



# Canadian Player Pathway

**U18**



**Community to Emerging High Performance 2020 - 21**

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How a player experiences hockey is crucial.

If a player has fun while developing the fundamental skills and building confidence in their ability to perform those fundamental skills, there is a strong probability that player will go on to enjoy hockey for many years.

# INTRODUCTION

LEAD, DEVELOP AND PROMOTE POSITIVE HOCKEY EXPERIENCES



**TOM RENNEY**  
Chief Executive Officer,  
Hockey Canada

Whoever said those words took the pulse of a nation that has had a long and storied love affair with hockey

**Hockey is Canada and Canada is hockey.**

Let's face it – hockey is a touchstone of Canadian life. It is Canada's national theatre and it is the chatter of the country. Hockey is more than a sport for Canadians, it is a part of the country's heart and soul.



**VISION: WORLD SPORTS LEADERS**

# WHAT IS THE **U18** PATHWAY?

- ❖ The U18 Pathway is a progressive, learn to play teaching curriculum. This pathway is an important transition as players get ready for the emerging high performance pathway of U18 and onto Junior / Senior hockey
- ❖ Consists of four phases of instruction, designed for recreational and competitive level players
- ❖ **Introduces, develops and refines technical skills,** individual tactics and team play to create well rounded, skilled players.

**The main goal is to offer programming that meets the needs of the players who want to play the game for fun as well those that have their sights on the competitive / high performance pathway.**

# WHAT IS THE **U18** PATHWAY?

- ❖ Refining advanced movement skills (skating, puck control, shooting) and overall motor skills (balance, coordination, agility), while introducing and developing individual tactics, team play and strategy



## THE OBJECTIVES OF THE PROGRAM

- ❖ Continue to grow their impression of hockey as a positive one for players and parents.
- ❖ Play/Games exist for fun and physical activity as well as for competition, intensity and player identification
- ❖ Streaming of the players – goal is to have players working with players of like skills to develop confidence and self esteem and preparing players for high performance

# SEASONAL STRUCTURE

**IDEAL HOCKEY SEASON:** Refers to an optimal seasonal structure – this is a guideline and is subject to a range of minor differences regarding suggested numbers.

**PREP / TRYOUT PHASE:** Refers to the period of time prior to the season starting – typically when prep camps and / or tryouts are held.

**DEVELOPMENT PHASE:** Refers to the period of time following tryouts or evaluation prior to the regular season starting.

**REGULAR SEASON PHASE:** Refers to the period of time from first regular season game to the start of playoffs or Provincial / Branch Championships.

**PLAYOFF PHASE:** Refers to the period of time from the end of the regular season through to the end of Playoffs.

**OFF SEASON:** Refers to the period of time from the end of the playoff season to the start of the next Prep or Tryout season. No tryouts are allowed during the off season

U18: AGE 15-17

## COMMUNITY (recreational)

### DEVELOPMENT PHASE

Up To	Up To	Up To
4	8	2
WEEKS	PRACTICES	EXHIBITION GAMES

### REGULAR SEASON PHASE

Up To	Up To	Up To
24	24	20
WEEKS	PRACTICES	GAMES

### PLAYOFF PHASE

Up to 4 Weeks  
Tournament Style

### TOURNAMENTS

3 tournaments  
12 games

TOTAL PRACTICES: 30 - 35 | TOTAL GAMES: 35 - 40

#### REQUIREMENTS:

- No tryouts / evaluations prior to or during the first week of school
- Must provide a minimum of 4 skates before formal tryouts
- Tryouts must be minimum 3 sessions (1 skills session / 1 small area games session / 1 formal game)
- Tournament style playoffs - no rounds
- Fair / equal ice time

#### RECOMMENDATIONS:

- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)

U18: AGE 15-17

## DEVELOPMENTAL (competitive)

### DEVELOPMENT PHASE

Up To	Up To	Up To
4	16	4
WEEKS	PRACTICES	EXHIBITION GAMES

### REGULAR SEASON PHASE

Up To	Up To	Up To
24	72	32
WEEKS	PRACTICES	GAMES

### PLAYOFF PHASE

Up to 4 Weeks  
Tournament Style

### TOURNAMENTS

4 tournaments  
16 games

TOTAL PRACTICES: 80+ | TOTAL GAMES: 50 - 55

#### REQUIREMENTS:

- No tryouts / evaluations prior to or during the first week of school
- Must provide a minimum of 4 skates before formal tryouts
- Tryouts must be minimum 5 sessions (2 skills session / 1 small area games session / 2 formal games)
- Tournament style playoffs - no rounds
- Fair / equal ice time

#### RECOMMENDATIONS:

- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)





# SEASONAL STRUCTURE

## Requirements

**Prep / Tryout Phase: Refers to the period of time prior to the season starting – typically when prep camps and / or tryouts are held**

- 1) No tryouts / evaluations prior to or during the first week of school
  - No tryouts during Off Season Phase ( Previous season including March through August )
  - No tryouts during the first week of school where school starts the week after labor day
  - Where school starts prior to labor day, there must be 4 skates / practices starting the week following labor day before tryouts commence
- 2) Must have a minimum of 4 practices / skill sessions prior to formal evaluations starting
- 3) Must have a minimum of 5 formal tryout / evaluation sessions – Recommended - 2 skills sessions, 1 small area games session, 2 games

**Development Phase: Refers to the period of time following tryouts or evaluation prior to the regular season starting.**

- 4) Must have a period of development time following team selection and prior to the start of the regular season

**Playoff Phase: Refers to the period of time from the end of the regular season through to the end of playoffs**

- 5) Must be tournament style playoffs versus elimination rounds





# SEASONAL STRUCTURE

## Rationale

### 1) No tryouts / evaluations prior to or during the first week of school

- Give MHA's and parents back the summer – season does not need to start that early only to be finished in February ( Start later / End later )
- Start of school year is stressful enough for players, they do not need to have hockey tryouts start the same time
- Give MHA's a chance to get organized and begin planning

### 2) Must have minimum of 4 practices / skill sessions prior to formal evaluations starting

- A players first experience with hockey should not be a formal tryout – give all players the chance to get back on the ice in a more “ player friendly “ scenario
- Helps to level the playing field as not all kids have a chance to go to hockey schools or prep camps
- Give an MHA a chance to run their own prep camp instead of members spending money outside the association

### 3) Tryouts must be minimum of 5 formal tryout / evaluation sessions – Recommended - 2 skills sessions, 1 small area games session, 2 formal games

- Players need a fair chance to evaluate – a standard process will show transparency and consistency
- Will provide coaches with the basis of a development plan based on a solid and quantifiable evaluation.

