture, how you are a part of it and what you can do to make a positive impact.

In recent years, HEO has taken an active role in promoting hockey and encouraging new people to participate through our various programs. The HEO Participant/Parent Guide “Down at the Rink” will receive a wide distribution across the Branch and it is hoped that it is received with positive feedback. We hope to improve this publication each year to help people make educated choices when contemplating participating in our game.

This is HEO's first edition Participant/Parent Guide “Down at the Rink”. We are extremely appreciative of the support that we have received from other Branches as well as Hockey Canada in order to produce this excellent resource.

I truly hope that you enjoy this publication and welcome your comments and recommendations so that we can continue to improve our level of service to the membership across Hockey Eastern Ontario.

Have an enjoyable season!

Yours in Hockey

Mike Depratto
President
Hockey Eastern Ontario



About Hockey Eastern Ontario

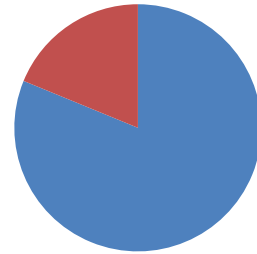
Hockey is Canada's game. It is recognized and valued for its contribution to developing individuals and communities. As a result it has a huge fan base and public support. Today, hockey is played around the world in over thirty countries and is an Olympic sport. There are millions of players world-wide participating at various levels.

A major part of the development of hockey in Canada has been centered in the Province of Ontario. For over seventy-five years, the community-based minor hockey programs of Hockey Eastern Ontario (HEO) have been an integral part of the game.

HEO provides hockey opportunities through our ten Districts and 59 Associations for men, women and children of all ages, gender, race and ability. Through our volunteer-based programs, HEO has worked hard at directing and coordinating a superior standard of organization and service. Since its inception, the goal of HEO has been to provide opportunities for members to play the game within their hometown hockey programs.

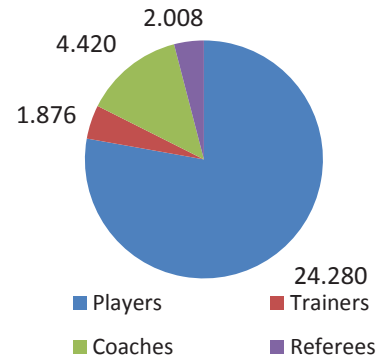
The objective of HEO is to remain as the leader of minor and junior hockey administration and continues to set the standard in these areas for many years to come.

HEO PLAYER CLASSIFICATION BREAKDOWN



■ Recreational ■ Representative

HEO MEMBERSHIP



■ Players ■ Trainers
■ Coaches ■ Referees

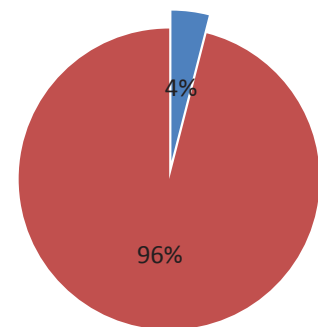


HEO AGE BREAKDOWN OF PLAYERS



Statistics based on 2014-15 season.

HEO MEMBERSHIP AS SEGMENT OF NATIONAL TOTAL



■ HEO ■ Hockey Canada

HEO Communications

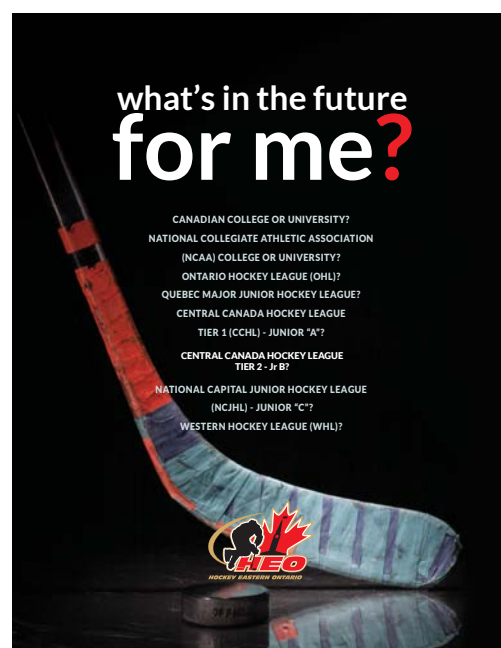
Throughout this guide find reference to different communication vehicles used within the minor and junior hockey world to distribute information and keep members world informed. More information on each of these sources and where they can be found is discussed below?



HEO WEBSITE (www.hockeyeasternontario.ca)

This website is the central communication vehicle for all of the Districts and Associations within the Branch. It provides information and linkages for the following subjects:

- Contact information for the office staff and members of the HEO Board of Directors;
- Development projects and contacts for same;
- Initiation Program;
- Risk & Safety parameters/requirements;
- HEO skills & coach/trainer clinics;
- Trainers Program;
- Coaches/trainers wanted—directs reader to the organization in search of coaches/trainers;
- Members Corner;
- “What’s in the Future for me?” booklet which provides information in a Q & A format on options concerning CIS, NCAA and Junior hockey;
- FAQ-Frequently Asked Questions; and
- Linkages to the following related websites:
 - HEO Minor;
 - CCHL (Junior “A” Hockey League);
 - CCHL2 (Junior “B” Hockey League); and
 - NCJHL (Junior “C” Hockey League).



