



Coaches, Trainer & Manager Information Binder

Arthur Minor Hockey Association 2025/2026



Welcome to AMHA 2025/2026 Season

Dear Vipers Families,

Welcome to another exciting season of Arthur Minor Hockey! We are thrilled to have you and your player as part of the Vipers community. Whether this is your first year with us or you've been here for many seasons, we're grateful for the energy, commitment, and team spirit you bring.

At AMHA, our mission is to provide a safe, positive, and inclusive environment where every player can learn, grow, and develop a love for the game. Hockey is about more than competition, it's about teamwork, respect, building friendships, and creating memories that last long after the final buzzer.

This binder is designed to help guide you through the season. Inside you'll find important information on coaching expectations, player safety, team fundraising, tournaments, and association policies. We encourage you to use it as a resource and to reach out to your coaches, team staff, or board members if you have any questions.

As we move through the year, let's remember that success isn't only measured by wins and losses but by the effort, sportsmanship, and joy our players bring to the rink. Together, we can make this a rewarding season for every member of our Vipers family.

Thank you for your support, your time, and your dedication. We look forward to cheering on our players and celebrating another great season of black and gold pride!

Go Vipers!

Sincerely,

Arthur Minor Hockey Association Board of Directors



Arthur Minor Hockey Association (AMHA)

Welcome the 2025-2026 hockey season and we greet you with great appreciation and thanks for the effort put forth towards our association and players.

We are providing you with this binder to aid you, your bench staff, parents and players thorough out this season. The resources in this binder, on our website, and the shared knowledge of the experienced individuals involved in AMHA are here to help you along the way.

With our new membership in the Dufferin Wellington Local League, we feel this will help to improve our ability to implement more ice times and experience for not just the players, also you and your coaching staff. Shorter drives to the arenas and preferable ice times.

Let us know where we can help.

MISSION AND MANDATE

Arthur Minor Hockey Association Mission Statement

“Lead, Develop, and Promote Positive Hockey Experiences.”

Arthur Minor Hockey Believes...

In a positive hockey experience for all participants, in a safe, sportsmanlike environment. In the development of life skills which will benefit participants throughout their lives.

In the values of fair play and sportsmanship, including the development of respect for all people by all participants. In hockey opportunities for all people regardless of age, gender, colour, race, ethnic origin, religion, sexual orientation, or socio-economic status.

In the importance for participants to develop dignity and self-esteem. To instill the values of honesty and integrity in participants at all times

In the promotion of teamwork, and the belief that what groups and society can achieve as a whole is greater than that which can be achieved by individuals.

In the country of Canada, its traditions in the game of hockey, and the proud and successful representation of this tradition around the world.

In the value of hard work, determination, the pursuit of excellence and success in all activities.

In the benefits of personal and physical well-being.

Arthur Minor Hockey Association 2025-2026



Executive Contact List

President	Margaret Ribey	presidentarthurminorhockey@gmail.com
Vice President	Ann Warnaar	annwarnaar@gmail.com
Secretary	Casi Gray	casigray17@gmail.com
Risk Management Director	Andrew Hopkins	ahopkins07@outlook.com
Registrar	Ann Warnaar	registrararthurminorhockey@gmail.com

Coaches Liason	Charlie VanGerven	cpvangerven@gmail.com
Parent Liaison	Allison Rice	allisongregson@hotmail.com
Ice-Scheduler	Marla Irwin U5-U9	marlaa8@hotmail.com
	Crystal VanGerven U11-U21	crystalvangerven@icloud.com

Arthur Minor Hockey Association (AMHA)



<https://arthurminorhockey.com/> for further information. A digital copy of this binder will be emailed to you and it will have live links to click on.

Web links

Coaches Information

Coach Education - [Click for Link](#)

Coaches Clinics Online - [Click for Link](#)

Ontario Hockey Federation Player Pathways - [Click for Link](#)

Trainer Information

Trainer Education - [Click for Link](#)

Hockey Trainers Ontario (HTO) Course Online - [Click for Link](#)

Team Manager Information

Team Manager Education - [Click for Link](#)

General Courses for all Bench Staff

Respect in Sport, For Hockey Canada Activity Leaders - [Click for Link](#)

Rowan's Law - [Click for Link](#)

Gender Identity and Expression - [Click for Link](#)

Players Information

Equipment Requirements - [Click for Link](#)

Equipment Safety Reminders for the 2025-26 Season - [Click for Link](#)

Practice Planners /Drills

Hockey Canada Drill Hub | Build Great Practices for FREE - [Click for Link](#)

Downloads and resources to help improve hockey coaches - [Click for Link](#)

Coach & Player Resources - [Click for Link](#)

Hockey Canada Network app - [Click for Link](#)



Share Your Vipers Moments!