### 4) Must have a period of development time following team selection and prior to the start of the regular season

- Very important to give coaches the chance to develop and improve their players skills prior to getting into organized games
- Skills before tactics, tactics before systems
- Eliminate or reduce pressure to try and win right away

### 5) Must be tournament style playoffs versus elimination rounds

- Give all teams the chance to play to same end point.
- All players deserve the same chance to play to the end of the year
- More teams / more players playing longer into the season
- Allows more rest and recovery within the season and the regular season schedule can be spread out
- Greater opportunity for more players to participate in different activities







# SEASONAL STRUCTURE

## Considerations

### General Development

- Season should allow for 2 seasonal breaks ( not including Christmas / long weekends – Seasonal Break would be considered minimum 5 days without a scheduled game or practice )
- Recommended maximum of 55 games per year ( including exhibition / league / tournaments and playoffs )
- Recommended length of game is a 75 - 120 minute ice time
- Small Area Games in practice / Station based practices / Skill focused drills

### Tryouts / Evaluations

- Players should tryout based on a specific position – but should still be allowed / encouraged to play D and F
- Players should be selected for teams based on their skill as well as positional preference

### Ice Time

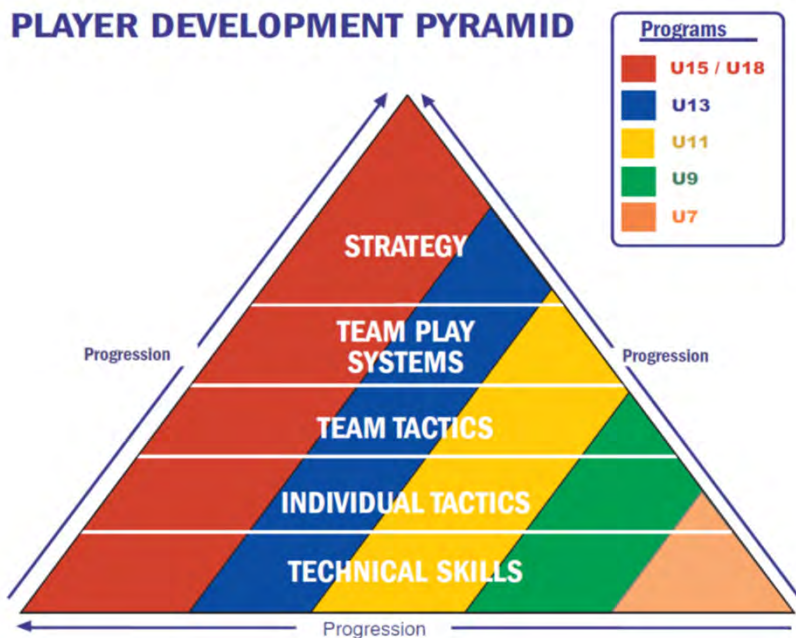
- Fair / equal ice time ( goalies should rotate for equal number of games and / or playing time throughout the regular season and playoffs )
- All players should play both special teams, end of period and end of game situations.

### Position Specific Teaching

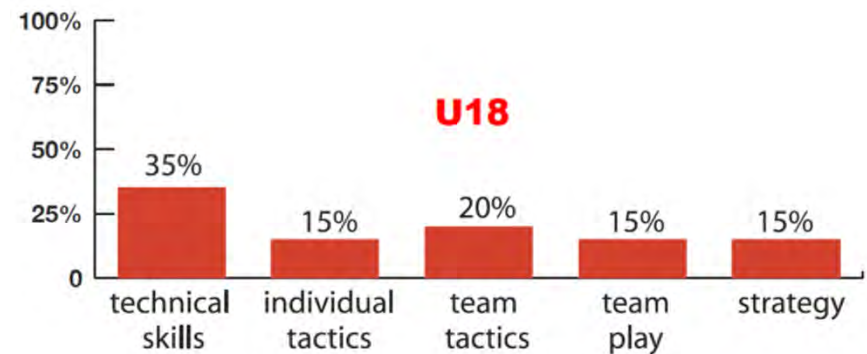
- Only 25% of practice time should be spent on team play and strategy / systems – 75% of practice should be on skills and tactics
- Players should rotate through both special teams positions – Power Play and Penalty Kill
- Introduce and develop position specific specialization

# SEASONAL STRUCTURE

PLAYER DEVELOPMENT PYRAMID



The U18 program recommends 35% technical skills, 15% individual tactics, 20% team tactics, 15% team play, and 15% strategy.





# MONTHLY GOALS

## SEPTEMBER

-Technical Skills – Develop / Refine

Skating  
- Agility  
- Balance  
- Coordination

Puck Control  
- Moves / Dekes

Passing  
--Puck Support

Fun Games

## OCTOBER

-Technical Skills – Develop / Refine

Skating  
- Agility  
- Balance  
- Coordination

Puck Control  
- Moves / Dekes

Passing  
-Puck Support

Fun Games

## NOVEMBER

-Technical Skills – Develop / Refine

Skating  
- Agility  
- Quickness  
- Speed

Puck Control  
- Moving  
- Dekes

Passing  
- Puck Support

Fun Games

## DECEMBER

Technical Skills – Develop / Refine

Skating  
- Agility  
- Quickness  
- Speed

Puck Control  
- Moving  
- Dekes

Passing  
- Stationary  
- Moving

Fun Games

Competitive Drills

## JANUARY

Individual Tactics – Develop / Refine

1 on 1's

Give and Go's

Refine Technical Skills  
Skating  
- Agility  
- Quickness  
- Speed

Puck Control  
- Moving  
- Dekes

Passing  
- Puck Support

Competitive Drills

## SEPTEMBER / OCTOBER

- No tryouts prior to or during the first week of school
- Prep Phase – 2 Weeks – 8 – 10 sessions – (1 - 60 minute session per day)
- Tryouts / Evaluations / Team Selection – (Minimum 4 skates then evaluate) – Combination of skills, small area games, formal games





# MONTHLY GOALS

## FEBRUARY

Individual Tactics – Develop / Refine

1 on 1's

Give and Go's

Positioning

Breakouts

Technical Skills – Refine

Skating  
- Quickness  
- Speed

Puck Control  
- Moving  
- Dekes

Passing  
-Puck Support

## MARCH

Technical Skills – Develop / Refine

Skating  
- Quickness  
- Speed

Puck Control  
- Moving  
- Dekes

Passing  
-Puck Support

Individual Tactics – Develop / Refine

1 on 1's

Give and Go's

Positioning

Breakouts

## APRIL

Playoffs

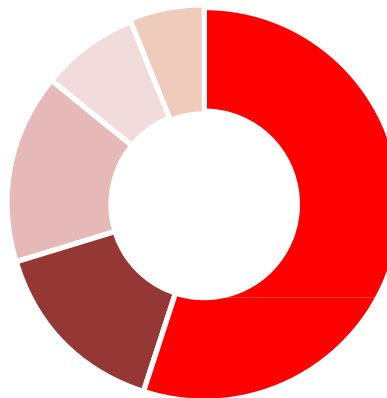
## MAY / JUNE / JULY / AUGUST

Off season

Spring Skill ( No Games ) Multisport Activities

FUN!!!

