



Canadian Player Pathway

U13



2020 - 21

TABLE OF CONTENTS



3 INTRODUCTION

3 MESSAGES

- Lead, Develop and Promote Positive Hockey Experiences
- Tom Renney

4 WHAT IS THE U13 PATHWAY?

- Who is it for
- Goals
- Purpose

6 SEASONAL STRUCTURE

- Ideal Season
- Monthly Goals
- Skills Pyramid

11 U13 SKILLS

12 INSTRUCTORS / COACHES

- NCCP Clinic
- Requirements
- Professional Development

14 RESOURCES

- Hockey Canada Network
- Skills Manuals
- Drill Hub

How a player experiences hockey is crucial.

If a player continues to have 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



U13 PATHWAY

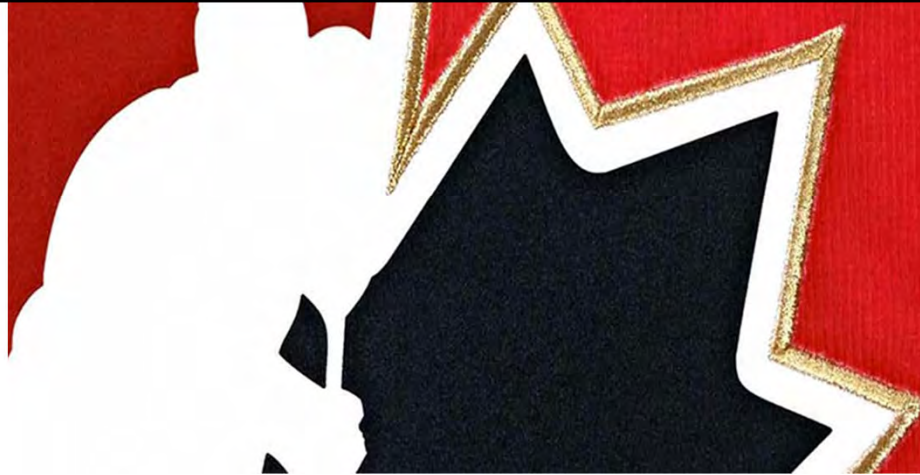
WHAT IS THE **U13** PATHWAY?

- ❖ The U13 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 U15
- ❖ Consists of four phases of instruction, designed for recreational and competitive level players
- ❖ **Introduces, develops and refines** the skills of skating, passing, puck control and shooting in a progressive one step at a time manner

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 **U13** PATHWAY?

- ❖ Continued development of fundamental movement skills (skating, turning, acceleration), manipulation skills (shooting, puck control) and refining overall motor skills (balance, coordination, agility) in a fun and safe environment that promotes self-confidence within a team dynamic



THE OBJECTIVES OF THE PROGRAM

- ❖ Continue to grow their impression of hockey as a positive one for players and parents. FUN!
- ❖ Play/Games exist to promote the benefits of competition, developing hockey sense and team dynamics
- ❖ Some streaming of the players –goal is to have players working with players of like skills to develop confidence and self esteem





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

U13: AGE 11-12

COMMUNITY (recreational)

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFF PHASE Up to 4 Weeks Tournament Style TOURNAMENTS 3 tournaments 12 games
Up To		Up To	Up To		Up To	
4	8	2	24	24	18	
WEEKS	PRACTICES	EXHIBITION GAMES	WEEKS	PRACTICES	GAMES	

TOTAL PRACTICES: 30 - 35 | TOTAL GAMES: 25 - 35

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:

- Full time goaltenders – Goalie not playing in games plays out
- Rotate all players through all positions – begin position specific at half way point of season
- Small Area Games in Practice
- Skill / Station based practices

U13: AGE 11-12

DEVELOPMENTAL (competitive)

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFF PHASE Up to 4 Weeks Tournament Style TOURNAMENTS 4 tournaments 16 games
Up To		Up To	Up To		Up To	
4	12	6	24	48	24	
WEEKS	PRACTICES	EXHIBITION GAMES	WEEKS	PRACTICES	GAMES	

TOTAL PRACTICES: 55 - 65 | TOTAL GAMES: 45 - 50

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:

- Full time goaltenders
- Rotate all players through all positions – begin position specific at half way point of season
- Small Area Games in Practice
- Skill / Station based practices





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 (can occur during first week of school)
- 3) Must have a minimum of 3 formal tryout / evaluation sessions for Community – (Recommended - 1 skills session, 1 small area games session, 1 formal game) 5 formal tryout / evaluation sessions for for Developmental – (Recommended 2 skills sessions, 1 small area games session, 2 formal 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 3 (Community) / 5 (Developmental) formal tryout / evaluation sessions – Recommended – 1-2 skills sessions, 1 small area games session, 1-2 formal game

- 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 50 games per year (including exhibition / league / tournaments and playoffs)
- Recommended length of game is a 60 or 75 minute ice time
- Small Area Games in practice / Station based practices / Skill focused drills

Tryouts / Evaluations

- Players may tryout based on a specific position – should be encouraged to play both F and D
- Players should be selected for teams based on their skill, not positional preference ie teams should be selected based on the top X number of players and not based on position specific player preferences

