



# U13 PROGRAM

2022-23 SEASON

JOIN US FOR THE U13 PARENT INFORMATION SESSION – TUESDAY, MARCH 15<sup>TH</sup> @ 6:00PM [CLICK HERE FOR THE ZOOM MEETING LINK](#)

## ABOUT RECREATIONAL HOCKEY CALGARY

Recreational Hockey Calgary (RHC) was created in response to a need for a less competitive playing environment and a less demanding time commitment that exists in community hockey. RHC has an emphasis on skills development, structured team play with multi-ability teams, and having fun while having a set schedule, being affordable and with a moderate time commitment. The organization encourages and supports good sportsmanship, fair play, friendship, and respect.

### EXPECTED BENEFITS FOR FAMILIES

- **Set days of the week (Tuesdays and Saturdays)**
- **Family friendly ice times**
  - Weekdays between 5:45 & 8:30PM
  - Weekends between 8:45AM & 5:00PM
- **No cash calls or fundraisers**
- **No mandatory volunteer requirements or volunteer bond**
- **Volunteer opportunities for those interested: i.e. Head Coach, Assistant Coach, Team Manager or Time/Score Keeper**
- **Cost effective**
- **No travel outside of Calgary**
- **Friend requests allowed (one, reciprocal)**
- **Participation in Esso Minor Hockey Week and RHC Year End Tournament**

### LEAGUE STRUCTURE

- **Regional League – West, North and South teams dependent on registration and ice availability)**
  - *Weekday ice times: West, North, and South based teams*
  - *Weekends ice times: arenas close to major roadways*
  - *An effort will be made to place players on teams who live in similar areas*
- **Game to skills development practice ratio of 2 to 1**
- **Approximately 36 ice times**
  - *24 games – including tournaments*
  - *Skill development sessions run by coaches and supported/developed by RHC.*
  - *Progressive development sessions focusing on individual skill development and game awareness*
- **RHC Player Development Team**
  - *Practice plans*
  - *Support to coaches on ice as needed*

### GAME PLAY

- **Formally structures, three 15-minute period, with a stop clock**
- **Qualified referees**
- **Hockey Canada Playing Rules guidelines**
- **No flood – players do not leave the ice between periods**
- **Participation in Esso Minor Hockey Week and RHC Year End Tournament**
- **Teams are not permitted to play in games or tournaments outside of the program or purchase ice for additional practices**