## SEASONAL STRUCTURE BREAKDOWN CHART



25% - Introducing Technical Skills

25% - Developing Technical Skills

25% - Refining Technical Skills

10% - Introducing Individual Tactics

15% - Developing Individual Tactics



# U18 SKILLS

## LTPD STAGE – Train to Train / Compete

Skating	Individual Offensive Play Puck Control	Individual Offensive Play Passing / Receiving	Individual Offensive Play Shooting	Team Play / Offensive Skills	
<ul style="list-style-type: none"> <li>• Strong On Feet</li> <li>• Stride</li> <li>• Edges</li> <li>• Transition And Pivots</li> <li>• Change Of Direction</li> <li>• Acceleration / Crossovers</li> <li>• Stability</li> <li>• Power</li> <li>• Agility</li> <li>• Quick Feet</li> <li>• Evasive Turns</li> <li>• Escapes</li> <li>• Skate The Game</li> <li>• NZ Speed</li> </ul>	<ul style="list-style-type: none"> <li>• Control</li> <li>• Carry With Speed</li> <li>• Protection/In A Crowd</li> <li>• Driving To The Net</li> <li>• Stick Fakes</li> <li>• Body Fakes</li> <li>• Dekes</li> <li>• Moves In Combination</li> <li>• Creativity</li> <li>• Deception</li> </ul>	<ul style="list-style-type: none"> <li>• Puck Management Skills</li> <li>• Passing</li> <li>• Look Offs</li> <li>• Receive And Control Consistently</li> <li>• Pick up Bad Passes</li> <li>• 1<sup>st</sup> Pass Threat</li> <li>• Finding Seams</li> </ul>	<ul style="list-style-type: none"> <li>• Being An Option</li> <li>• Quick Release</li> <li>• In Stride</li> <li>• Change Puck Angle</li> <li>• Shot Choice</li> <li>• Shot Mentality</li> <li>• Find Shooting Lane</li> </ul>	<ul style="list-style-type: none"> <li>• Head Up</li> <li>• Puck Protection</li> <li>• Puck Management</li> <li>• Quick Transition</li> <li>• Smart Puck Support Principles (Under Pressure)</li> <li>• Entries</li> <li>• Retrievals</li> <li>• Hinging</li> <li>• Delays</li> <li>• Cycling</li> <li>• Net Drives</li> <li>• Anticipation</li> </ul>	
Individual Defensive Skills	Team Play / Defensive Skills	Intangibles	Hockey Sense		
<ul style="list-style-type: none"> <li>• Angling</li> <li>• Stick On Puck</li> <li>• Defensive Side Positioning</li> <li>• Shot Blocking</li> <li>• Boxing Out</li> <li>• Fronting</li> <li>• Controlled Skating</li> <li>• Tracking</li> <li>• Transition From Defense To Offense</li> </ul>	<ul style="list-style-type: none"> <li>• Timing And Support - Spatial Awareness</li> <li>• Situational Gap Control</li> <li>• Read and React</li> <li>• Communication</li> </ul>	<ul style="list-style-type: none"> <li>• Dedication To Being An Elite Athlete</li> <li>• Be In Every Battle</li> <li>• Resiliency</li> <li>• Work Ethic</li> <li>• Communication Skills</li> <li>• Emotional Control</li> <li>• Does "Whatever It Takes"</li> </ul>	<ul style="list-style-type: none"> <li>• Ability To Make Decisions That Affect The Play</li> <li>• Ability To Understand The Tactics Necessary To Compete At This Level</li> <li>• Adaptability</li> </ul>		

# COACH PATHWAY

## U18 Coaching Pathway

- Hockey University – On-line Module
- Coach 2 – Coach 2 in Class and On Ice Clinic or **HP1**
- RIS – Activity Leader – On-line Module

### PATHWAY FOR COACH 2 - COACH LEVEL



**CERTIFICATION IS NOT REQUIRED AT COACH 2 AND A COACH CAN STAY "TRAINED" INDEFINITELY.**

### Continuing Education Opportunities - NCCP Instructional Stream

- Skating Clinic
- Skills Clinic
- Developing Defencemen Clinic
- Shooting and Scoring Clinic
- Small Area Games Clinic
- Goaltending Clinic



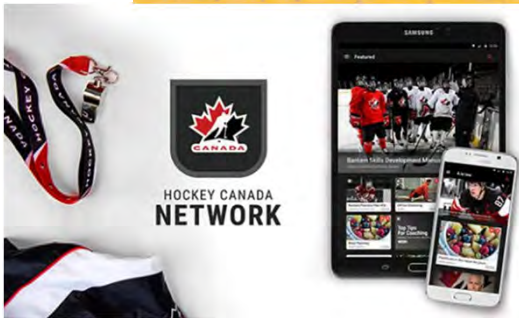
# INSTRUCTORS / COACHES

All Head Coaches coaching Bantam, U18, Junior "A" teams that compete in Interprovincial or National Championships or the highest level as determined by the Member, must be High Performance 1 'certified'. It is recommended that all Assistant coaches be at minimum Development 1 "trained".

## COMPETITION DEVELOPMENT STREAM: HIGH PERFORMANCE 1

PATHWAYS FOR HIGH PERFORMANCE 1			
PATHWAY	TRAINED	CERTIFIED	CERTIFICATION MAINTENANCE
PRE - 2010	ADVANCE 1 OR HPI CLINIC ATTENDANCE	<ol style="list-style-type: none"> <li>1. WRITTEN ASSIGNMENT</li> <li>2. FIELD EVALUATION (GAME AND PRACTICE)</li> <li>3. THEORY 3</li> </ol>	30 PROFESSIONAL DEVELOPMENT POINTS - 5 YEARS
AS OF DECEMBER 31, 2016 COACHES WILL NEED TO COMPLETE MAKING ETHICAL DECISIONS, MANAGING CONFLICT AND LEADING DRUG FREE SPORT IN PLACE OF THEORY 3 TO FULLY CERTIFY IN THIS PATHWAY			
2010 - 2012	HPI CLINIC ATTENDANCE	<ol style="list-style-type: none"> <li>1. WRITTEN ASSIGNMENT</li> <li>2. FIELD EVALUATION (GAME AND PRACTICE)</li> <li>3. MED ONLINE EVALUATION</li> </ol>	30 PROFESSIONAL DEVELOPMENT POINTS - 5 YEARS
2013 - PRESENT	HPI CLINIC ATTENDANCE	<ol style="list-style-type: none"> <li>1. WRITTEN ASSIGNMENT</li> <li>2. FIELD EVALUATION (GAME AND PRACTICE)</li> <li>3. MED ONLINE EVALUATION</li> <li>4. LEADING DRUG FREE SPORT ONLINE EVALUATION</li> <li>5. MANAGING CONFLICT ONLINE EVALUATION</li> </ol>	30 PROFESSIONAL DEVELOPMENT POINTS - 5 YEARS

# RESOURCES



**DRILL HUB**

Practice Like Team Canada

Access a Library of Free Drill Videos & Diagrams

[HockeyCanada.ca/DrillHub](http://HockeyCanada.ca/DrillHub)





# RESOURCES



BY THE NUMBERS

800 TEAM CANADA  
GAME CLIPS

3,200 ARTICLES

300  
PRACTICE PLANS

1,500  
DRILLS

900 VIDEOS



[www.hockeycanadanetwork.com](http://www.hockeycanadanetwork.com)



PLAY VIDEO

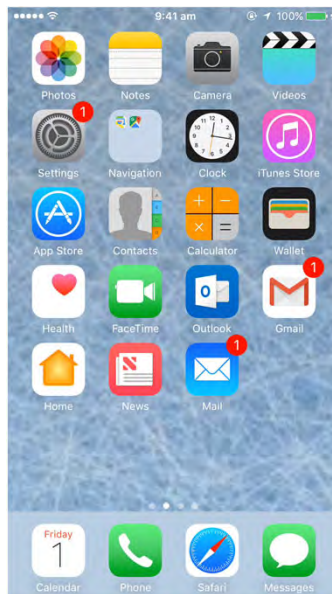
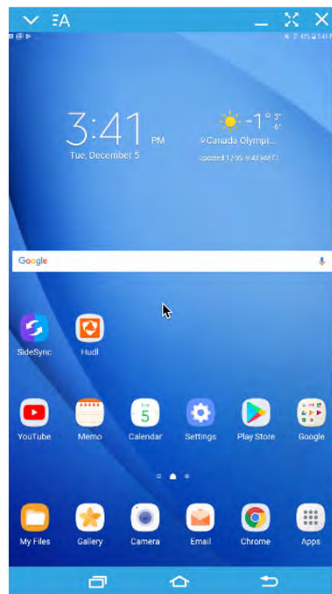


# RESOURCES

## SUBSCRIBE

*Getting started is easy...*

Download the app through the App Store or Google Play.