OTTAWA DISTRICT MINOR HOCKEY ASSOCIATION (www.heominorca)

This website is the main website for minor hockey within HEO and provides the following information:

- Contact information for the executive as well as for the districts and related associations;
- Tournament search engine;
- HEO Minor forms, documents, procedures and policies; and
- Current events' locations and dates.

HOCKEY CANADA WEBSITE (www.hockeycanada.ca)

The Hockey Canada website provides news and information on hockey from the Olympic and World Championship level down to grassroots minor hockey. It also contains the Hockey Canada Rulebook featuring playing rules.

HEO Core Values

The following core values of Hockey Eastern Ontario have been adapted by our organization and our participants as leaders and stakeholders in both minor and junior hockey. They guide us in everything that we do.

Leadership – Take a leadership position in the administration and delivery of Programming in minor and junior hockey in Canada—lead, develop and promote positive hockey experiences.

Pursuit of Excellence at the Individual, Team and Organizational Level – Each member of the organization, whether player, volunteer or staff, should seek to Perform each aspect of the game to the highest level of his or her ability.

Sportsmanship – Foremost of all values is to learn a sense of fair play. Become humble in victory, gracious in defeat. We will foster friendship with teammates and opponents alike.

Enjoyment – it is important for the hockey experience to be fun, satisfying and rewarding for all participants.

Respect for the Individual – Treat all others as you expect to be treated.

Loyalty – We aspire to teach loyalty to the ideals and follow members of the game of hockey.

Integrity – We seek to foster honesty and fair play beyond mere strict interpretation of the rules and regulations of the game.

Teamwork – We value the strength of learning to work together. The use of teamwork is reinforced and rewarded by success.

Our People

Although developing on-ice skills is a large part for registering in hockey, it is what a person learns off of the ice that is more important. It is what HEO calls “People Development.”

HEO sees the people involved in hockey as the single biggest factor in our success. The values of teamwork, physical activity, work ethic, community spirit and a positive attitude are not as measurable as how many goals a player scores but are more valuable to their overall development. Additionally, HEO believes that our programming builds loyalty and retains those skills within HEO for years to come. It helps continue the “Hockey Circle of Life”.

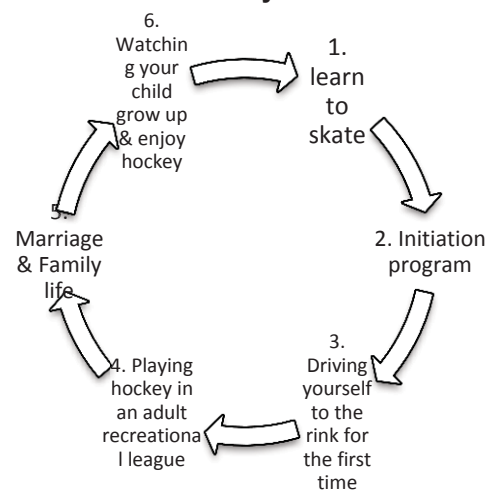
Your Local Minor Hockey Association

The foundation of Canadian hockey begins with your local association. It is here where volunteers set the standard for administration of registration, scheduling, fundraising and most importantly create a positive memorable experience for everyone involved in the game.

Your local Association is the first place you should turn to if you have a question or concern. They are empowered by people with a wealth of knowledge and experience eager to help you.

The job demands in your local Association require a wide range of skills with a high level of complexity. Regardless of the size of the organization, it is vital to ensure that individuals responsible for volunteers

HEO's “Hockey Circle of Life”



Hockey Eastern Ontario (HEO) Participant/Parent Guide

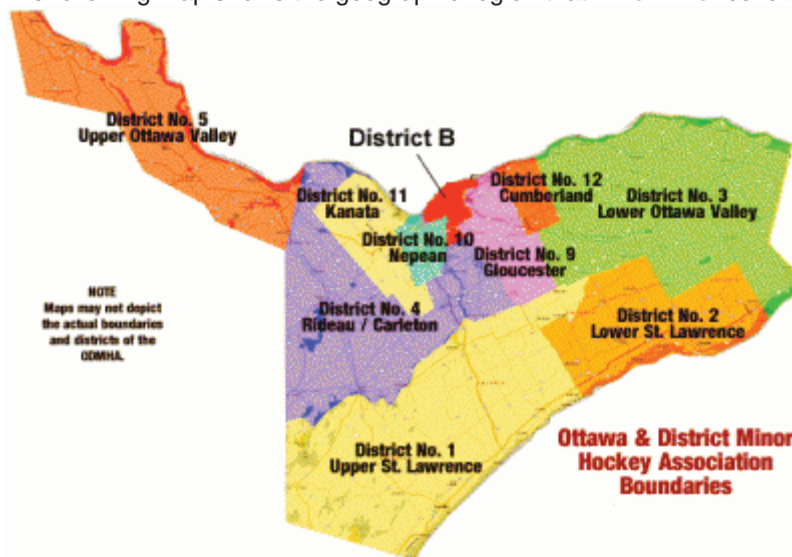
have the necessary skills, experience and support to do the job well. HEO supports your local Association with tools and resources to help them with their jobs.

Where do you fit?

HEO is a proud member of the thirteen Branches within Hockey Canada. As a member of HEO, you are entitled to several key benefits. These include Hockey Canada insurance and sanctioning for participation against other Hockey Canada or International Ice Hockey Federation (IIHF) registered member teams. In addition, HEO members have exclusive access to events and unique hockey development programs.

HEO Structure

The following map shows the geographic region that HEO Minor covers. It also shows the various districts.