We love seeing our teams in action on and off the ice! 🏒 ✨

Whether it's a big game, a team celebration, or just the fun of being together, your photos help capture what it means to be part of the Arthur Vipers family.

How to Share

✅ Post your photos and tag us:

- Facebook: **Arthur Minor Hockey**
Instagram: [@arthurminorhockey](https://www.instagram.com/arthurminorhockey)
- Or send to Casi Gray casigray17@gmail.com for anything you want posted on our socials.

✅ Use our hashtag:

#arthurvipers ❤️ 🟡

This helps us find your posts and cheer on our players right alongside you.

A Few Notes

- Please make sure your photos are appropriate to share publicly.
- By tagging us or using **#arthurvipers**, you're giving us permission to repost and highlight your team's amazing moments.
- Let's keep it positive: celebrating effort, teamwork, and the fun of the game!

Why Share?

- 📣 Show off your team spirit
- 🏒 Celebrate your players
- 🤝 Build our Vipers community
- 🔥 Keep the excitement going beyond the rink

Let's fill our feeds with black and gold pride! ❤️ 🟡 Go Vipers!

Coaches, Parents and Player Expectations

Roles, Responsibilities, and Expectations

Coaches and Team Officials

- ❖ Schedule games and practices reasonably, recognizing players have school, family, and other commitments.
- ❖ Teach players to play fairly and respectfully, following rules and showing respect to opponents and officials.
- ❖ Provide all players with instruction, support, and fair playing time suited to their age and ability. Aim for excellence with realistic goals.
- ❖ Never ridicule or yell at players for mistakes or poor performance. Encourage confidence and fun.
- ❖ Ensure equipment and facilities are safe and appropriate.
- ❖ Set a positive example. Be generous with praise, respectful, and professional at all times.
- ❖ Obtain proper training, certifications, and continue to upgrade skills.
- ❖ Cooperate with officials for the benefit of the game.
- ❖ Hold a parent meeting before the season (and as needed during the year) to cover: introductions, coaching philosophy, team rules, dress code, playing time, supervision policies, complaint procedures, finances, tournaments, and responsibilities such as timekeeping and scorekeeping.

Parents and Guardians

- ❖ Register players in their correct age group and program. Submit proof of birth, Respect in Sport, and Rowan's Law certificates. Fees must be paid in full before participation.
- ❖ Pay any fundraising fees attached to registration.
- ❖ Provide full, CSA-approved equipment in proper condition. Players without correct gear cannot participate.
- ❖ Ensure AMHA sweaters and equipment are used appropriately and returned at the end of the season. Parents are responsible for lost or damaged items.
- ❖ Make sure players wear matching game socks in AMHA colours.
- ❖ Encourage your child to play by the rules, resolve conflicts respectfully, and focus on effort and fun over winning.
- ❖ Be a positive role model by applauding good plays from both teams.
- ❖ Never ridicule, yell at your child, or publicly question officials' judgment.
- ❖ Respect and appreciate volunteer coaches. Address problems privately through the complaint procedure, not in public or on social media.
- ❖ Attend parent meetings and maintain open communication with coaches and managers.
- ❖ Submit complaints in writing to the President or Risk Management Director. Complaints will be investigated confidentially and responded to in writing.
- ❖ Refrain from using or being under the influence of drugs or alcohol in arenas. Violation may result in suspension without refund.
- ❖ Follow the 24-hour cool down rule before raising concern. Escalate step-by-step: Coach → Coaches Liaison → President/Risk Management → OMHA if necessary.

Players

- ❖ Play hockey because you want to and enjoy the game.
- ❖ Always follow the rules of hockey and the spirit of fair play.
- ❖ Control your temper. Fighting and disrespectful language will not be tolerated.
- ❖ Respect your teammates, coaches, opponents, and officials.
- ❖ Be a true team player. Work hard for both yourself and your team.
- ❖ Remember that winning is not everything. Fun, improvement, effort, and friendships matter too.
- ❖ Acknowledge good plays by both your teammates and your opponents.
- ❖ Listen to your coaches and accept officials' decisions respectfully.
- ❖ Represent yourself, your family, your team, your town, and your sponsor positively both at the arena and away from it.
- ❖ Keep public and social media comments respectful and appropriate.
- ❖ If injured, provide a doctor's clearance before returning to play.

