

Hockey Calgary

Timbits

Op's Manual

2010-2011



HOCKEY CALGARY

Table of Contents

Hockey Calgary	3
Timbits Hockey	3
How do I register for Timbits Hockey	3
Who enrolls in the Timbits Program	4
Recommendations for associations within the Timbits program	4
Jerseys	4
Philosophy	5
Program Objectives	5
Timbits Divisions	5
Program Guidelines	6
Timbits Practices	6
Game Rules	7
Game Regulations	7
Tournament Sanctions	8
Travel Permits	8
Timbits Exhibition Tournament Sanctions	8
Timbits Affiliations	8
Why are there so many restrictions on Timbits Hockey?	9
Timbits Jamboree	9
Hockey Calgary Day and Summer Camps	9

Timbits Hockey– Where the first goal is having fun!

Hockey Calgary

Hockey Calgary, or the Minor Hockey Association of Calgary (MHAC), is an organization committed to the development of amateur hockey within Zone 9. Hockey Calgary has the mandate to provide a hockey environment suitable for the enjoyment of the players, coaches, managers, officials, parents and administrators. Our goal is to encourage good sportsmanship and to help players form good character while they develop hockey skills. Hockey Calgary provides several programs to its players, coaches, officials, and parents that are tailored towards development, both on and off the ice.

Our Vision:

“The benchmark of Sports Associations...

Providing leadership, Life Skills and Development of our members for the enjoyment and success of all”.

Our Mission:

“To provide a safe, fun, fair environment for all by building strong partnerships through shared leadership and support with our member organizations”.

Timbits Hockey

The Timbits Program was implemented in 2001 as a pilot project with 3 associations. The program has continued to grow each season. Currently there are 16 associations that take part in the program. The Timbits program is a mandated program in Calgary for the Initiation division for 5 and 6 year olds. The program focuses on skill development and the FUNdamentals of the game for the players, coaches and parents. On average there are over 100 teams that make up the Timbits Age Category in Zone 9– Hockey Calgary.

How Do I Register for Timbits Hockey?

To register for Timbits Hockey please visit Hockeycalgary.com. You will see a heading at the top of the webpage named “register”. Under this heading you will see four selections within a drop down menu. Click the “Calgary Associations” heading and this will open a page that will list all the Hockey Associations in Calgary by community associations. Find the community association that you live in and link to their website by clicking the link on the left hand side. On the respective hockey associations website you will find a section where you can click to receive their associations board of directors and executives contact info. Email the associations registrar and or Timbits Coordinator to find out how to register for this respective association.

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Who enrolls in the Timbits Program?

Hockey Calgary mandates that each Association within Calgary, that has an Initiation Age Category (5 & 6 yr olds) call its Program the Timbits Program.

Associations within Hockey Calgary, who have a Timbits Program, are expected to follow the guidelines stated within this manual. The associations are expected to run the Timbits Program as a FUNDamental program with an emphasize on skill development.

Recommendations for Associations within the Timbits Program

1. A ratio of 1 volunteer per 5 participants is ideal.
2. Associations should provide training, support and mentoring to the Timbits Coordinator.
3. Associations should provide training and support for the technical personnel (coaches) beyond the Timbits Program. Hockey Calgary offers Coach Specialty clinics. Hockey Calgary also offers a Coach Mentorship Program.
4. It is suggested by Hockey Calgary that experienced coaches should help mentor individuals new to coaching.
5. An experienced instructor or committee member should provide follow up training to the next committee member the following year. It is also a good idea to evaluate each year's program.

Communications between the Timbits coordinator and other members of the association should be open, as should the communication between Hockey Calgary and each association.

Jerseys

All Timbits teams within Zone 9, Hockey Calgary will receive jerseys compliments of Tim Horton's. As a result all Timbits teams are to wear their Timbits Jersey each and every time they are on the ice. No Exceptions. Jerseys are purchased as needed. Timbits Coordinators will receive the Timbits Jersey order forms at the first coordinators meeting. There is no cost to the association when ordering jerseys. Hockey Calgary will order the jerseys on behalf of all Hockey Calgary Timbit teams. Jerseys cannot be purchased and or kept. They are to be given back to the association at the end of each season.



The first goal is having fun.

Name bars are not permitted on the Timbits Jerseys– No Exceptions

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Philosophy

The Timbits Program encourages an environment in which children can learn the FUNdamentals of hockey in a safe, fun atmosphere that doesn't focus on winning. This is a skills based program with an overall focus on development with an ultimate goal of ensuring the kids have fun and return to the game of hockey the following season.