Ice Time

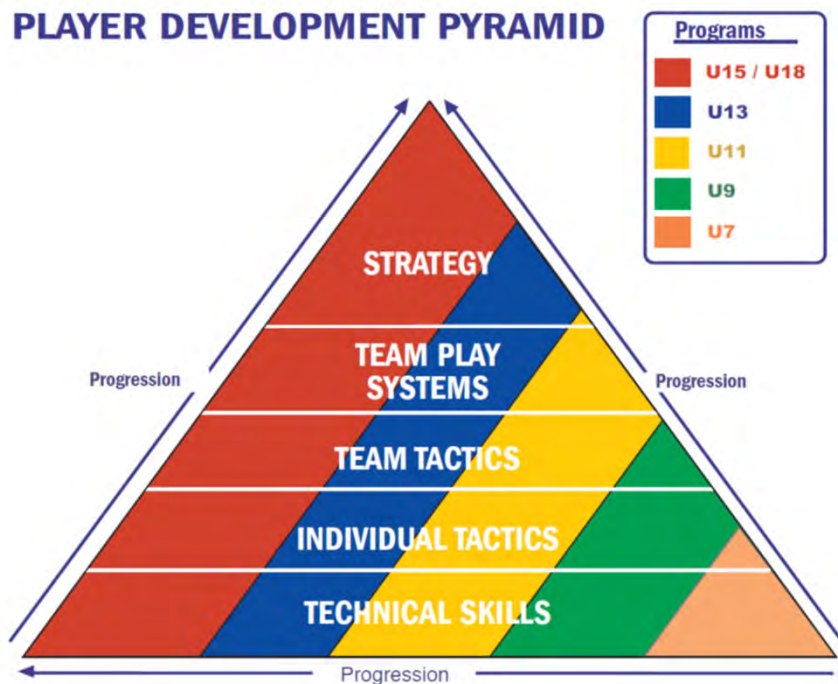
- Fair / equal ice time (goalies should rotate for equal number of games and / or playing time throughout the regular season and playoffs)
- All players should play both special teams, end of period and end of game situations.

Position Specific Teaching

- Only 20% of practice time should be spent on team play and strategy / systems – 80% of practice should be on skills and tactics
- Players should rotate through Defence and Forward positions in the first half of the year and then may move to more consistent positions in the second half.
- Limit position specific specialization (except goalies – recommend goalie not playing plays out as a skater)

SEASONAL STRUCTURE

PLAYER DEVELOPMENT PYRAMID



The U13 program recommends 45% technical skills, 25% individual tactics, 10% team tactics, 10% team play, and 10% strategy.





MONTHLY GOALS

SEPTEMBER

-Technical Skills - Introduce

Skating
- Agility
- Balance
- Coordination

Puck Control
-Stationary & Moving

Passing
--Stationary
-Moving

Fun Games

OCTOBER

-Technical Skills - Develop

Skating
- Agility
- Balance
- Coordination

Puck Control
- Stationary & Moving

Passing
-Stationary
-Moving

Fun Games

NOVEMBER

-Technical Skills - Develop

Skating
- Agility
- Quickness
- Speed

Puck Control
- Moving
- Dekes

Passing
- Moving / Puck Support

Fun Games

DECEMBER

Technical Skills – Develop / Refine

Skating
- Agility
- Quickness
- Speed

Puck Control
- Moving
- Dekes

Passing
-Moving / Puck Support

Fun Games

Relays

Competitive Drills

JANUARY

Individual Tactics - Introduce

1 on 1's

Give and Go's

Refine Technical Skills
Skating
- Agility
- Quickness
- Speed

Puck Control
- Moving
- Dekes

Passing
- Moving / 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

1 on 1's

Give and Go's

Positioning

Breakouts

Technical Skills – Refine

Skating
- Quickness
- Speed

Puck Control
- Stationary/ Moving
- Dekes

Passing
-Moving / Puck Support

MARCH

Technical Skills - Refine

Skating
- Quickness
- Speed

Puck Control
- Stationary/ Moving
- Dekes

Passing
-Moving / Puck Support

Individual Tactics -Develop

1 on 1's

Give and Go's

Positioning

Breakouts

APRIL

Tournaments / Playoffs

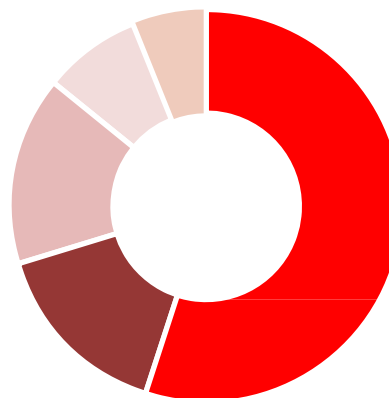
MAY / JUNE / JULY / AUGUST

Off season

Spring Skill (No Games) Multisport Activities

FUN!!!