7. Injuries (Return to Play)

7.1 If a player sustains a serious injury that requires medical attention or results in care by a physician, the following must be completed before the player may return to play or practice:

- An **OMHA Injury Report** must be submitted.
- A **medical clearance note from the player's physician** must be provided to confirm the player is fit to return.

No player will be permitted back on the ice until both documents have been received.

2025-2026 Arthur Minor Hockey

Risk Management Complaint Procedure

The following guidelines outline the steps to be followed if a concern arises during the season. Each step must be completed in order before moving to the next.

Step 1: Speak with the Coach (after 24 hours)	A 24-hour cooling down period must pass before a complaint is made. After this period, the complainant should approach the coach involved to seek a resolution. If the complainant would like support during this meeting, they may request the presence of the Parent Liaison as a third-party representative.
Step 2: Contact the Coaches Liaison	If Step 1 does not bring a satisfactory resolution, the complainant should contact the Coaches Liaison. The Coaches Liaison will work with all parties to assist in finding a resolution.
Step 3: Contact the President or Risk Management Director (in writing)	If no resolution is reached after Step 2, the complainant must submit the concern in writing to either the President or the Risk Management Director of AMHA.
Step 4: Escalate to OMHA (in writing)	If Step 3 has been completed and there is still no satisfactory resolution, the complainant may submit a written complaint to the Arthur Minor Hockey Association representative within the OMHA.

Attention Coaches!

It is imperative for all Team Officials to ensure their Vulnerable Sector Check (NOT CRIMINAL BACKGROUND CHECK) is complete to be eligible to programs on and off the ice. This includes a valid Vulnerable Sector Check and the OHF Screening Declaration Form.

1. Determine where you need to get your VSC and get your documents organized:

» [OHF Letter Requesting Vulnerable Sector Check \(download\)](#)

» [OHF Screening Declaration Form \(download\)](#)

Required Documents

Before entering the OHF Screening Submission Portal, please ensure you are ready with the necessary documentation. You will need your:

- Hockey Canada Registry (HCR) Number; AND
- Vulnerable Sector Check (PDF) AND [OHF Screening Declaration Form \(PDF\)](#); OR
- Receipt of Vulnerable Sector Check (PDF) AND [OHF Screening Declaration Form\(PDF\)](#);

Please Note:

1. *All documents must be in PDF format to be accepted.*

2. *For the 2024-25 season, the OHF will be accepting copies of a Vulnerable Sector Check from 2022-23 or 2023-24 AND OHF Screening Declaration Form (PDF).*

2. Once ready with your documents, including the approved VSC from your local police service, begin your [OHF Screening Submission](#)

» Gather your HCR # and register for the OHF Screening Process

» Once registered, click on the link to continue

» Complete the form, including the adding of your documents (read all instructions to ensure complete accuracy)

For full screening process details and help with any of the items click [HERE](#).

WHERE TO OBTAIN A VULNERABLE SECTOR CHECK

1. Ontario Wide

- Majority of VSCs can also be obtained online through the Ontario Provincial Police (OPP), but you must live in an OPP-policed community.
- You may be required to provide an OHF Letter Requesting Vulnerable Sector Check

2. OPP Police Record Checks

To request an OPP Record Check, you must live in an OPP-policed community.

[Click here to obtain a OPP Police Record Check](#)

INSTRUCTION VIDEOS/DOCUMENTS

1. Creating a Spordle Account: [Watch Video](#) | [Download Instructions](#)
2. Linking HCR Number to Spordle Account: [Watch Video](#) | [Download Instructions](#)
3. Registering for the OHF Screening Process: [Watch Video](#) | [Download Instructions](#)
4. OHF Screening Process: [Watch Video](#) | [Download Instructions](#)

Team Officials under the age of 18

Due to changes imposed by the new Police Record Checks Reform Act (PRCRA) legislation, effective November 1st, 2018, a police check for persons under 18 years of age UNLESS applying for a position with a government agency (federal, provincial or municipal), will not be processed.

Therefore, applicants under the age of 18 will not be required to obtain a Police Record Check OR signing of a declaration form is not required.

Team Officials 18 years of age and over are required to submit a Vulnerable Sector Check (VSC).

The renewal period for your VSC will be every 3 years. (Example: Year one VSSC, year two Criminal Offence Declaration Form, year three Criminal Offence Declaration Form and year four VSC.) All On Ice Officials must adhere to this Policy.

If you are a first-time Team Official 18 years of age and older you are required to submit your Vulnerable Sector Check through the process above.