Program Objectives

- Provide a positive environment for learning the FUNdamental skills of hockey
- Stimulate interest and desire to continue playing the game of hockey
- Develop basic hockey skills
- Improve utilization of ice time
- Increase opportunities for players to touch and handle the puck
- To provide an intermediary program between the Timbits Program and the Full Ice program
- Develop self-esteem through a sense of achievement
- Teach the basic rules of hockey
- Provide a mentoring opportunity for coaches
- Increase coaches skills and knowledge through specialty clinics and mentoring sessions

Timbits Divisions– All Ages as of Dec 31, 2010

Jr. Timbits- Generally first year players aged 5 and 6.

All beginner players

Sr. Timbits– Generally 2nd year players

5 year olds based on skill

6 year olds based on skill

Mixed Teams- First and second years combined

Mixed teams are usually the result in low registration numbers and associations having to do their best to field teams accordingly due to registration numbers.

Associations should ensure that in each category, Jr. Timbits and Sr. Timbits that the skill levels among all teams is similar and that no one team is "Stacked" in skill level. i.e. - if an association has 3 Jr. Timbits teams and 4 Sr. Timbits teams, then each of the 3 Jr. Timbits teams should consist of similar skill level, and each of the 4 Sr. Timbits teams should consist of similar skill level. If a team has 12 players on it, it should consist of 4 advanced players, 4 average players and 4 players that need work.

If your association does not have enough Jr. Timbits (first yrs) and Sr. Timbits (2nd yrs) to make two teams you are welcome to combine both age categories to field a team. If your team plays a game, please take into account the skill level of your team. ie. If you have lower skilled players it may be best to try and play a Jr. Timbits (first yrs) aged category.



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Program Guidelines

Timbits (initiation) teams should consist of a minimum of 16 players per team
All practices and scrimmages are to be cross-ice, half ice or stations
The use of "Border Patrol" rink dividers is encouraged
The Blue Lightweight puck will be the official puck
Players will be grouped into two groups based on appropriate skill level for practice

Timbits Practices

Each Timbits practice should be skills based with an overall focus on skill development. Hockey Calgary suggests the following structure for practices.

Practice Structure

10 minutes FUN warm up (games/tag/keep away/etc.)
40 minutes individual skill development/ 2 -3 skill sets a practice

Skating

Stick handling

Passing

Shooting

Agility

Small area games

10-15 Minute scrimmage (cross ice, or half ice)- no shifts, and each player plays the entire time

Practices can include up to four teams, no less than two teams
(Approx 20-70 players on the ice at one time)

All practices should be upbeat, high energy and most importantly Fun!

At no time should a coach focus on any team systems such as team tactics and or break outs etc. If a coach is focusing on team tactics please contact your associations coordinator and or Hockey Calgary.

"I am writing to let you know how pleased I am with the Hockey Calgary program for coaches. In particular the on ice coaching programs that were put on at the beginning of the year has set the tone for a very successful Timbits team I coached this year.

I think any Timbits, coach should take part in the Specialty Clinics if they have the opportunity! The reason I say this is, it gets coaches organized enough to run successful practices, learn what to expect from the kids and the different learning styles. There is no replacement for on ice instruction from highly skilled and qualified coaches like hockey Calgary." Coach AJ

Hockey Canada recommends the following time allotments for an initiation practice:

- 85% technical skills
- 15% individual tactics
- 0% team tactics
- 0% team play
- 0% strategy

COACHES ARE NOT PERMITTED TO SCRIMMAGE FOR MORE THAN 30% OF THEIR PRACTICE

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Game Rules

Tournament and Exhibition Game Rules for Jr. Timbits and Sr. Timbits

No tournaments and or exhibition games are permitted before December 2, 2010

Face-offs are permitted

Time clock can be used

No score will be kept- NO EXCEPTIONS

No game sheets will be used

No off sides

No icing

90 – 180 second shifts

Penalties may be called, but the infracting player may sit for 2 minutes but the player's position will be replaced by another player, therefore the teams always play 5 on 5.

It is recommended that coaches are on the ice to direct players

All tournaments and exhibition games will have to file the appropriate paper work with Hockey Calgary and must be properly posted in the arena (i.e. tournament sanction permit and special event sanction form for exhibition games).

Game Regulations

Jr. Timbits- Generally First Year Players

- Practices until December 2, 2010– NO EXCEPTIONS
- No Goalie Equipment will be used in games– goal sticks are permitted
- No referees are to be used, instructors are to be on the ice
- All games are to be played ½ ice or ¾ ice formats.
- **No full ice games are permitted.**

Sr. Timbits- Generally 2nd Year Players

- Practices until December 2, 2010– No EXCEPTIONS
- Full ice games are permitted
- Goalie equipment is optional for formal games. Check with opposition to see if they have a fully dressed goalie. Both teams must have a fully dressed goalie or both teams must not have a fully dressed goalie.
- A ref can be used to drop the puck etc, but no off sides and or icings may be called.