SEASONAL STRUCTURE BREAKDOWN CHART



- 25% - Introducing Technical Skills
- 35% - Developing Technical Skills
- 20% - Refining Technical Skills
- 15% - Introducing Individual Tactics
- 5% - Developing Individual Tactics



U13 SKILLS

LTPD STAGE – Learn to Train

Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
<ul style="list-style-type: none"> All Skating Skills from Initiation, novice and atom Fwd / Bwd Scissor Skate Lateral Crossovers C-cuts toe on puck 	<ul style="list-style-type: none"> Figure 8's – forward – inside & outside edge Figure 8's – backward – inside & outside edge Heel to Heel (Mohawk) 1 leg weaving – fwd / bwd 	<ul style="list-style-type: none"> Front v-start Crossover start Backward c-cut start One-leg bwd stop Two-leg bwd stop 	<ul style="list-style-type: none"> Forward striding Linear crossovers Acceleration Quick Feet Evasive skating 	<ul style="list-style-type: none"> C-cuts – left foot / right foot Backward Striding 1 Crossover / Reach 	<ul style="list-style-type: none"> Glide turns / Tight turns C-cuts – around circle – outside foot – forward & backward Crossovers – forward & backward Pivots – bwd to fwd & fwd to bwd Pivots – open & reverse
Stationary Puck Control	Moving Puck Control	Stationary Passing and Receiving	Moving Passing and Receiving	Shooting	Individual Offensive Tactics
<ul style="list-style-type: none"> Narrow Wide Side – front – side Toe drag – side/front Attack Triangle Quick hands Range of motion 	<ul style="list-style-type: none"> Narrow / Wide Open ice carry – forehand & backhand Weaving with puck Toe drag – front & side Attack the Triangle Quick hands Range of Motion 	<ul style="list-style-type: none"> Stationary forehand pass Stationary backhand pass Forehand saucer pass Backhand saucer pass 	<ul style="list-style-type: none"> Moving forehand pass Moving backhand pass Moving fhd saucer pass Pass and Follow Cross and Drop 	<ul style="list-style-type: none"> Forehand - wrist shot Backhand - shot Forehand / backhand shots in motion Forehand - flip shot Backhand - flip shot Tips / Deflections Snap / Slap shot 	<ul style="list-style-type: none"> Body fakes / shot fakes Stick fakes / fake pass Dekes Moves in Combination Net Drives Change of pace Puck protection Control skating Saving ice
Individual Defensive Tactics	Team Play				
<ul style="list-style-type: none"> Angling Basic 1 on 1's Gap control Escape moves Puck retrievals Tracking 	<ul style="list-style-type: none"> Basic Positioning – D Zone Basic Breakouts Regroups Entries Forechecks 				

INSTRUCTORS / COACHES

U13 Coaching Pathway

- Hockey University – On-line Module
- Coach 2 – Coach 2 in Class and On Ice Clinic (for recreational level coaches)
- Development 1 in Class and On Ice Clinic (for highest level of U13 in the Branch)
- 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
- Small Area Games Clinic
- Goaltending Clinic

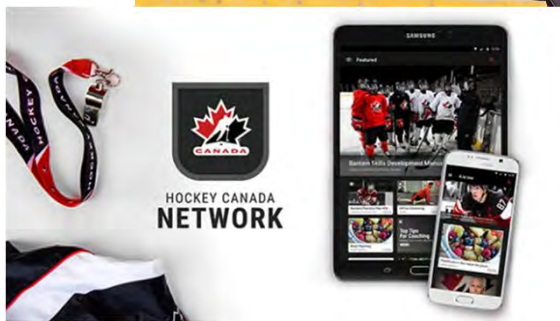
INSTRUCTORS / COACHES

All Head Coaches, that coach teams in U13 or above teams at competitive levels, as determined by the Branch, must be Development 1 “Certified” (other than those requiring High Performance 1). It is recommended that all assistant coaches have Development 1 “Trained” status. This took effect for the 2015 / 16 season.

COMPETITION INTRODUCTION STREAM: DEVELOPMENT 1

PATHWAYS FOR DEVELOPMENT 1		
PATHWAY	TRAINED	CERTIFIED
PRE - 2009	ALL COACHES IN THIS PATHWAY HAVE LEGACY DEVELOPMENT 1 CERTIFIED STATUS	
JAN 1, 2009 - JUNE 30, 2014	ALL COACHES IN THIS PATHWAY WILL BE DEVELOPMENT 1 CERTIFIED	
JULY 1, 2014 - PRESENT	CLINIC ATTENDANCE EMERGENCY ACTION PLAN	WRITTEN EVALUATION (WORKBOOK) FIELD EVALUATION (PRACTICE) MED COMPETITION - INTRODUCTION
	<p>PRIOR TO JAN 1, 2021 ALL COACHES WITHIN THIS PATHWAY MUST COMPLETE THE MED COMPETITION INTRODUCTION TRAINING AND ONLINE EVALUATION (5 PD POINTS FOR COMPLETION OF TRAINING AND ONLINE EVALUATION) +15 MORE PROFESSIONAL DEVELOPMENT POINTS TO MAINTAIN CERTIFIED STATUS</p> <p>PRIOR TO JAN 1, 2021 ALL COACHES WITHIN THESE PATHWAYS MUST COMPLETE THE MED COMPETITION INTRODUCTION ONLINE EVALUATION +20 POINTS TO MAINTAIN CERTIFIED STATUS</p> <p>20 PROFESSIONAL DEVELOPMENT POINTS</p>	