HEO is divided into ten Districts and within these districts we have a total of fifty-nine Associations i.e.,

Districts

Associations

District I—Upper St. Lawrence

Athens Minor Hockey Association (MHA)
Brockville MHA
Kemptville MHA
North Dundas MHA
North Leeds MHA
Rideau St. Lawrence Kings MHA
Smiths Falls MHA
South Dundas MHA
South Grenville MHA

District II—Lower St. Lawrence

Akwasne MHA
Alexandria MHA
Char Lan MHA
Cornwall MHA
North Glengarry Stormont MHA
Seaway Valley MHA

Hockey Eastern Ontario (HEO) Participant/Parent Guide

South Stormont MHA

HEO Structure (cont'd)

District III—Lower Ottawa Valley	Casselton MHA Clarence Township MHA Eastern Ontario Cobras MHA Embrun MHA Eastern Prescott Russell MHA Rockland MHA St. Isidore MHA Tri-City MHA
District IV—Rideau Carleton	Almonte Pakenham MHA Carleton Place MHA Osgoode Rideau MHA Ottawa Silver Seven Perth Lanark MHA Richmond Munster MHA Stittsville MHA West Carleton MHA
District V—Upper Ottawa Valley	Arnprior MHA Barry's Bay MHA Deep River MHA Eganville & District MHA Greater Petawawa MHA Muskrat MHA Pembroke MHA Renfrew MHA Upper Ottawa Valley Aces MHA
District B—Central Ottawa	Canterbury MHA Ottawa Centre MHA Ottawa East MHA Ottawa Sting MHA Ottawa West MHA South End MHA West End Hockey League MHA
District IX—Gloucester	Blackburn MHA Gloucester Centre MHA Gloucester Rangers Leitrim MHA Metcalf MHA Orleans MHA Russell MHA
District X—Nepean	Nepean MHA
District XI—Kanata	Kanata MHA

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District XII—Cumberland

Cumberland Jr Grads MHA
Cumberland Dukes

HEO Structure (cont'd)

“AAA” Zones

Zone One—Upper Canada Cyclones MHA

Zone Two—Ottawa Senators MHA

Zone Three—Ottawa Valley Titans MHA

Zone Four—Ottawa Jr 67's MHA

Zone Five—Eastern Ontario Wild MHA

Ottawa District Minor Hockey League

AAA League

AA/A League

Lanark Carleton MHL

Lower St-Lawrence League

OBMHL

Upper Canada MHL

Upper Ottawa Valley MHL

Junior Hockey Leagues within the HEO

- Central Canada Junior Hockey League Tier 1 (CCHL) www.centraljuniorhockeyleague.ca
- Central Canada Junior Hockey League Tier 2 (CCHL2) www.cchl2.pointstreaksites.com
- National Capital Junior Hockey League (NCJHL) www.hometeamsonline.com/?NCJHL

I Have a Question—Who Do I Contact?

Depending on the question, your quickest way to find direction is to go to the HEO website under the “Contact Us” section. You will be able to locate information for the various portfolios within HEO and obtain advice relevant to your question. A quick call to the HEO office at 613-224-7686 will either provide you with a direct answer to your question or will direct you to the expert who has the answer for you.

Here are some of the common areas where most questions can be answered:

- **Registration and Playing Rules:** Your local Association and/or District executive member
- **Coaches/Trainers/Officials:** HEO website in Development Programs and/or the HEO office
- **Marketing and Sponsorship:** HEO office and ask for Jeff Baker, Technical & Marketing Director
- **Administration:** HEO office
- **Risk Management:** Your local Association and/or the HEO office
- **Finance at the local Association level:** HEO office



Office: 613-224-7686

Email: info@hockeyeasternontario.ca

HEO Membership Benefits

When you register with your local minor hockey association and Branch, you become part of a family in excess of 600,000 members nationwide. The HEO is one of the thirteen branches that make up the Hockey Canada family.

As a member of the HEO, you are entitled to many privileges:

- ✓ Mandatory helmets for coaches
- ✓ Mouthguard Policy
- ✓ On-line Registration
- ✓ Continuing education for coaches
- ✓ Player Insurance
- ✓ Neckguard Policy for Players
- ✓ HEO Participant/Parent Guide
- ✓ STOP Program
- ✓ Chrysler Caravan for Kids Program
- ✓ Corporate Sponsorship Programs
- ✓ Facemasks for Players
- ✓ Mobile team and player statistics

In addition to regular league, tournament play and world-class development programming, HEO offers a number of programs for players at all age groups.

Visit www.hockeyeasternontario.ca for a complete description of all of these programs and events.



Why should you be a member of Hockey Canada?

Hockey Canada, through its member Branches, is committed to providing the best services possible to our members from coast to coast. Our Mission Statement—Lead, develop and promote positive hockey experiences doesn't refer strictly to our on-ice capabilities but also to our commitment of excellence to our members. We have compiled this information to highlight the programs that we offer and the overall benefits of being a member of Hockey Canada.

Our Hockey Canada programs are the benchmark by which other hockey programs and leagues are measured. In fact, many of these organizations use our materials, such as our playing rules and manuals in their programs. Hockey Canada is indeed the measuring stick for hockey programming in this country. Why would you not want to be a member of the leading hockey organization in Canada?

National Sport Governing Body of Hockey

When you register with your local hockey association and Branch, you become part of a family in excess of 700,000 members nationwide, all of whom share a passion for our great game. Hockey Canada is the governing body for hockey in this country and is the only recognized organization based in Canada that is a member of the International Ice Hockey Federation. Hockey Canada is respected around the world, not only for our expertise in the game of hockey, but also for our volunteer structure and our administration of sport in general. As a member of Hockey Canada, you are connected with the organization that selects, trains and operates Canada's national hockey teams at all levels, both male and female.