**PLAY  
VIDEOS**



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[www.hockeycanadanetwork.com](http://www.hockeycanadanetwork.com)

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### NETWORK

The Hockey Canada Network app is available for iOS and Android devices. Download it now for free from the Apple App Store or Google Play and start exploring videos and articles. For full, unlimited access to all content and features, subscribe to Hockey Canada Network Premium.

Free	Premium
Explore the app on your phone or tablet and view a limited selection of videos, articles, practice plans, drills and more.	Subscribe for unlimited access to exclusive and regularly updated content and enhanced features.
Free	As low as \$4.00/month*

Subscribe Online and Save.

Subscribe for Premium access to the Hockey Canada Network through our website and get an **ADDITIONAL 20% OFF** the in-app annual subscription price. Single or group access codes available.

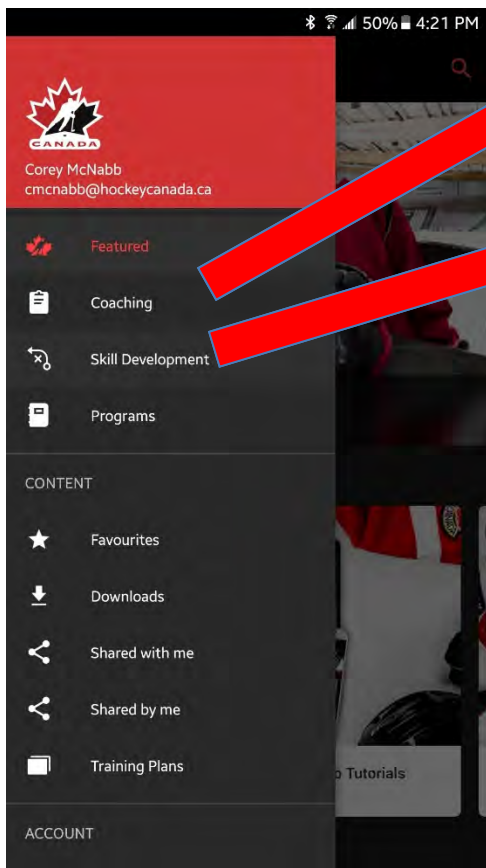
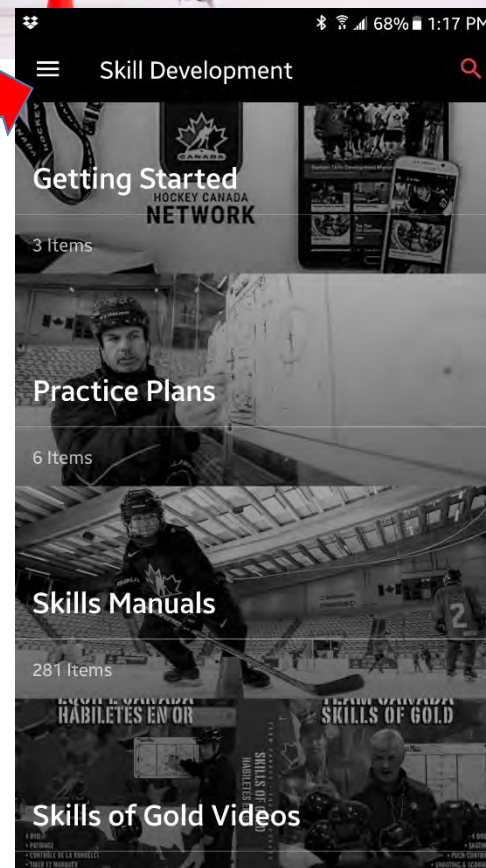
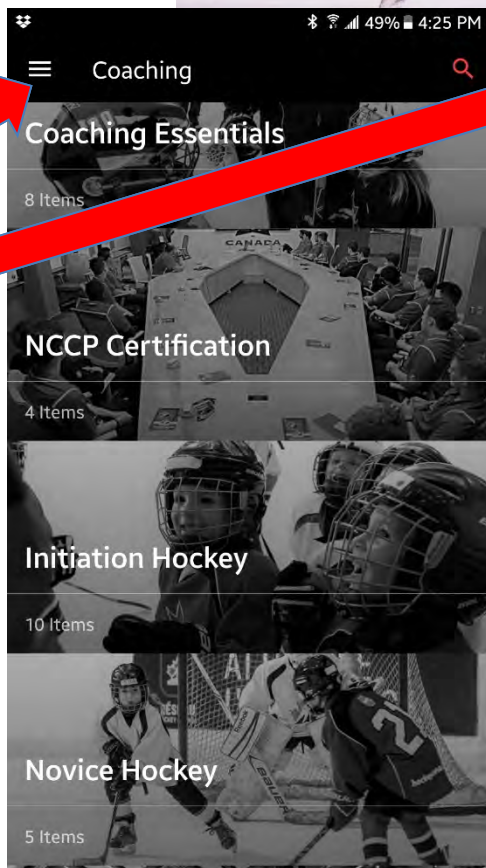
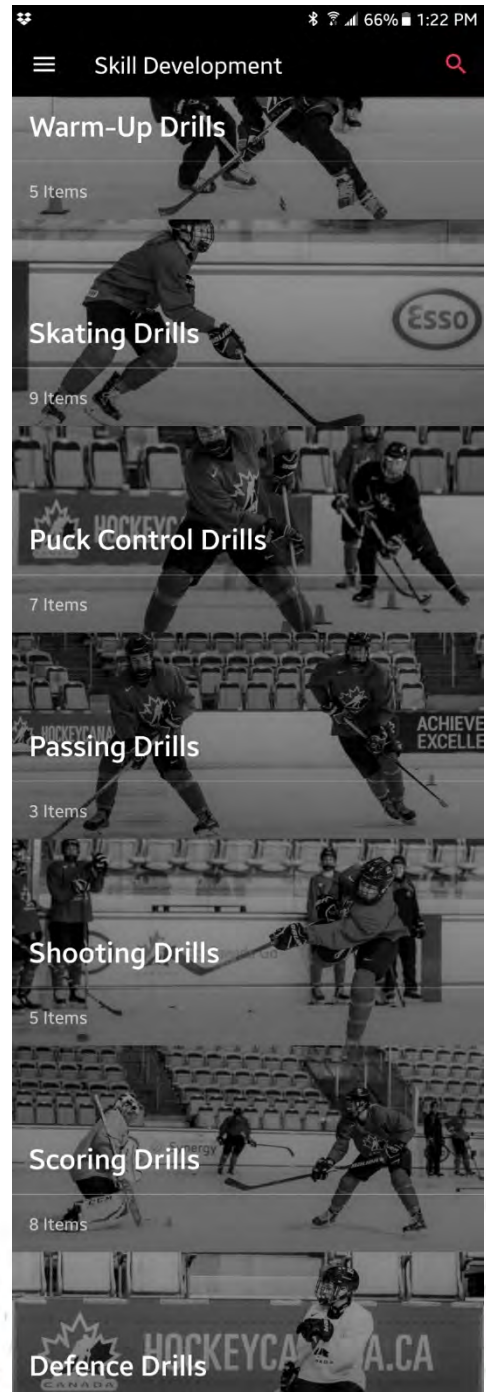
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GET IT ON Google play | Download on the App Store