RESOURCES



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RESOURCES



BY THE NUMBERS

800 TEAM CANADA
GAME CLIPS

3,200 ARTICLES

300
PRACTICE PLANS

1,500
DRILLS

900 VIDEOS



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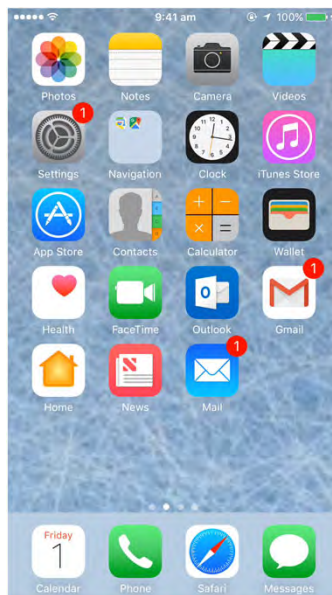
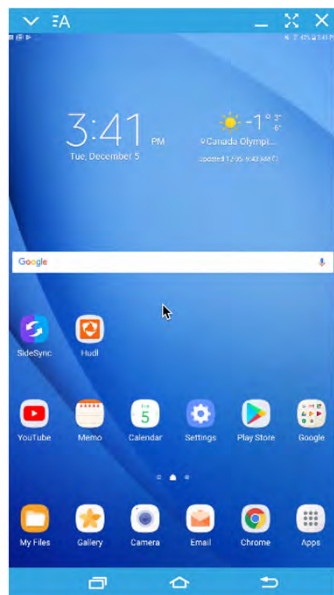


RESOURCES

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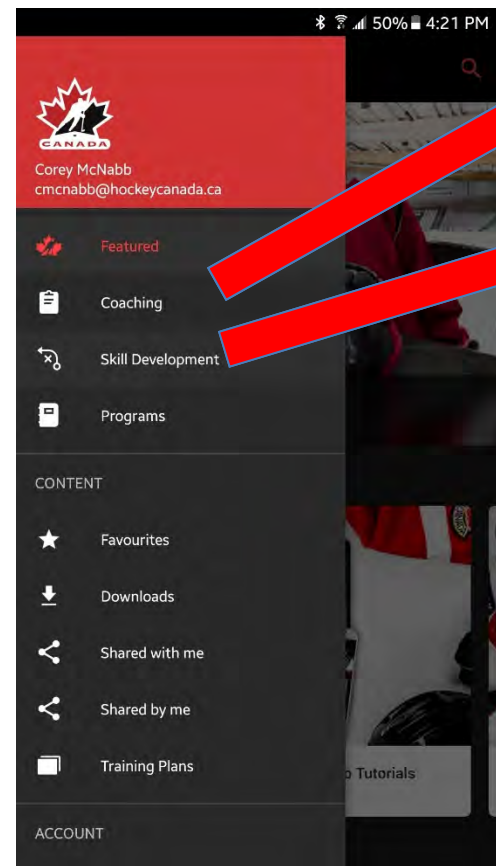
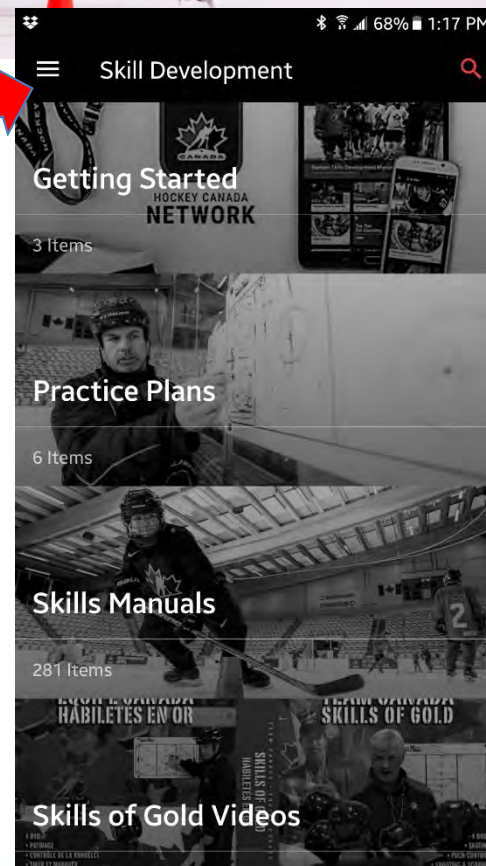
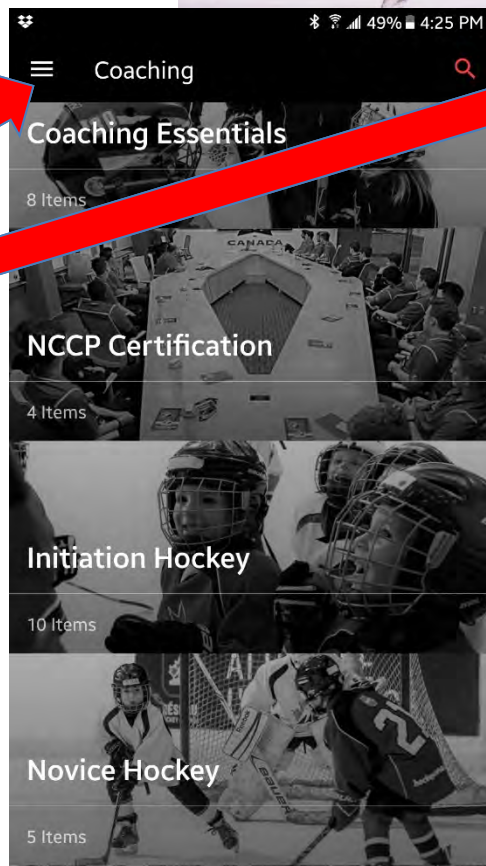
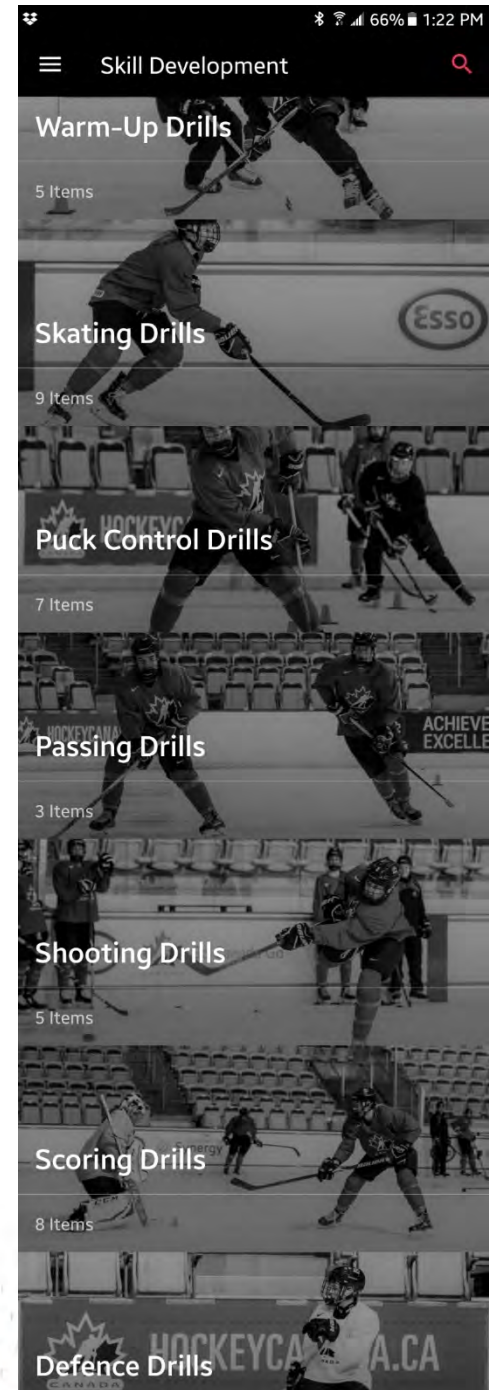
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GET IT ON Google play | Download on the App Store