HEO Membership Assessment

Each year, members of HEO pay a membership assessment fee to Hockey Canada, HEO and your local hockey Association. The following fee structure represents the cost of being a member of Hockey Canada, HEO and your local hockey Association.

HEO is a registered not-for-profit corporation that is bound by By-laws and Regulations. Most HEO member Associations are also not-for-profit corporations. A complete financial report is presented to the membership at the Annual General Meeting.

Membership benefits include access to premium insurance coverage, travel and development programming.



Registration



Once again for the 2014-15 season HEO registration of players and team rosters will be administered through the Hockey Canada Registry (HCR). The Hockey Canada Registry (HCR) is customized for hockey and is used by the majority of Hockey Canada Branches across the country.

IMPORTANT INFORMATION FOR PARENTS

Before registering for hockey, be sure to visit your Association's website or contact them directly for information about registration procedures and other relevant information.

Returning – If your association uses the HCR parent online registration and you registered using this online system in the previous season, your account login information remains the same. If your child played hockey anywhere in Canada in any prior season, he/she will have a record in the HCR which you will be able to access once your account is created.

New Registrants – If you are using the HCR online registration system for the first time you will be directed to set up a new account.

WHAT IF YOUR FAMILY MOVED?

If your family has moved, please contact the new local minor hockey Association with which your child will be registered. They will provide you with the required form to begin the process. This will ensure there are no delays in your child playing with their new Association.

99%

The percentage of feedback coaches give players when they have the puck. Ironically, players only have the puck on their stick for 0.2% of the game!

I'M A NEW PARENT TO MINOR HOCKEY — WHAT SHOULD I EXPECT?



Supporting your child with positive encouragement will make the experience positive

Hockey Eastern Ontario (HEO) Participant/Parent Guide

As a parent, it is your responsibility to be the key figure in your child's hockey development. Whether it is on or off of the ice, the "little things" that you do or say can influence your child's experience and attitude towards the game. It is vital that you remain active and positive throughout the process. Parents have the right to be involved and ask questions such as:

1. What role can I play in my child's hockey development?
2. How will the Minor Hockey Association and their coaches communicate with me?
3. What resources/parent education opportunities are available?
4. We are experiencing financial hardship—is there a confidential number or website that we may call to obtain assistance for my child/children to experience our winter national game?
5. When do we have a responsibility to do or say anything to a parent who is exhibiting embarrassing behaviour in the hockey environment? Should we speak up? Should we talk to the person? Should we report the incident to someone else?
6. How will my child make the transition from no body contact to checking?
7. What is the cost of participating?

Fair Play Code for Parents

- ✓ I will not force my child to participate in hockey.
- ✓ I will always remember that my child plays hockey for his or her enjoyment, not for 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 the game.
- ✓ I will make my child feel like a winner every time by offering praise for competing fairly and for trying hard.
- ✓ I will never ridicule or yell at my child for making a mistake or losing a game.
- ✓ I will remember that children learn best by example. I will applaud good plays and performances by both my child's team and their opponents.
- ✓ I will never question the official's judgment or honesty in public.
- ✓ I will support all efforts to remove verbal and physical abuse from children's hockey games.
- ✓ I will respect and show appreciation for the volunteers who dedicate their time to my child's development.

Download your Hockey Canada Season Planner

Need to plan your hockey season?

Visit: http://www.hockeycanada.ca/index.php/ci_id/159486/la_id/1.htm
to download your planner.

Your Investment to Play Hockey

Hockey can be an expensive sport for your child to participate in so it is important that you understand what your investment will be.

Annual fees can be the biggest financial investment for a parent. Speak with your local Association about what is included as part of your registration fees. Ask how much money is allocated towards items such as ice time, administration, officials and travel. Your team also sets a budget for things like tournaments, buses, hotels, team apparel and fundraising. Talk about this at the first parent meeting to clearly understand how much money will be required this season.

✓ **Estimated Registration Fees for Minor Hockey** (includes ice time, officials, administration)

Recreational = \$550 per season

Representative = \$1,500 per season

Time is another major investment for parents and players. Balancing a busy work or school schedule with hockey practices and games can be a challenge. Prior to registering, consult your family members to ensure that your child(ren) will be able to commit to hockey while maintaining their school priorities.

You might also want to start a hockey savings account. Set up an automatic deposit program to this account. Encourage your son or daughter to contribute a portion of their allowance or earnings from a part-time job toward this account.

There are several places where parents can seek assistance with registration fees or equipment. Here are a few:

Children's Fitness Tax Credit

The Federal Children's Fitness Tax Credit allows parents to claim a maximum of \$500 per year for eligible fees paid for each child who is under 16 at any time during the year. Visit www.cra.gc.ca for details.

Minor Hockey Foundation of Ontario

The Minor Hockey Foundation of Ontario was created to support minor hockey players in the Province of Ontario. The Foundation assists players seeking post-secondary education, players who require financial assistance in order to play minor hockey and the Let's Learn Hockey Program. Visit www.hockeyfoundation.ca.

Hockey Eastern Ontario Equipment Assistance

Hockey Eastern Ontario (HEO) collects both new and used equipment for re-distribution at no charge to those in need of equipment to enable them to play hockey. The equipment is stored by HEO and arrangements can be made for free pick-up either in person or via a minor hockey association by contacting HEO either by telephone at 613-224-7686 or via www.hockeyeasternontario.ca.