TEAM OFFICIAL QUALIFICATION REQUIREMENTS

2025-2026

- All qualifications listed are the **MINIMUM REQUIREMENT**
- All Team Officials (Coach, Trainer, & Manager) require Respect in Sport (RiS) - Activity Leader or Speak Out!
- All Team Officials (Coach, Trainer, & Manager) require Gender Identity & Expression Course
- All Team Officials must complete Rowan's Law Resource Review & Acknowledgement
- All qualifications must be registered in the Hockey Canada Registry (HCR)

DIVISION	CATEGORY	HEAD COACH	ASSISTANT COACH	TRAINER
U7 U8 U9	ALL	Coach 1 ¹	Coach 1 ¹	HTCP Level 1
U10 - U21	House League (HL) Local League (LL) Minor Development (MD) Select	Coach 2 Trained ²	Coach 2 Trained ²	HTCP Level 1
U10 U11	Representative	Development 1 Trained ³	Coach 2 Trained ²	HTCP Level 1
U12 U13 U14 U15 U16 U18 U21	Representative (Below A)	Development 1 Certified ⁴	Development 1 Trained ³	HTCP Level 1
U12 U13 U21	AAA/AA/A	Development 1 Certified ⁴	Development 1 Trained ³	HTCP Level 1
U14 U15 U16 U18	AA/A	Development 1 Certified ⁴	Development 1 Trained ³	HTCP Level 1
U14 U15 U16 U18	AAA	High Performance 1 Certified ⁵	Development 1 Trained ³	HTCP Level 2

COACHING QUALIFICATION LEGEND:

1. Coaches in divisions **U9** and Below **must** hold Coach 1- **No other qualifications are accepted**
2. Coach 2 'Trained' or higher: Coach 2 'Trained' or 'Certified'; Development 1 'Trained' or 'Certified'; High Performance 1 & 2 'Trained' or 'Certified'
3. Development 1 'Trained' or higher: Development 1 'Trained' or 'Certified' or; High Performance 1 & 2 'Trained' or 'Certified'
4. Development 1 'Certified' or higher: Development 1 'Certified' or; High Performance 1 & 2 'Trained' or 'Certified'
5. High Performance 1 'Certified' or higher: High Performance 2 'Certified'

ACTING IN THE ROLE OF HEAD COACH:

Should a team's Head Coach not be available, an Assistant Coach rostered to that team is eligible to act in the role of Head Coach for that game only. If the Head Coach resigns or is removed from the position and subsequently removed from the team's Roster, the Association is responsible to Roster a new individual as Head Coach holding the qualifications appropriate to the role.

HOUSE LEAGUE (HL):

- Assistant Coaches at House League require Respect in Sport (RiS)-Activity Leader or Speak Out! and Gender Identity and Expression Course Only. However, they would require the appropriate qualification listed in chart above for participation with teams from outside their House League (i.e. exhibition and/or tournament play)
- In addition, if the Head Coach were not available to start a House League game, an appropriately NCCP qualified Coach would be required to act as the Head Coach.



HOCKEY CANADA COACHING DEVELOPMENT

NCCP CERTIFICATION MAINTENANCE



Certification Maintenance

The certification maintenance requirements began in January of 2014, in which a coach has 5 years to obtain a certain number of credits in order to maintain certification.

9.2 Policy Statement

- 9.2.1 Certification within the NCCP shall be valid for a maximum period of 5 years.
- 9.2.2 The concept of “life-span of NCCP certification” shall apply to coaches who:
 - A. Are already certified and according to the standards of the Levels-NCCP
 - B. Are certified according to the standards of the Levels-NCCP while it is still in effect
 - C. Are certified according to the standards of an NCCP context’s core certification and gradations
- 9.2.3 Maintenance of certification must be based on active coaching and professional development

10.2 Policy Statement

- 10.2.1 Professional development is required for coaches to renew “Certified” status in any context or gradation
- 10.2.2 Professional development requirements must be completed by the end of the period for which the certification is valid
- 10.2.3 A National Sport Organization has the option to require coaches to complete professional development to renew “Trained” status
- 10.2.4 Coaches are required to obtain a minimum number of Professional Development credits, dependent upon the context in which they are certified and the NSO-determined period within which they must renew their certification

Professional Development Credits required:	
Context (includes any gradation)	5 Years
Community Sport (Coach 1 / 2) Instruction - Beginners	10 Points
Competition Introduction (Dev 1) Instruction – Intermediate Performers Instruction – Advanced Performers	20 Points
Competition – Development (HPI)	30 Points