Join our Email list for the latest news and updates about the new Hockey Canada Network App. bcnsm1@gmail.com

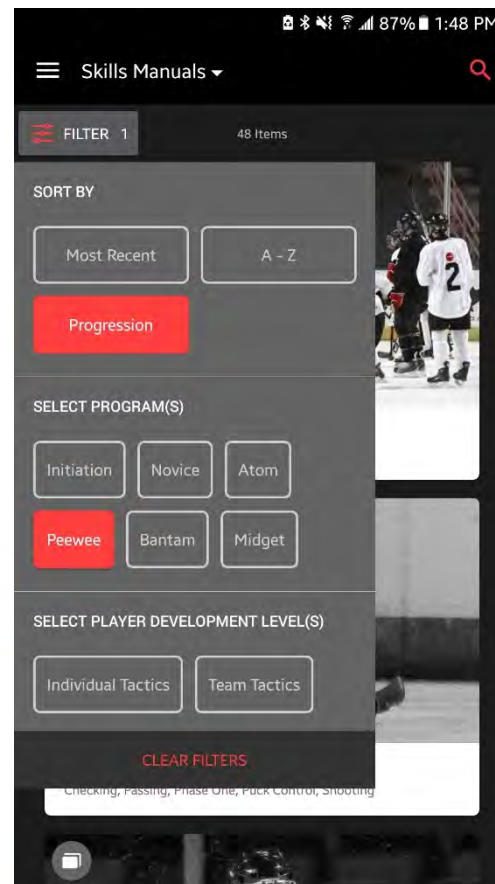
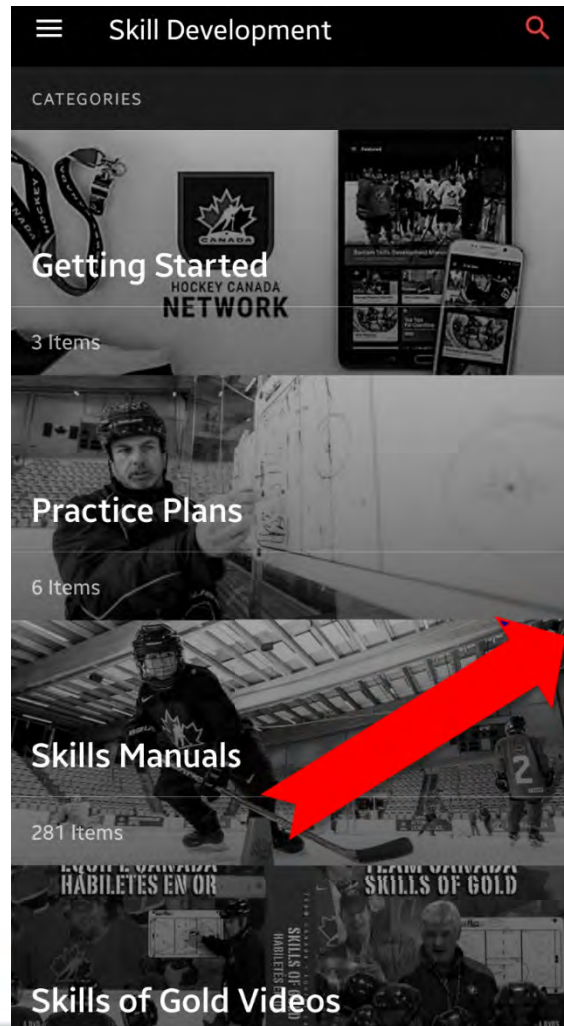