Did You Know?

You can choose your investment no matter what level your child plays. Speak with your Coach about what is required for practices, tournaments, games, travel and training.

Tournaments – Excitement on the Road

HEO tournaments are very popular hockey gatherings surrounded by an atmosphere of excitement and anticipation each hockey season. Some of the most renowned minor hockey tournaments are sanctioned by HEO. Tournaments are held in locations all over Ontario, eastern Quebec and the northern United States that HEO minor teams attend. One of the most prestigious minor hockey events in the world is the Bell Capital Cup which is held in Ottawa and attracts teams from as far away as the United States, Europe, China, Russia and Mexico.

Tournaments are a fun way for families to get together, travel to different communities and meet new people. This is where friendships are created that will last for a lifetime. HEO volunteers annually administer over HEO sanctioned tournaments.

Visit www.heominor.ca for a complete listing of tournaments including tournament schedules and statistics.

Tournament Information:

Dates Held	House League	Competitive “B	A/AA	AAA
Regular Season	238	99	32	11
Christmas Break	52	10	10	5
March Break	33	4	1	0

Tournaments at Each Level:

Age Group	House League	Competitive “B	A/AA	AAA
Juvenile	3			
Midget	40	20	6	3
Minor Midget		9	3	
Bantam	53	17	5	1
Minor Bantam		6	4	1
PeeWee	56	21	6	4
Minor PeeWee		4	5	3
Atom	66	24	9	2
Minor Atom		3	5	1
Novice	64	9		1
IP Fun Day	41			



Equipment

Finding the right equipment can sometimes be a challenge with so many options available on the market. Your most important decision before starting hockey should be to purchase properly fitted and comfortable equipment. When equipment is not suitably fitted, the player may be injured. This starts from the undergarments to the type of stick your child will use.

Three important factors should be stressed when evaluating hockey equipment. A) that the equipment is in good condition, B) that the equipment is well maintained throughout its life span and C) that the equipment fits properly. "Hand-me-downs" are a great way to save money but be sure to carefully inspect the items to ensure that they are safe to wear. Plan a budget for purchasing equipment. The most expensive equipment is not always necessarily the best for your child.

We recommend that you consult with a professional sporting goods retailer for advice before you purchase any product.

Hockey Canada offers an excellent resource called **SAFETY FOR ALL**. This book contains information about insurance policies as well as tips on equipment fitting. You can download a copy of it by visiting hockeycanada.ca.

How much will equipment cost?

The following costs are based on suggested retail prices before taxes of entry-level equipment.

Estimated Cost (Forwards & Defence) = \$545

Estimated Cost (Goaltender) = \$1,430

Youth Starter Kits are available and can range from \$84.00 to \$129.00. Contents typically includes shin guards, elbow pads, hockey pants, hockey gloves, shoulder pads and a hockey bag to carry it all in. It is important to have your equipment fit you properly. Starter kits often come in one size so ask your Retailer prior to purchasing if the equipment is suitable for your child. Helmets, skates, sticks and other equipment are additional expenses. Contact your local association about equipment swaps or visit a sporting goods store for more information. Remember, you can also contact the HEO office to enquire about the possibility of picking up some excellent used equipment at no cost.



The proper equipment improves performance, safety and the enjoyment of the game.

Did you know?

Proper maintenance of your equipment will prolong its life. Regular cleaning of the equipment in your washing machine or an equipment specialist will help eliminate bacteria growth and the smell!

Your Child's Safety

HEO has long been regarded as an innovator of hockey safety through the various initiatives since the early 1950's but perhaps the biggest contribution has been the development of the Trainer's Program. Safety has always been placed at the forefront by the HEO Trainer's Program and is led by several industry experts whose knowledge and experience keeps the Program up to current standards of safety.

Teamwork extends beyond the teams playing on the ice. Communication between Referees, Trainers and Coaches is vital to maintaining a safe environment. This is established at the beginning of every game with the Fair Play Initiative.

HEO has also taken a leadership position with the following safety initiatives:

- ✓ **Hockey Insurance Program – 1953**
- ✓ **Helmets for Players – 1969**
- ✓ **Facial Protection for Players – 1972**
- ✓ **Helmets for Officials – 1975**
- ✓ **Development of the Trainer's Program – 1980**
- ✓ **Mandatory Safety Person for each Rep Team – 1995**
- ✓ **Helmets for On-Ice Team Officials – 1999**
- ✓ **Mouthguard Policy – 2000**
- ✓ **Trainer Supervision Program – 2000**
- ✓ **Mandatory Safety person for every hockey team – 2003**
- ✓ **STOP Program participation – Adopted the program in 1999 and made it mandatory in 2003**
- ✓ **Bodychecking module added to HEO clinics – 2004**
- ✓ **Throat Protectors for all players – 2000**



What Does My Hockey Canada Insurance Cover?

Hockey Canada Insurance programs are in place to protect every registered player, team official, on-ice official and volunteer involved in Hockey Canada sanctioned hockey activities.

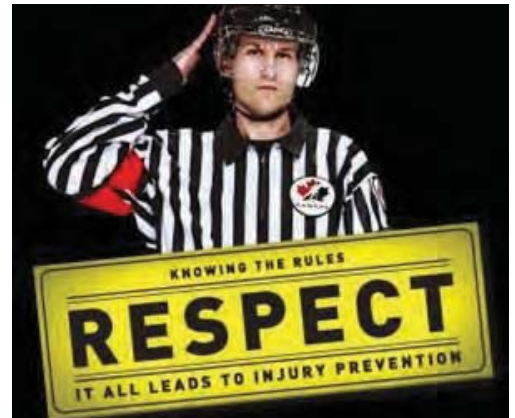
- ✓ Download the **SAFETY FOR ALL** book at hockeycanada.ca to learn more.