CERTIFICATION AND PROFESSIONAL DEVELOPMENT CREDITS



Hockey Canada Approved Certification Maintenance / Professional Development Credits	
Program / Clinic	Points
English: Active Coaching French: Entraînement actif	1 point per active year
English: Next Level in NCCP Clinics French: Prochain niveau des stages du PNCE	Automatically meets requirement
English: Learning Facilitator French: Personne-ressource	1 point per active year
English: Evaluator French: Évaluateur	1 point per active year
English: Hockey Canada Program of Excellence Seminar French: Séminaire du Programme d'Excellence de Hockey Canada	3 points
English: Hockey Canada Skills Academy Seminar French: Séminaire des Académies des habiletés Hockey Canada	3 points
English: Member High Performance Seminars - Male French: Séminaires du membre pour la haute performance - masculin	3 points
English: Member High Performance Seminars - Female French: Séminaires du membre pour la haute performance - féminin	3 points
English: Member Specialty Clinics - Skating / Puck Control / Small Area Games/ Developing Defencemen / Shooting and Scoring / Creating Offence French: Stages spécialisés du membre - Patinage / Contrôle de la rondelle / Jeux dans des espaces restreints / Développer des défenseurs / Tirer et marquer / Créer de l'offensive	3 points
English: Member Coach Development Weekend French: Fin de semaine du membre pour le développement des entraîneurs	3 points
English: Member Coaching Day Clinics French: Stages Journée des entraîneurs du membre	3 points
English: Development 2 Coaching Clinic French: Stage de PP des entraîneurs Développement 2	3 points
English: High Performance 2 Coaching Clinic French: Stage de PP des entraîneurs Haute Performance 2	3 points
English: Respect in Sport - Hockey Canada French: Respect et Sport - Hockey Canada	2 points
English: Hockey Canada Safety Program French: Programme de sécurité de Hockey Canada	2 points
English: National Coach Mentorship Program Seminar French: Séminaire du Programme national d'entraîneurs conseils	3 points
English: Coach Refresher French: Mise à jour entraîneur	3 points
English: Instructional Stream Level 1, Goaltending, Developing Defencemen, Skating, Skills, Checking Skills French: Niveaux 1 du profil instruction, Garder les buts, Développer des défenseurs, Patinage, Habiletés, Habiletés pour la mise en échec	5 points
English: Instructional Stream Level 2, Goaltending, Developing Defencemen, Skating, Skills, Checking Skills French: Niveaux 2 du profil instruction, Garder les buts, Développer des défenseurs, Patinage, Habiletés, Habiletés pour la mise en échec	5 points
English: Instructional Stream Level 3 French: Niveau 3 du profil instruction	5 points
English: Instructional Stream Master French: Maître du profil instruction	5 points



Policy on Dressing Room Supervision

Amended June 2013 & November 2014

To provide a safe and comfortable dressing room environment with proper supervision for the player and team officials.

1. DRESSING ROOM POLICY

- 1.1 It will be the Policy of the Ontario Hockey Federation that, when any player under the age of 18 is in the team dressing room(s) before, during and after a game or practice, a minimum of two of the following shall be present in the dressing room(s) or immediately outside the dressing room(s) with the door ajar: two team or club/association officials, properly screened or one such official and an adult person associated with the team.
- 1.2 In the situation of Juvenile or U21 hockey the coach may use an adult player over the age of 19 to be the second adult associated with the team.

2. SANCTIONS

- 2.1 Any person found to be in violation of this policy will receive a warning for a first offence, a two week suspension for a second offence, and a one year suspension for a third offence.

3. NOTES

- 3.1 This policy does not apply to a participant and their parent or legal guardian.
- 3.2 This policy is to include "tryouts".



Proper sizing, placement and maintenance of equipment goes a long way in ensuring player safety.

As players, coaches, officials and parents we owe it to ourselves to read booklets like Hockey Canada's **Safety Requires Teamwork & Safety for All** among many others available.

Go online at www.hockeycanada.ca

Shared respect...
let's turn our attention to prevention!



HELMET

FACEGUARD

MOUTHGUARD

CHIN STRAP

THROAT PROTECTOR

SHOULDER PADS

ELBOW PADS

ATHLETIC SUPPORT/
PELVIC PROTECTOR

WRIST PADS

PANTS

GLOVES

SHIN PADS



Open, read and learn.

Safety Requires Teamwork is available from your Branch, local hockey association or online at www.hockeycanada.ca

Thanks to the NOHA for the completion of this poster.