RESOURCES

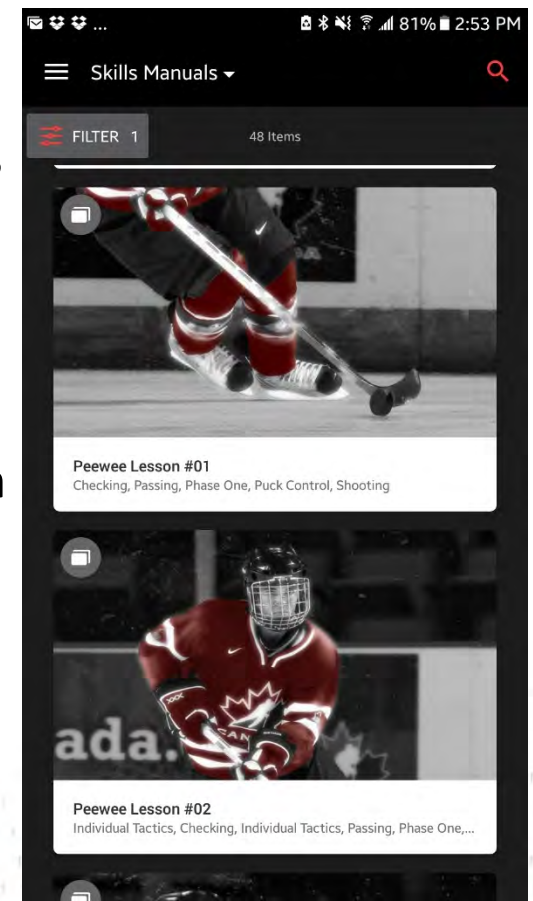


RESOURCES

Skill Development – Skills Manuals



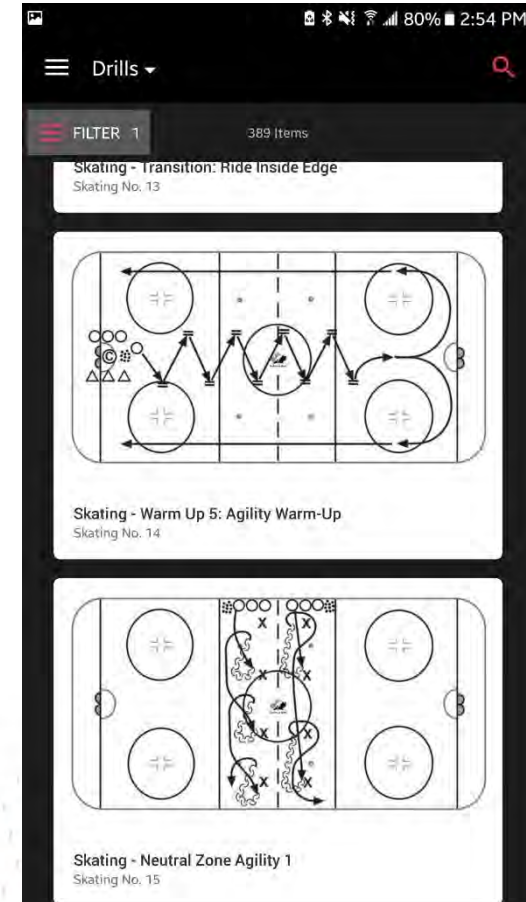
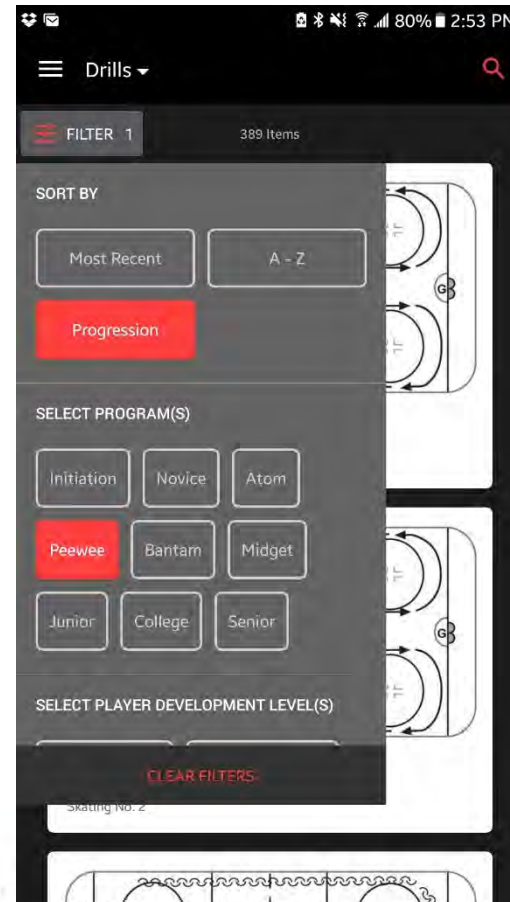
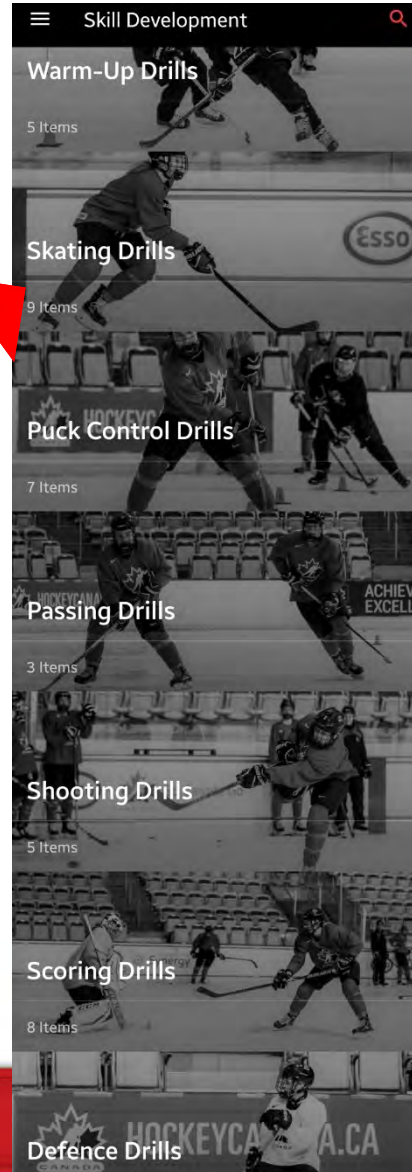