Head Contact

The new Head Contact Rule was unanimously approved at Hockey Canada's 2011 annual general meeting. The new rule calls for zero tolerance on any head contact in minor and female hockey and came into effect for the 2011-12 season.

Both HEO and Hockey Canada are serious about working with administrators, coaches, trainers, officials, parents and players to create the fun and respectful environment we all expect in the game. The rule changes combined with education, awareness, strong player development and respect for the game will reduce injuries such as concussions and help to keep the game fun for all.

HEO spent a considerable amount of time and effort dedicated to the implementation of the new Head Contact rule which included videos of acceptable and unacceptable contact as well as links to numerous Hockey Canada resources for minor hockey associations, participants, parents and volunteers to assist with the implementation of the new rule.



Stickers on Helmets

The life-span of a hockey helmet is not easy to determine. Many factors, including the amount and type of use, care and maintenance, storage etc. determine a hockey helmet's life-span. Consumers should exercise good judgment as to the suitability of a hockey helmet for play. Helmets that are cracked, have loose fittings or missing liner pieces or have been subjected to a severe blow should be replaced.

Virtually all hockey helmets sold in Canada bear three stickers (CSA, HECC, CE). Additional stickers can be placed on the helmet providing that they meet the CSA and manufacturer's safety standards.

For more information on the STOP Program please visit www.safetytowardsotherplayers.com



Recreational (House League) vs. Competitive (Rep)—What is the difference?

RECREATIONAL (HOUSE LEAGUE) HOCKEY:

Recreational hockey is often referred to as House/Local League hockey within an Association. House League programs emphasize skill development, teamwork and simply having fun. These teams typically do not travel outside of their own Association and if they do, it is to other Associations within very close proximity. Recreational hockey comprises about sixty-five percent of HEO membership. More than games are played at this level each season.

REPRESENTATIVE HOCKEY:

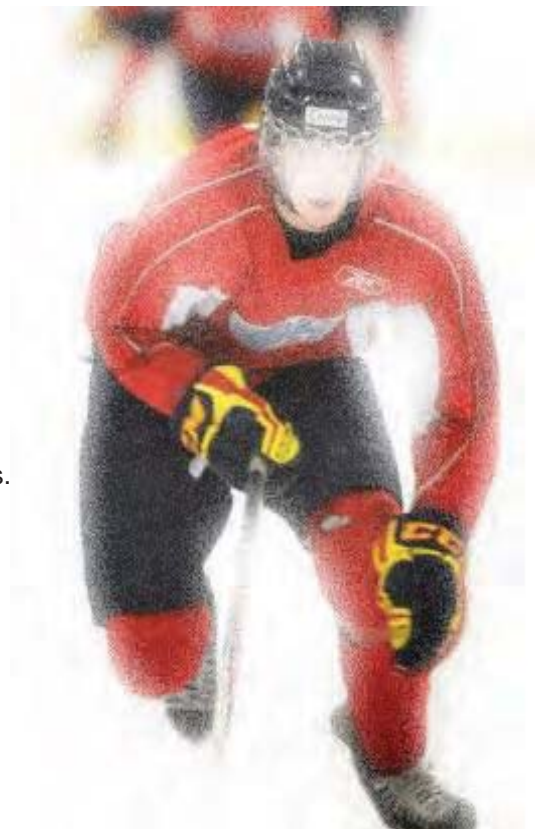
Representative hockey is also referred to as “Travel Hockey” or “Rep”. It represents thirty-five percent of the HEO membership. There are over 6 representative leagues in the HEO that provide hockey for divisions from Novice to Juvenile and include categories at AAA, AA, A and B. Each level is determined by residence and competition. Over 3,500 Representative hockey games are played in the HEO each season. In addition to their respective league championships, these teams compete for HEO and selected Hockey Canada championships.



Education + Hockey = A Winning Combination

DID YOU KNOW?

- ✓ Athletic Scholarships, also known as Athletic Financial Awards (AFAs), are offered by Ontario Universities.
- ✓ Entering student-athletes with an average of at least 80% are eligible to receive up to \$4,000 annually from their university of choice.
- ✓ Non-entering student-athletes can receive AFAs up to \$4,000 annually provided they attained 70% on all registered course work.
- ✓ Athletic Scholarships are based on athletic talent and are determined by the university the student-athlete may wish to attend. Consult the university of your choice for more details.
- ✓ In addition to athletic scholarships, student-athletes may be eligible to receive academic scholarships and financial needs based awards.
- ✓ Ontario University Athletics (OUA) promotes gender equity in the implementation of the OUA Athletic Scholarship Policy. For further details on the OUA Athletic Scholarship Policy please visit oua.ca/student/awards
- ✓ Ontario University Athletics and its 20 member institutions are developing Champions for Life. Giving 9,000 student-athletes the opportunity to excel academically and on the playing field.
- ✓ The Ontario Hockey League provides many players with Academic Scholarships on an annual basis.
- ✓ HEO provides an excellent booklet entitled **“What’s in the Future for Me?”** which provides answers to questions concerning a player’s future education possibilities as relates to Major Junior “A”, Junior “A”, “B” and “C” as well as Canadian College or University and the National Collegiate Athletic Association (NCAA).