Ouch Resistant

Be informed about the proper wearing of all hockey equipment.



HOCKEY FOR LIFE

PLAYER DEVELOPMENT PATHWAY

Sport Canada's Long-Term Player Development (LTPD) Resource Paper "Canadian Sport for Life" sets out a framework for sport development in Canada. **HOCKEY CANADA'S LONG TERM PLAYER DEVELOPMENT (LTPD)** is a nine stage model based on the **physical, mental, emotional and cognitive development** of children and adolescents.



Each stage reflects a different point in developing the player:

- The first four stages emphasize **physical literacy** and a broad range of sport experiences.
- The next five stages focus on **development and competitive excellence**.
- **Active for Life** encourages life-long physical activity and informed healthy lifestyle choices with participation in hockey long after the competitive years.

DISCOVERY AGES 0-4



- Acquire **fundamental movement skills** (running, gliding, jumping, kicking, catching...)
- Prepare children for a **physically active lifestyle**
- Begin **skating** at an early age through **Discovery Hockey** programs.

FUNDAMENTALS 1 AGES 5-6



- Focus on development of **physical literacy**
- Master **Fundamental** movement skills
- Emphasize **Motor** development
- Encourage **participation** in many sports/activities

- **Basic hockey skills** of skating and puck control are introduced through the **Initiation Program**
- **FUN** competitions are also introduced in a team environment

ABC'S

TECH SKILLS

PHYSICAL LITERACY

FUNDAMENTAL MOVEMENT SKILLS

LEARN TO PLAY MALE 9-10 FEMALE 8-9



- Beginning of the most important window to develop the **fine motor skills on an individual technical skill basis**
- Leads to utilizing these skills into individual and team tactics later on
- **Best opportunity to learn and begin to master fine motor skills** that can be used in combination with other skills
- In most cases what is learned or not learned in this stage will have a very significant effect on the level of play that is achieved later on
- Players should be able to **begin to transfer skills and concepts** from practices to games

FUNDAMENTALS 2 AGES 7-8



- Develop **motor skills and coordination**
- Ongoing **participation in compatible sports** is strongly encouraged.
- The **Novice Skills Program** is designed to promote the continued development of **physical literacy, fitness, and the basic skills** required to play hockey

PLAY MULTIPLE SPORTS

LEARN TO TRAIN MALE 11-12 FEMALE 10-11



- Most significant period for development
- This is the window of **accelerated adaptation to motor coordination**
- Emphasize **group interaction, team building and social activities**
- A reasonable balance of practices and games will foster the ongoing development and mastery of essential skills in hockey

BASIC HOCKEY SKILLS

ACTIVE FOR LIFE

SPEED, STRENGTH, AEROBIC BASE

TRAIN TO TRAIN MALE 12-16 FEMALE 11-15



- Building an **aerobic base, developing speed and strength** and further developing and consolidating **sport specific technical skills**

- Increased emphasis on **hockey**
- Reduction in the number of other sports played
- Introduce and develop individual and group tactics
- Emphasize **group interaction, team building and social activities**

INDIVIDUAL GROUP TACTICS

ACTIVE FOR LIFE

INCREASING HOCKEY SPECIFIC

TRAIN TO COMPETE MALE 16-17 FEMALE 16-18



- Focus on **position specific technical and tactical preparation**
- Emphasize **fitness preparation** and the development of **position specific technical and tactical skills** under competitive conditions.
- Develop **aerobic capacity, power, self-awareness and independence**.
- Players may be introduced to **international competitive experience** at the end of this stage

TRAIN TO WIN MALE 18-20 FEMALE 18-22



- The player's **physical, technical, tactical** (including decision-making skills), **mental, personal and lifestyle** capacities are fully established and the emphasis in training has shifted to the **maximization of performance**.
- High performance sport specialist support is optimized, as is **fitness and medical monitoring**.
- Modeling all possible aspects of training and performance.

OLYMPIC GAMES

WORLD CHAMPIONSHIPS

ACTIVE FOR LIFE

EXCEL MALE 21+ FEMALE 22+



- All systems, including **physical preparation, testing or monitoring** and others which are supportive in nature, are fully maximized and refined to **ensure excellence at the highest competitive levels** (i.e., the **Olympic Games and World Championships**).
- Players continue to enjoy competition and training at the highest level
- Focus on maintaining or improving **technical, tactical, physical, and ancillary capacities**.