THE MAX NUMBER OF GAMES A Jr. or Sr. TIMBITS TEAM CAN PLAY IS 12

NO EXCEPTIONS

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Tournament Sanctions

To host a tournament the host team must follow the Hockey Calgary Tournament Sanction process found on our website at www.hockeycalgary.com under the heading “tournaments”. Once the sanction request has been filled out Hockey Calgary will sanction the tournament if it falls within the guidelines stipulated within this manual. Once the tournament has been sanctioned you will receive a copy of the permit. During the duration of the tournament, the tournament sanction permit must be clearly displayed where people can read it. All tournament rules are to follow the guidelines stated in this manual.

Travel Permits

Each Timbits team will be permitted THREE travel permits per a season. If you play an exhibition game and or tournament outside of Calgary (Zone 9) limits you require a travel permit. Travel permits will not be permitted before December 2, 2010. To get a travel permit, fill out the Timbits Exhibition/ Tournament Sanction Request form. This form acts as both your exhibition/tournament game sanction form and your travel permit.

Timbits Exhibition/ Tournament Permits

No exhibition games will be permitted before December 2, 2010. To access the Timbits Exhibition/ Tournament requests form visit our website. Under the heading “coaches” select “forms”. You will see the heading “Timbits Exhibition/Tournament Request Form”. Underneath the Timbits Exhibition Sanction information you will see a heading in red writing that says “click here to complete the form”. Click this heading and fill out the form in full. Hockey Calgary will check the webpage every couple days and approve or deny any requests. Once the request has been approved/denied, the person who submitted the form will receive a confirmation email back. A copy of this confirmation email will also be sent to the Timbits Coordinator and Association president.

PLEASE NOTE THAT YOU DO NOT GET A RESPONSE IMMEDIATELY AND THAT YOU DO NOT NEED TO KEEP APPLYING MORE THAN ONCE FOR THE SAME GAME/ TOURNAMENT.

An exhibition game will be classified as a mutual agreement between two teams with the sole purpose to spend more than 30% of the ice time playing a game- full ice, half ice or cross ice.

Timbits Player Affiliations

Timbits affiliations are not permitted from initiation to the Novice Age Category.

Affiliations from Timbits team to Timibits team must follow the guidelines below, and the teams must get approval from their respective associations Timbits Coordinator and Hockey Calgary.

If you have filled your rosters as full as possible and you are still short going to a tournament you May use player’s from your own Association if the tournament has ONLY teams from Zone 9, Calgary participating in the tournament AND your still playing in Zone 9 (Calgary).

Due to INSURANCE REASONS, you MAY NOT use player’s from other teams in your Association if there are teams from outside of Calgary OR you are playing in a tournament outside of Zone 9 (Calgary). All surrounding communities Airdrie, Okotoks, Strathmore, Indus etc do not fall within Zone 9. ANY COACH NOT FOLLOWING THESE GUIDELINES WILL BE SUSPENDED

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Why are there so many restrictions on Timbits Games?

- One practice will give more skill development than 11 games collectively.
- Players will have the puck on their stick for an average of 8 seconds per a game. (stats from Pee Wee level games in Calgary)
- Each player should have the puck on their stick for 8-12 minutes in a one hour practice.
- Players will take an average of 1-2 shots per game. (stats from Pee Wee level games in Calgary)
- Each player should have a minimum of 30 shots on goal in a 1 hour practice.
- 99% of the feedback coaches give players is when they have the puck.
- Ironically, players only have the puck on their stick 0.2% of the game.
- It takes 10 years or 10,000 hours of deliberate training for a talented athlete to reach elite levels.

Sources Sited:

Hockey Canada, Hockey Alberta, Hockey Calgary

Timbits Jamboree

Each year Hockey Calgary puts on a Timbits Jamboree. This event is a celebration of Timbits hockey and its attributes. The Timbits Jamboree is a family orientated day where families can enjoy the success of the season. Each player who attends the Jamboree receives their Timbits Medal, honoring each player for a job well done. There are also several prizes and gifts donated each year through our sponsor, Tim Hortons. Coordinators are provided with the jamboree information at the mid season meeting which is held late December or early January.

On behalf of the Ice Warriors, we would like to say Thank you for a fun morning at the J a m b o r e e , The boys enjoyed the game, the medal and bank as well as the bouncers and of course cotton candy and snow c o n e s .

The event is very well organized, and it was a wonderful first experience for o u r t e a m . Thanks again to Tim Hortons, Hockey Calgary and all of the volunteers that made this possible.

2008 participant

Hockey Calgary Day and Summer Camps

Hockey Calgary offers several day and summer camps throughout the year for the Timbits Age Group. Each day camp offers players two on ice sessions and two off ice sessions. The on ice sessions focus on skill development and the Fundamentals of the game of Hockey. The off ice sessions include movie time during lunch and one team building/ games session during the other off ice session. The summer camps are week long camps that provide each player an insight to hockey in a well structured environment that focuses on the FUNdamentals. Each summer camp includes two on ice sessions and two off ice sessions as well. For a listing of the camps offered visit the hockey Calgary website.

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