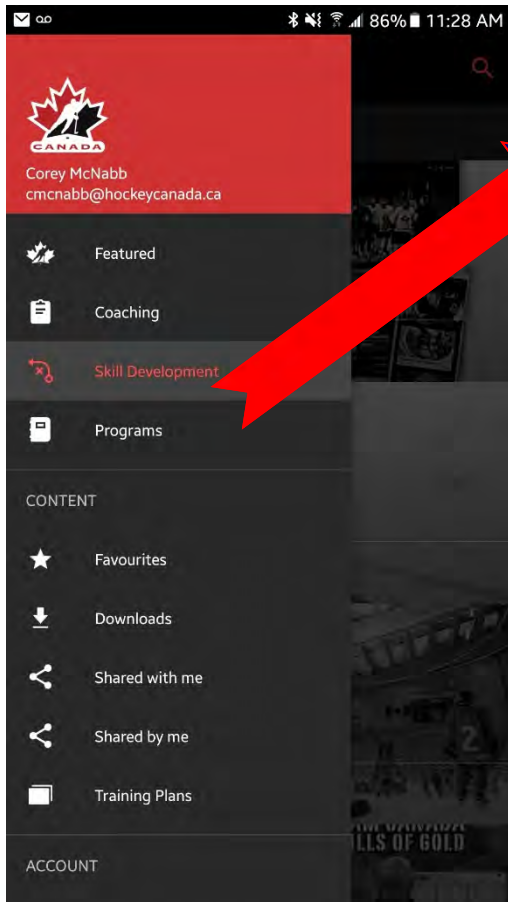
The Hockey Canada Skills Development U13 Manual is broken up into 32 separate practice plans. Each individual drill can also be accessed. Favorite, download and share an entire practice plan or individual drill