For more information on scholarships and bursary programs, please visit:



Ontario University
Athletics
<http://oua.ca/directory/>



Ontario Hockey
League
www.bestofbothworlds.ca



Hockey Eastern Ontario
www.hockeyeasternontario.ca

JOIN HEO – Be a Player

Hockey is a game. It is a recreational activity enjoyed by hundreds of thousands of people across the country. Quite often the score is not as important as the experience of playing and being around friends. Savour every moment of the experience. Whether it is being at the rink or having fun at a tournament, your hockey experience will create memories that last a lifetime.

Hockey Canada and HEO have been leaders in this important debate. Philosophically, one of the HEO and Hockey Canada goals is not to put players in the NHL. While we naturally want Canadian girls and boys to achieve the highest levels possible, we will achieve this sooner by focusing on the quality of the overall experience. For this reason, HEO activities are centered on improving the quality of the hockey experience for players of all ages and skill levels.

Hockey is an incredible vehicle for gaining experience in many facets of life. All players should look at the game as an opportunity to gain more valuable life lessons. Get the most out of your experience!

Contact your local minor hockey association for registration and program information. Visit the HEO website www.hockeyeasternontario.ca to locate your local minor hockey association.

JOIN HEO – Be a Volunteer

Volunteers are people who want to make a difference in their community. They come from all walks of life and each volunteer brings a different skill or expertise to the task at hand.

Becoming a volunteer is easy. What are your interests? What are your strengths and weaknesses? How do you feel you can positively contribute to a specific project or organization? What resources are available? Sometimes the most effective volunteers are those who never played the game but bring different skill sets to the organization. Encourage yourself to not be afraid to step out of your comfort zone. You will be amazed at what you learn and just how important it really is.

Volunteers do not have to be adults. Teenagers can easily become part of the volunteer team too. Talk with your local minor hockey association about volunteer opportunities. Ask your high school Guidance Councilor if your hockey volunteer placement can apply to your school requirements.

Volunteers are people just like you. Contact your local association and sign up today.



Hockey Skills + Life Skills + Education

THE HOCKEY EXPERIENCE

JOIN HEO – Be a Hockey Coach

It's now easier than ever to become a qualified hockey coach—and we have all of the information that you need to get started.

HEO offers certification programs across the Branch for aspiring coaches at all levels. Your pathway as a hockey coach is based on the age and level of players that you will be working with.

DIVISION/LEVEL	REQUIRED CERTIFICATION	CLINIC DESCRIPTION
Initiation Program	Coach 1 – Intro Coach + Respect in Sport For All On-Ice Staff	Coach 1 – Intro Coach is a one-day in-class course (Includes 2 hrs. on-ice) Respect in Sport is a 4 hr. online course
Novice, Atom, Pee Wee, Bantam, Midget, Juvenile House League Novice & Atom Competitive	Coach 2 - Coach Level + Respect in Sport For ALL Head coaches. Assistant Coaches – Part 1 Respect in Sport The following is Highly Recommended but not Mandatory for all Assistant coaches:	Coach 2 - Coach Level has 4 parts: Part 1 – Respect in Sport Part 2 – Online e-learning (HU – Comm. Coach Stream: approx 6 hrs) Part 3 – One-day in-class clinic (includes 2 hrs. on-ice) Part 4 – Complete online “Make Ethical Decisions – Comm. Sport”
Pee Wee, Bantam, Midget rep./comp. B, A, AA Junior B & C	Development 1 + Respect in Sport For ALL Head coaches + 1 Assistant Coach ALL other Assistant coaches: Must have Coach 2 - Coach level.	Development 1 has 3 parts: Part 1 – Respect in Sport Part 2 – Two-day in-class clinic (includes 3 hrs. on-ice) with post-clinic assignment Part 3 – Complete online “Make Ethical Decisions – Competitive Sport”
Pee Wee, Bantam, Midget AAA Junior A	High Performance 1 + Respect in Sport For ALL Head coaches + 1 Assistant Coach All Other Assistant coaches will require Development 1	HP 1 is approx 36 hrs long. It is usually offered in a single 4-5 day format or over two weekends. It includes an extensive take-home assignment and field evaluation assessed by qualified Hockey Canada evaluators

JOIN HEO – Be a Team Manager

The Team Manager is a central figure in creating the flow of communication—not only within the team (players, parents and coaches), but between the team and all of the support systems such as the minor hockey association, division managers, league managers, other teams and game officials.

Ultimately, the Team Manager is responsible for ensuring all of the on-ice tasks are completed. By assuming the administrative operations of the team, the Team Manager enables the coach to focus on player development and on-ice instruction to provide the players with rewarding hockey experiences.

Download the Hockey Canada Team Manager’s Manual under Development Programs at www.hockeyeasternontario.ca.

JOIN HEO – Be a Hockey Official

Officials perform a vital role in the game at all levels and demand for their services is on the increase.

The Hockey Canada Officiating Program is for anyone interested in officiating the great game of hockey, from beginners to seasoned veterans. There are six levels in the Officiating program, from those looking to get started to the top tier of officials.

The Objectives of the Program are:

- To standardize the methods and techniques of officiating in both the two and three official systems;
- To acquire uniformity throughout the country with respect to rule interpretation; and
- To offer participants national recognition for their achievements.