Join our Email list for the latest news and updates about the new Hockey Canada Network App. [bcnsmktg@hockeycanada.com](mailto:bcnsmktg@hockeycanada.com)

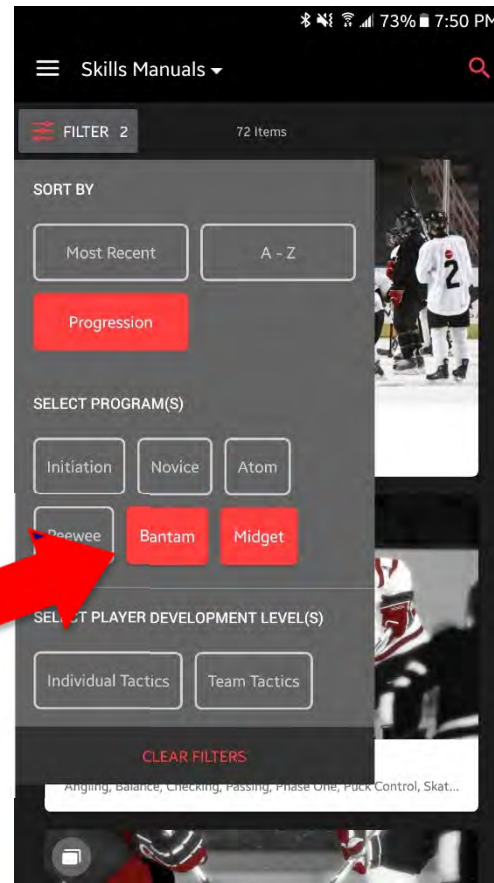
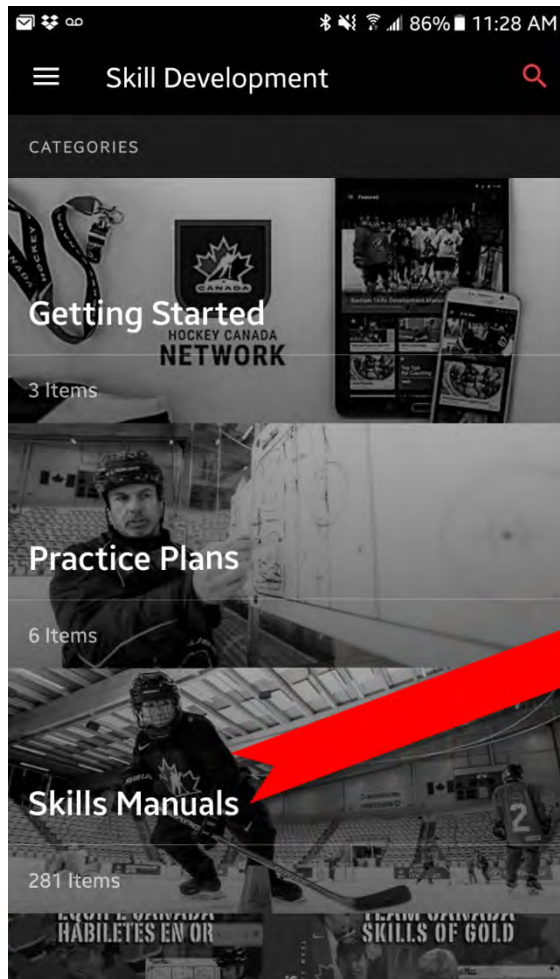


