

HOCKEY AFTER HIGH SCHOOL



So, you've finished high school, or completed your last season of U18 hockey and you want to know what's next!

Hockey doesn't need to stop after high school! Stay involved in the game with Hockey Calgary!

How can I stay involved?

Hockey Calgary is committed to offering many options for players to continue participating and experiencing the great game of hockey. Whether you want to coach, referee, and/or continue playing, we have several options to continue your experience and truly make Hockey for Life!

COACHING?

REFEREEING?

KEEP PLAYING?



HOCKEY FOR LIFE

COACHING

Why is coaching so important?

Coaches are some of the world's most important and impactful people. Coaches provide a safe environment, communicate in a positive way, teach fundamental skills and tactics, and give game direction. They help young people to become fit, develop character, and to learn more than just hockey skills but also safety, harassment, bullying, sportsmanship and life lessons. Coaches help to create an environment that is a positive experience for all.

What are the benefits of coaching?

- Opportunity to give back
- Stay involved in the game
- Play a positive impact on young lives
- Gain valuable leadership experience
- Improve your resume

What levels can I coach?

We are always looking for eager coaches to coach at all levels of hockey. Whether you want to coach U7, AA/AAA, Female Hockey or Rec Hockey, Hockey Calgary and our member associations are always looking for new coaches to help and grow within our program.

How much of a time commitment is it to coach?

It really depends, but we have many options that can fit your schedule. Head coaches will typically put in more time than assistant coaches and have additional responsibilities. Assistant coaches have a wide variety of commitment levels. Safe to say, coaching can fit within your schedule and still allow you to be involved even if in a small capacity.

What qualifications do I need to coach?

All coaches must take the online Respect in Sport Activity Leader course in addition to several different requirements depending on what level you are coaching, and if you are a Head or Assistant Coach. [CLICK HERE](#) for a full list of Coaching Qualifications.

How do I sign up?

Contact one of our Community or Elite Hockey Calgary associations expressing your interest in coaching. They can help get you qualified and onto a team that best suits your interest, availability, and qualifications. [CLICK HERE](#) for a list of Associations.

EVENTS

An exciting way to continue to be involved in the game of hockey is as an on-ice official. Being a referee is an important job with the goal of having a fair and safe hockey game.

Past players bring with them the unique perspective of having seen the game at ice level and have the ability to judge what is and isn't a penalty.

Why Refereeing?

For many former players, it is an opportunity to make some money while being involved in a sport they love. We offer flexible scheduling... you tell us when you want to work and we help assign you games that match your experience and on-ice capability.

Whether you're looking to make some money while going to school or supplement your income to save for that vacation, refereeing is a great opportunity for you.

Where can I go as an Official?

We offer a development program that helps build and develop you as an on ice official. As you continue to progress in your skill and on-ice performance, we look to move you into levels of hockey that will challenge you and provide fun and excitement.

Officials come from a diverse background of playing experiences. As your knowledge of positioning and the rules improves, we look to promote you into higher levels of hockey. We have many officials who are skating levels of hockey above where they played.

What are some of the events and leagues that I could officiate?

Officials in Calgary and surrounding areas have had the opportunity to participate in many different high-profile assignments including:

- Western Hockey League / Alberta Junior Hockey League
- U18 Mac's AAA Hockey Tournament
- Team Canada selection camps (male/female)
- Provincial & City Championships

What support does the refereeing community offer?

We offer different levels and types of training including:

- Introductory seminar at the start of each season
- U9 ½ ice shadow and mentor program (typically for younger officials)
- Coaching, supervision, and mentorship program
- At "A" program levels → assigned league coaches and supervisors

As an official you will be offered support as well as the opportunity to provide support to your fellow officials.

OFFICIATING

Where do I sign up?

1. Minimum of *13 years old (*ages listed are as of Dec 31 of the current hockey season)
2. Create HCR 3.0 account - [CREATE AN HCR 3.0 ACCOUNT](#)
3. Once your account has been created you need to link it to your previous account –
– [LINK ACCOUNT](#)
4. Register for the HU - ONLINE Officiating 1/2 – cost is approximately \$25 - [LIST OF CLINICS](#)
 - On-demand course takes approximately three hours to complete
 - Must be completed prior to registering for an in-person clinic
5. Once you have completed the HU - ONLINE Officiating 1/2 you can register for an in-person clinic
6. In-person clinics run September-December they cost about \$130-\$170
7. View and register for an in-person clinic [LIST OF CLINICS](#)
 - In-person clinics will consist of classroom sessions and on-ice sessions

Check out the [Central Region Referees' Committee Website](#)



JUNIOR HOCKEY

Playing hockey doesn't have to stop at U18! Hockey Calgary offers a variety of U21 (Junior) programs that allow players to keep playing the game they love.

Junior hockey is a category that allows players to play up until 20 or 21 years of age depending on the program. You can still participate in Esso Minor Hockey Week and/or City Championships. Similar to our minor hockey programs, Hockey Calgary offers a variety of Junior hockey programs to meet the needs of U21 hockey players in Calgary.

Register? Questions?... Click on the program box below to contact the appropriate association:



U21 B

- Body Checking
- Fairly consistent schedule (Games on Fridays and/or Sundays)
- 30+ games
- 1-2 practices per week (depending on association)
- On average ~\$1400 (depending on association)
- Previous levels of hockey: AAA, AA, U18 Tier 1



U21 C

- Body Checking
- Fairly consistent schedule
- 28+ games
- Approximately 1 practice per week (depending on association)
- On average ~\$1150 (depending on association)
- Previous levels of hockey: AAA, AA, U18 Tiers 1-3



U21

- Non-Body Checking
- Friend requests
- Set days (Wednesday Evenings and Saturday Afternoon/Evening)
- 30+ games
- No practices
- \$725

While all the above programs are co-ed, Hockey Calgary doesn't operate an all-girls junior program. However, the Alberta Junior Female Hockey League is a great option for girls looking to continue their playing in an all-girls league.

For more information, please visit their website. [ALBERTA JUNIOR FEMALE HOCKEY](http://www.albertajuniorfemalehockey.com)