ACTIVE FOR LIFE



FITNESS PREPARATION





OMHA GREEN ARMBAND INITIATIVE

FACT SHEET – MEMBER MINOR HOCKEY ASSOCIATIONS

ATTENTION: ALL OMHA MEMBER MINOR HOCKEY ASSOCIATIONS

Respect in the Game is essential at every level, and it is our collective responsibility as stakeholders in creating a safe space in which everyone can enjoy the game. A significant element of this is our responsibility to raise awareness and draw attention to the importance and need for respect.

This awareness and education is particularly important in our Officiating Program. As with all participants, the importance of the retention of Officials is critical, as maltreatment is often cited as the primary reason Officials are leaving our game. The future of our game depends on Officials having a positive experience, as they continue their journey in hockey.

With this in mind, the OMHA Board, upon recommendation of the OMHA Development Committee, is implementing the Green Armband Initiative for all OMHA on-ice HCOP Officials under the age of 18 effective the 2024-2025 season.

The goals of this initiative include raising awareness and to draw attention to respect. This is particularly important for those Officials that are minors and generally less experienced and newer to their role in Officiating. By extension, this should apply to all the Officials in our game. Although the Green Armband is primarily reflective of Age, it is also can serve as a reminder that these are generally less experienced Officials.

Key Elements of the Program:

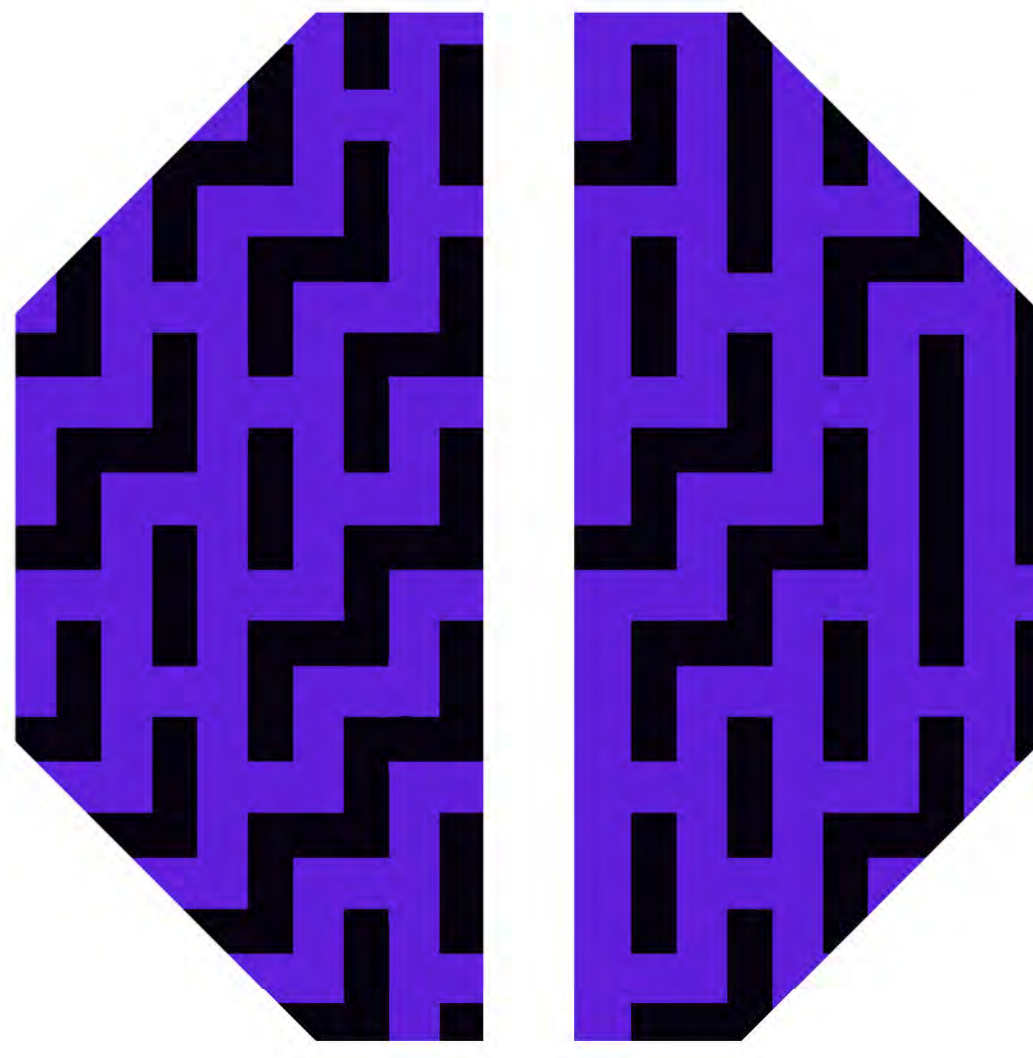
- Required for all OMHA HCOP Officials under the age of 18 with the commencement of the 2024-2025 playing season.
- Armbands will be provided at no cost to the Official at all clinics and will be worn in all OMHA sanctioned hockey, regardless of Age Division and Category.
- As of their 18th birthday, the official has the option to stop wearing the Armband.