# RESOURCES



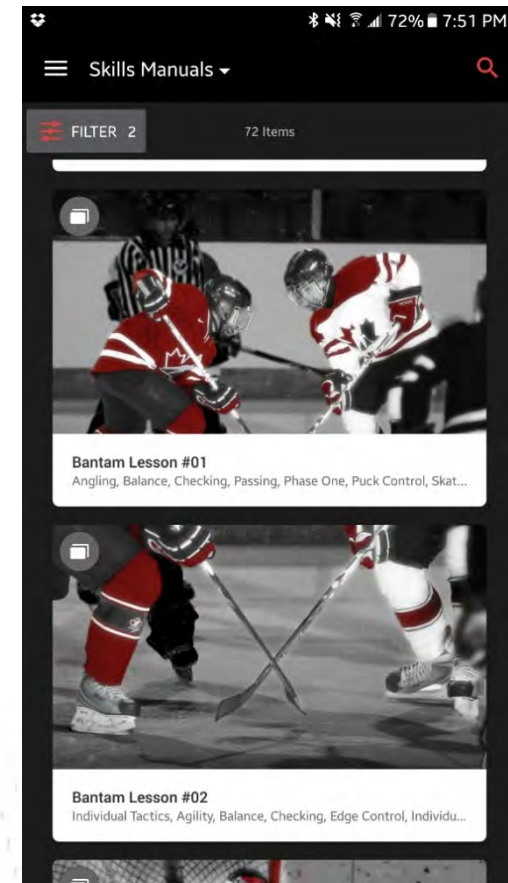
# RESOURCES

## Skill Development – Skills Manuals



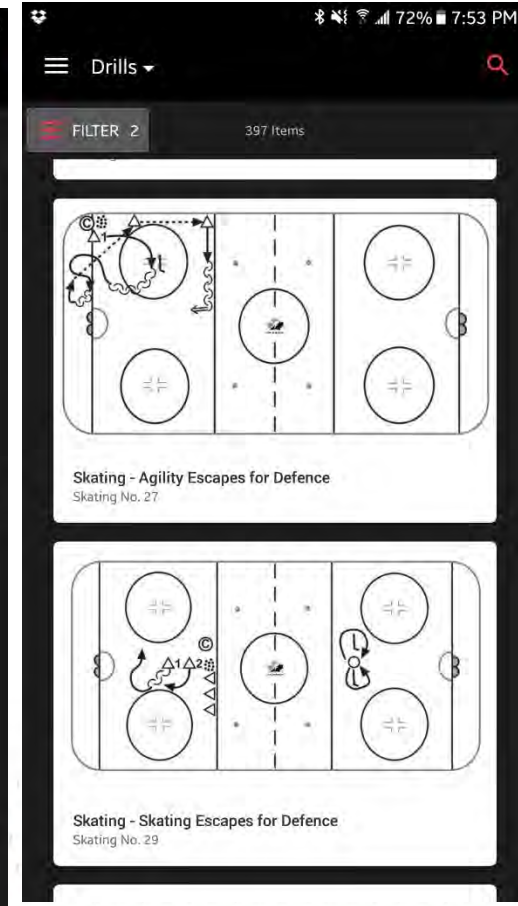
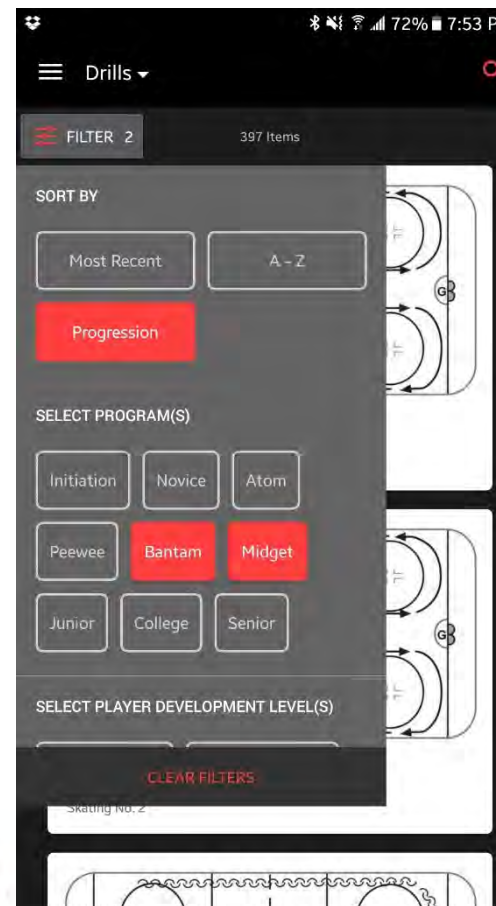
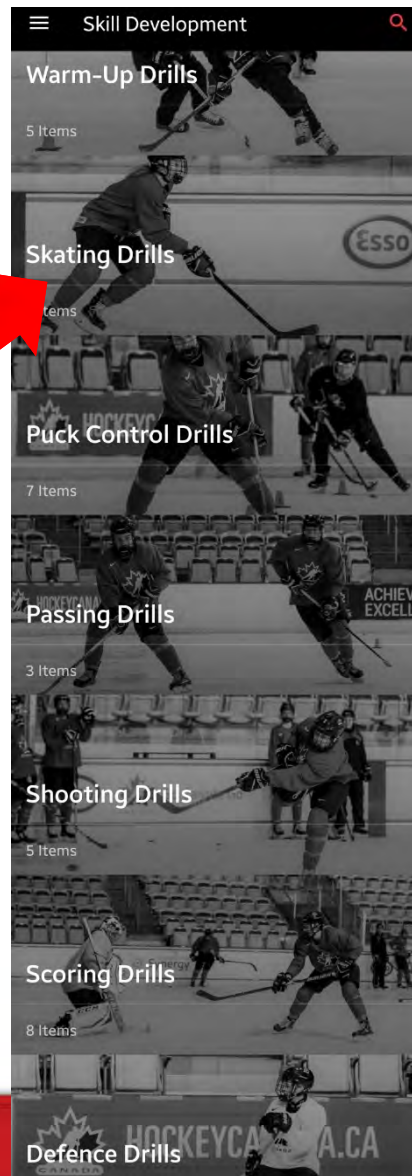
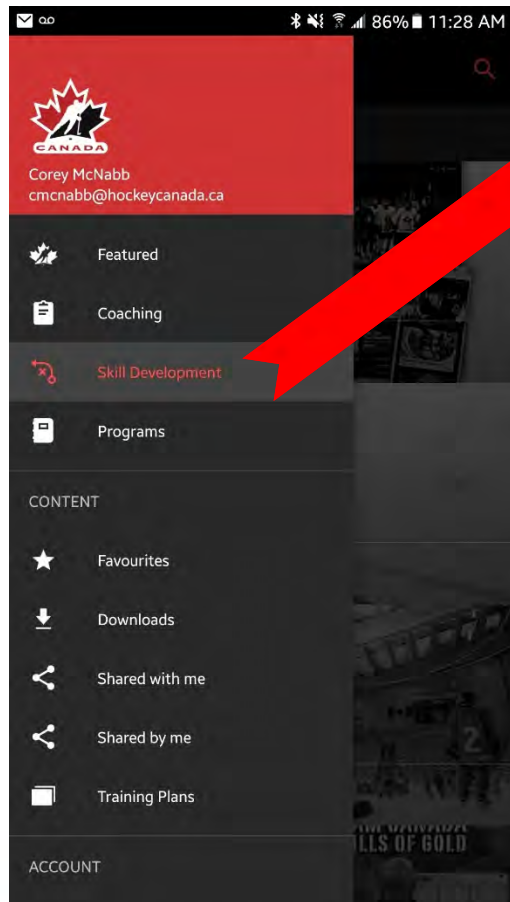
The Hockey Canada Skills Development U18 Manuals are broken up into 32 separate practice plans. Each individual drill can also be accessed.

Favorite, download and share an entire practice plan or individual drill



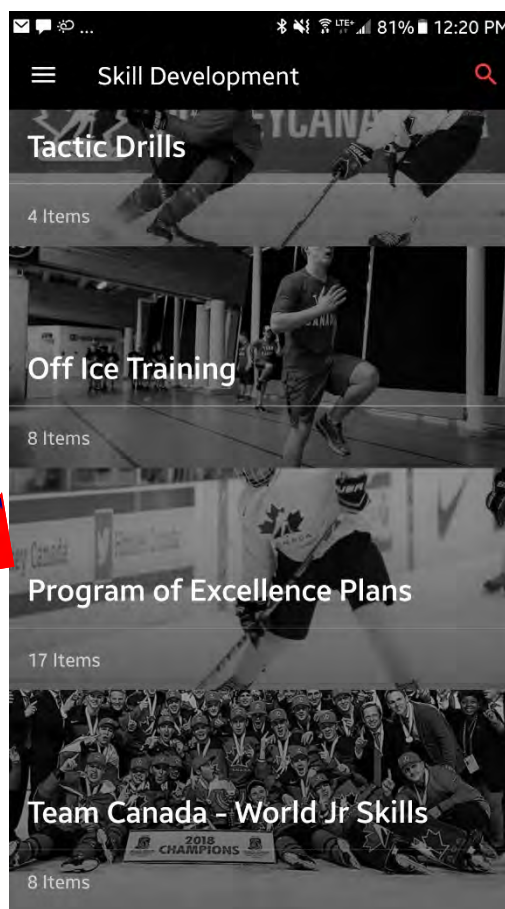
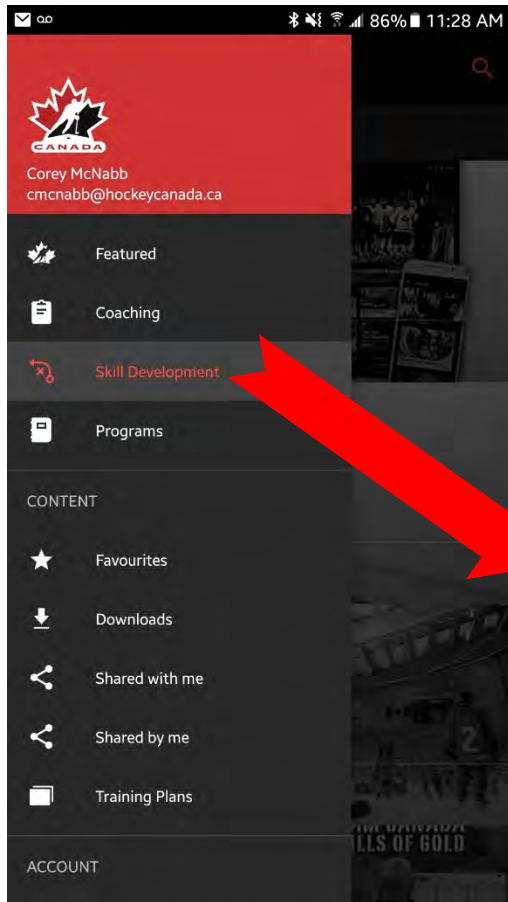
# RESOURCES