Hockey Eastern Ontario (HEO) Participant/Parent Guide

Some Questions & Answers May Help You Decide:

- **Q: How old does my son or daughter have to be to become an official?**
A: Although Hockey Canada has a minimum age of 12 years for referees, HEO has determined that officials must be 14 before applying.
- **Q: How much training is involved?**
A: Before being assigned their first game an applicant must complete an introductory course on-line with Hockey Canada. Although designed to take 4 hours some applicants have found that it takes less time while others a little more. The positive aspect of the course is that the program allows the student to sign on and log off at any time. When they sign on again they continue from their last point of entry so the course can be done in an afternoon or over a period of several weeks.
The student must then attend a 4-hour in-person course with an approved Hockey Canada Instructor who will go over many basic aspects of the game to prepare the student for his/her first assignment.
HEO is divided into 10 Districts and at this time some Districts also expect new officials to attend an on-ice session as well as a classroom program. Depending on the District, these additional courses vary from 3 to 8 hours.
During the course of the first 3 years of being an official there is a mandatory Quiz Program. This is comprised of multiple question, on-line quizzes which are 25 questions in length. There are four quizzes each season. Most Districts have group sessions with their new officials to ensure compliance with this program which is designed to get new officials familiar with the rule book.
Re-certification clinics are hosted at the beginning of each season and these sessions are mandatory. Again, there is an on-line component and a classroom session for a total of 8 hours.
Additional training may be available to a new official through one or all of Shadow, Mentorship or Supervision Programs.
- **Q: What are the “start-up” costs involved?**
A: Equipment is likely the greatest cost as officials must have a black helmet with half visor, whistle, sweater, pants and skates. It is also recommended that they have elbow pads, shin pads and a jock or jill. Of course, if the applicant is already playing hockey they will already have some of this equipment; however, goaltender skates are not acceptable.
- **Q: What are the annual member fees for officials at all ages?**
A: HEO fees are \$150 per season and Districts may also assess their fee. Currently, these fees range from no charge to \$50 per season.
- **Q: Is my son/daughter insured while they are officiating a game?**
A: Just as players and coaches are covered with insurance your annual fee includes payment of insurance from Hockey Canada.
- **Q: What are the progression steps to officiate older age groups?**
A: Officials under the age of 16 will start at Level I while once turning 16 they are considered a Level II official. Level I officials generally work Novice and Atom hockey as well as first year Level II officials. With experience and proven skills some officials rapidly rise through to Bantam and Midget hockey. Those with outstanding skills will be assigned competitive hockey. Level III officials will be able to be the referee in a three official system with perhaps Level II officials working the lines.

JOIN HEO – Be a Hockey Trainer

The Hockey Trainer Certification Program (HTCP) is a risk management and safety education program for the volunteer hockey trainer. The ultimate goal of the program is to have all Hockey Trainers implement effective risk management on their own teams, where safety is the first priority at all times, both on and off the ice.

The HTCP is designed to educate people in the prevention, recognition and treatment of hockey related injuries. The HTCP offers three levels of certification, which are designed to assist the individual trainer as his or her experience grows.

HEO offers a Trainer Level I course on-line while it offers in-person clinics for the more advanced Levels II and III which are required for the more competitive teams.

✓ **All teams in HEO must include a Team Official who is Certified and Registered with HEO as a Registered Trainer.**



Certification & Ongoing Education Programming

A major component of HEO service is the implementation of Certification programs for all Coaches, Trainers and Officials (Referees). HEO delivers these programs to its membership through clinics hosted by the Districts and Associations within its jurisdiction each year.

HEO does not consider education as a one-time occurrence for minor hockey volunteers. Coaches and Trainers in HEO are required to renew their certification every five and three years, respectively, while Referees are required to renew annually. This ensures that these key people remain current, through updates in programming and changes in the game.

Moving forward, HEO will continue to place a high value on the ongoing support of all of our volunteers. Ultimately, it is our goal to equip the volunteer with the tools to enjoy and succeed in their respective role, whatever that may be, thus ensuring the best possible experience for everyone, including the player.

Respect in Sport

HEO is committed to the prevention of abuse, bullying and harassment as well as to the education of our membership. To that end, HEO has partnered with Respect Group Inc. to provide Respect in Sport as an online e-learning option to our Members. As a delivery partner HEO provides interactive internet-based training in abuse, bullying and harassment education and prevention.

Currently, HEO provides the option for participants to complete the certification at a time and place that is convenient to them via online internet-based access.

Respect in Sport online e-learning is linked to the Hockey Canada Registry (HCR) and participant participation is uploaded to the HCR upon completion. The www.hockeyeasternontario.ca is your source for information and details on accessing this training and Certification. This opportunity for our Members to access this important education enhances HEO's leadership in ensuring the safest possible environment for our participants.

Long-Term Player Development (LTPD)

The minor hockey player in Canada needs to experience a wide variety of learning activities that correspond to his or her level of abilities and capacities. Hockey Canada's Long Term Player Development model has eight stages. This could also be referred to as the Hockey Player pathway or progression.

This model for hockey has been developed based on the following principles:

- ✓ Doing the right thing for the player at the right stage in their development
- ✓ Adopting a player-centered approach and not treating the development of all players the same Way
- ✓ The broader the foundation of players, the more successful the game of hockey will be in Canada
- ✓ Viewing player development as a long term process
- ✓ Aligning player development resources (skills manuals, DVD's) with coach development and education resources so that coaches are doing the right things at the right time
- ✓ A need to better educate parents on the hockey development of their child—it is okay for parents to want their kids to get to the highest levels but they need to know the best ways to go about it

To learn more about Long-Term Player Development, please visit www.hockeyeasternontario.ca





HOCKEY EASTERN ONTARIO

“one team, one mission, one goal”



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