RESOURCES



Skill Development – U13 Skills



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

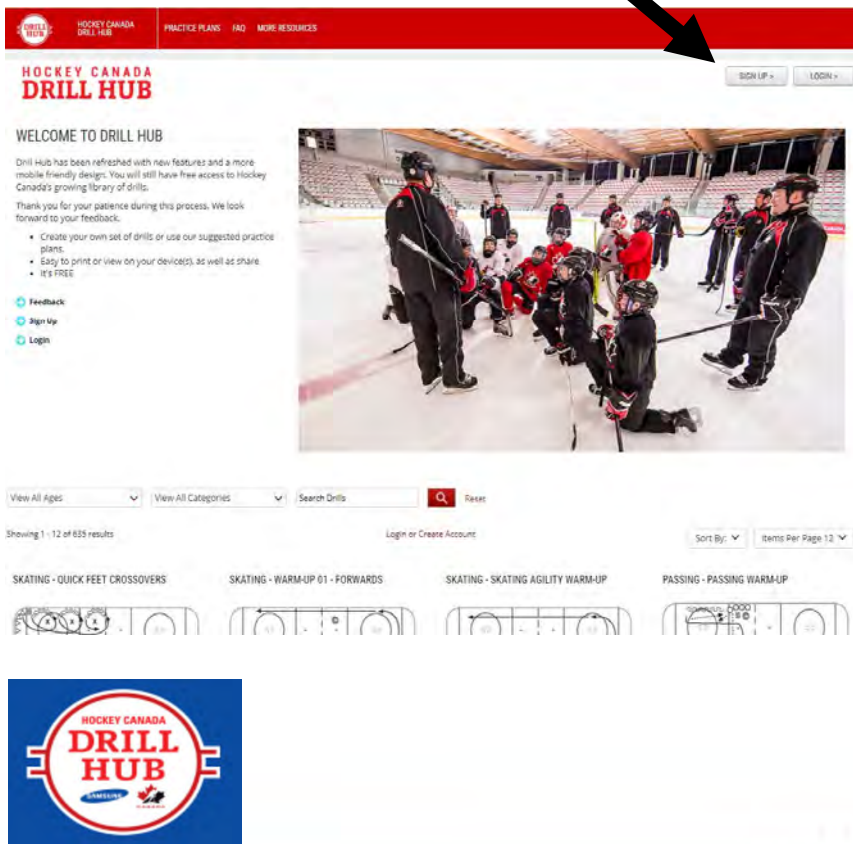
The screenshot shows the Hockey Canada Drill Hub website. At the top, there is a red navigation bar with the 'DRILL HUB' logo and links for 'PRACTICE PLANS', 'FAQ', and 'MORE RESOURCES'. Below the navigation bar, the 'HOCKEY CANADA DRILL HUB' logo is prominently displayed. To the right of the logo are '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 this list are three links: '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 in a circular emblem at the top left. Below the logo, the text reads 'Practice Like Team Canada' and 'Access a Library of Free Drill Videos & Diagrams'. On the right side, a Samsung tablet displays a video of a hockey player in a red jersey. At the bottom left, the website address 'HockeyCanada.ca/DrillHub' is provided.



Creating an Account

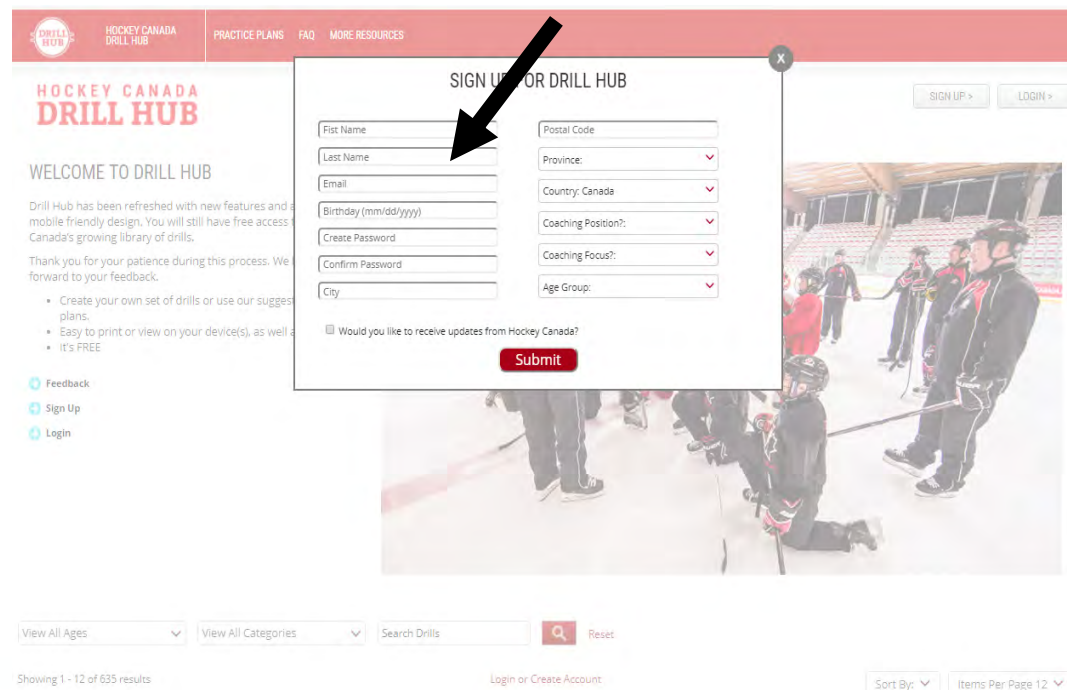
Click the *Sign Up* button



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 links 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 sign-up form for the Hockey Canada Drill Hub. 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.



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HOCKEY CANADA

201-151 Canada Olympic
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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
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