## Skill Development – U18 Skills



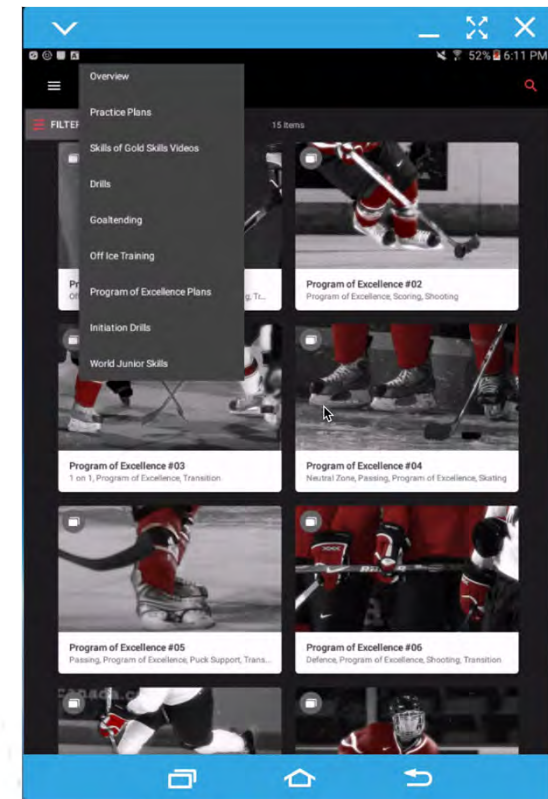
# RESOURCES

## Skill Development – Program of Excellence



***15 set practice plans put together by former Team Canada Coaches. Combinations of skills, tactics and team play in ready made practice plans.***

***Favorite, download and share***



# What is Hockey Canada Drill Hub?

***Hockey Canada Drill Hub*** is a Free resource for players and coaches of all levels with a continuously growing library of:

- Drills
- Videos
- Practice Plans

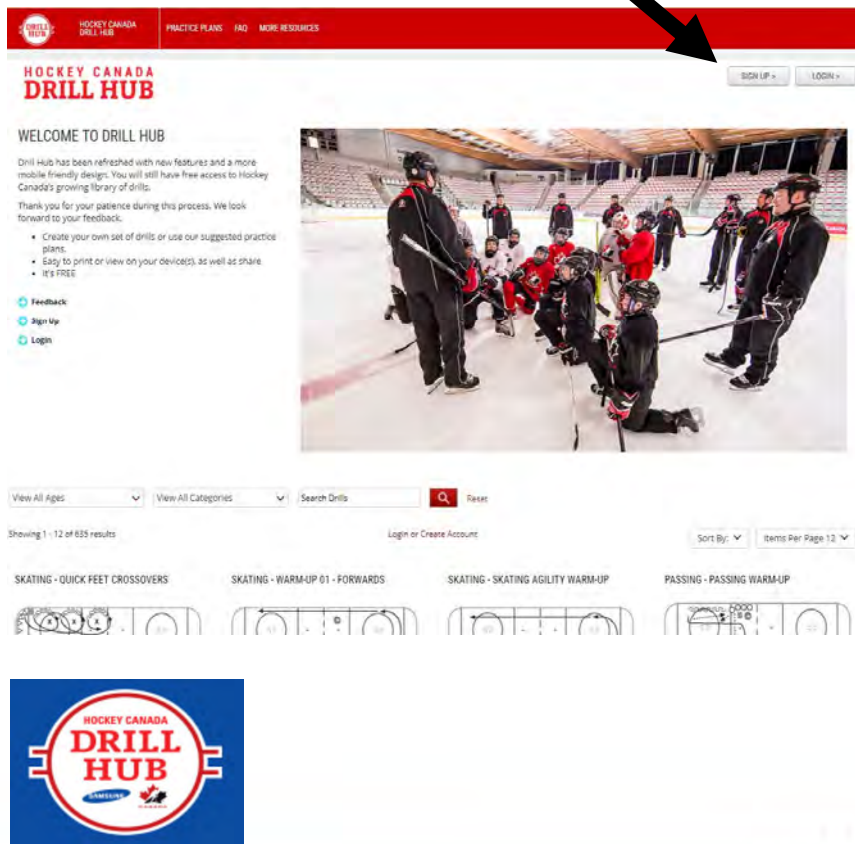
The screenshot shows the Hockey Canada Drill Hub website. At the top, there is a red navigation bar with the 'DRILL HUB' logo and links for 'PRACTICE PLANS', 'FAQ', and 'MORE RESOURCES'. Below the navigation bar, the 'HOCKEY CANADA DRILL HUB' logo is prominently displayed. To the right of the logo are 'SIGN UP >' and 'LOGIN >' buttons. The main content area features a 'WELCOME TO DRILL HUB' section with a paragraph of text and a bulleted list of features: 'Create your own set of drills or use our suggested practice plans', 'Easy to print or view on your device(s), as well as share', and 'IT'S FREE'. Below the list are links for 'Feedback', 'Sign Up', and 'Login'. To the right of the text is a large photograph of a coach in a black jacket addressing a group of young hockey players on an ice rink. Below the welcome section is a search bar with filters for 'View All Ages' and 'View All Categories', a search input field, and a 'Reset' button. Below the search bar, it says 'Showing 1 - 12 of 635 results' and 'Login or Create Account'. At the bottom, there are four drill thumbnails with titles: 'SKATING - QUICK FEET CROSSOVERS', 'SKATING - WARM-UP 01 - FORWARDS', 'SKATING - SKATING AGILITY WARM-UP', and 'PASSING - PASSING WARM-UP'. Each thumbnail includes a small diagram of the drill on an ice rink.

The promotional graphic features the 'HOCKEY CANADA DRILL HUB' logo on the left. To the right is a large image of a Samsung tablet displaying a hockey player in a red jersey. Below the tablet, the text reads 'Practice Like Team Canada' and 'Access a Library of Free Drill Videos & Diagrams'. At the bottom left, the URL 'HockeyCanada.ca/DrillHub' is provided.



# Creating an Account

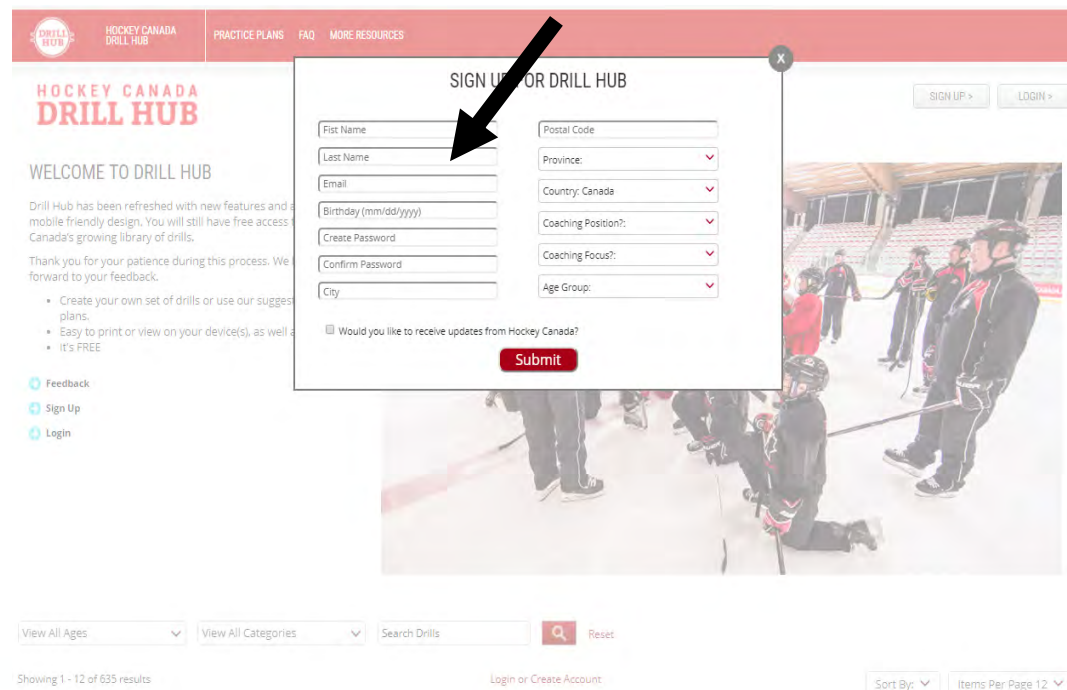
Click the *Sign Up* button



The screenshot shows the Hockey Canada Drill Hub homepage. At the top, there is a navigation bar with 'DRILL HUB', 'HOCKEY CANADA DRILL HUB', 'PRACTICE PLANS', 'FAQ', and 'MORE RESOURCES'. Below the navigation bar, the 'SIGN UP' button is highlighted with a black arrow. The main content area features a 'WELCOME TO DRILL HUB' section with a video of a coach on an ice rink. Below the video, there are search filters for 'View All Ages', 'View All Categories', and a search bar. At the bottom, there are category tiles for 'SKATING - QUICK FEET CROSSOVERS', 'SKATING - WARM-UP 01 - FORWARDS', 'SKATING - SKATING AGILITY WARM-UP', and 'PASSING - PASSING WARM-UP'.



Fill in your information and click *Submit*



The screenshot shows the Hockey Canada Drill Hub sign-up form. The form is titled 'SIGN UP FOR DRILL HUB' and includes fields for 'First Name', 'Last Name', 'Email', 'Birthday (mm/dd/yyyy)', 'City', 'Postal Code', 'Province', 'Country: Canada', 'Coaching Position?', 'Coaching Focus?', and 'Age Group'. There are also checkboxes for 'Would you like to receive updates from Hockey Canada?'. A red 'Submit' button is at the bottom of the form. A black arrow points to the 'Submit' button. The background shows a blurred image of the coach and players from the previous image.





# MEMBERS & PARTNERS



## BC HOCKEY

6671 Oldfield Road  
Saanichton, B.C. V8M 2A1  
**Tel:** (250) 652-2978  
**Fax:** (250) 652-4536  
[www.bchockey.net](http://www.bchockey.net)



## HOCKEY ALBERTA

#201, 120 College Circle  
Red Deer, Alta. T4R 0T7  
**Tel:** (403) 342-6777  
**Fax:** (403) 346-4277  
[www.hockeyalberta.ca](http://www.hockeyalberta.ca)



## SASKATCHEWAN HOCKEY ASSOCIATION

#2 - 575 Park Street  
Regina, Sask. S4N 5B2  
**Tel:** (306) 789-5101  
**Fax:** (306) 789-6112  
[www.sha.sk.ca](http://www.sha.sk.ca)



## HOCKEY MANITOBA

145 Pacific Avenue  
Winnipeg, Man. R3B 2Z6  
**Tel:** (204) 925-5755  
**Fax:** (204) 925-5761  
[www.hockeymanitoba.ca](http://www.hockeymanitoba.ca)



## ONTARIO HOCKEY FEDERATION

400 Sheldon Drive, Unit 9  
Cambridge, Ont. N1T 2H9  
**Tel:** (226) 533-9070  
**Fax:** (519) 620-7476  
[www.ohf.on.ca](http://www.ohf.on.ca)



## HOCKEY NORTHWESTERN ONTARIO

107 Cumberland Street North  
Thunder Bay, Ont. P7A 4M3  
**Tel:** (807) 623-1542  
**Fax:** (807) 623-0037  
[www.hockeyhno.com](http://www.hockeyhno.com)



## HOCKEY EASTERN ONTARIO

813 Shefford Road,  
Suite 201  
Ottawa, Ont. K1J 8H0  
**Tel:** (613) 224-7686  
**Fax:** (613) 224-6079  
[www.hockeyeasternontario.ca](http://www.hockeyeasternontario.ca)



## HOCKEY QUEBEC

7450 boulevard les  
Galeries d'Anjou, suite  
210 Montreal, Que. H1M  
3M3  
**Tel:** (514) 252-3079  
**Fax:** (514) 252-3158  
[www.hockey.qc.ca](http://www.hockey.qc.ca)



## HOCKEY NEW BRUNSWICK

861 Woodstock Road  
Fredericton, N.B. E3B  
7R7  
**Tel:** (506) 453-0089  
**Fax:** (506) 453-0868  
[www.hnb.ca](http://www.hnb.ca)



## HOCKEY PRINCE EDWARD ISLAND

40 Enman Crescent,  
Suite 209  
Charlottetown, P.E.I.  
C1E 1E6  
**Tel:** (902) 368-4334  
**Fax:** (902) 368-4337  
[www.hockypei.com](http://www.hockypei.com)



## HOCKEY NOVA SCOTIA

7 Mellor Avenue, Suite 17  
Dartmouth, N.S. B3B 0E8  
**Tel:** (902) 454-9400  
**Fax:** (902) 454-3883  
[www.hockeynovascotia.ca](http://www.hockeynovascotia.ca)



## HOCKEY NEWFOUNDLAND AND LABRADOR

32 Queensway  
P.O. Box 176  
Grand Falls-Windsor,  
N.L. A2A 2J4  
**Tel:** (709) 489-5512  
**Fax:** (709) 489-2273  
[www.hockeynl.ca](http://www.hockeynl.ca)



## HOCKEY NORTH

3506 McDonald Drive  
Yellowknife, N.T. X1A 2H1  
**Tel:** (867) 446-8890  
[www.hockeynorth.ca](http://www.hockeynorth.ca)



## HOCKEY CANADA

201-151 Canada Olympic  
Road SW  
Calgary, AB T3B 6B7  
**Tel:** (403) 777-3636  
**Fax:** (403) 777-3635  
RA Centre  
2451 Riverside Drive  
Ottawa, ON K1H 7X7  
**Tel:** (613) 696-0211  
**Fax:** (613) 696-0787  
[hockeycanada.ca](http://hockeycanada.ca)