Any questions can be directed to your Regional Director or the OMHA Office.

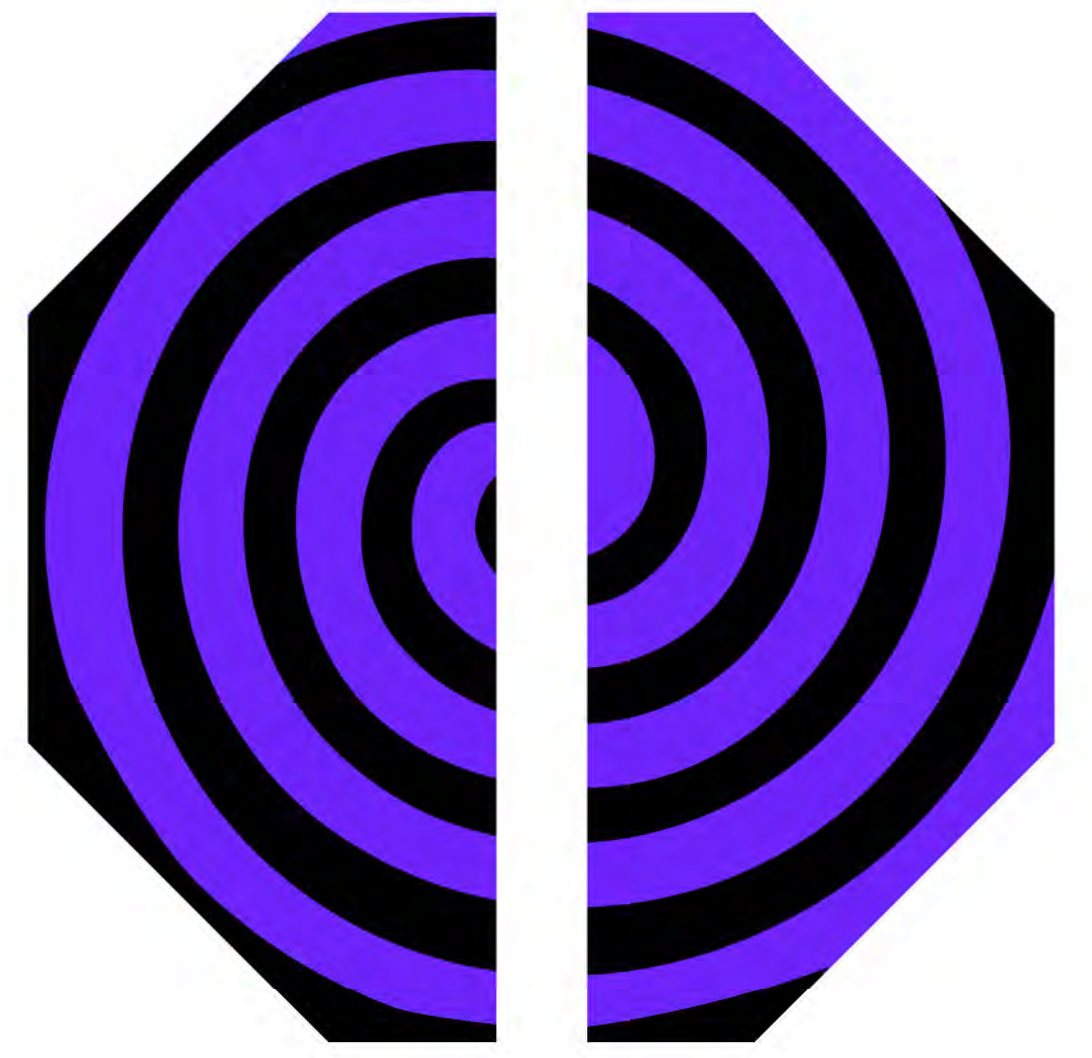
Please join us in embracing the program, promoting and supporting it within your Association Membership, and bringing about culture change and respect in our game.

No Ref
No Game

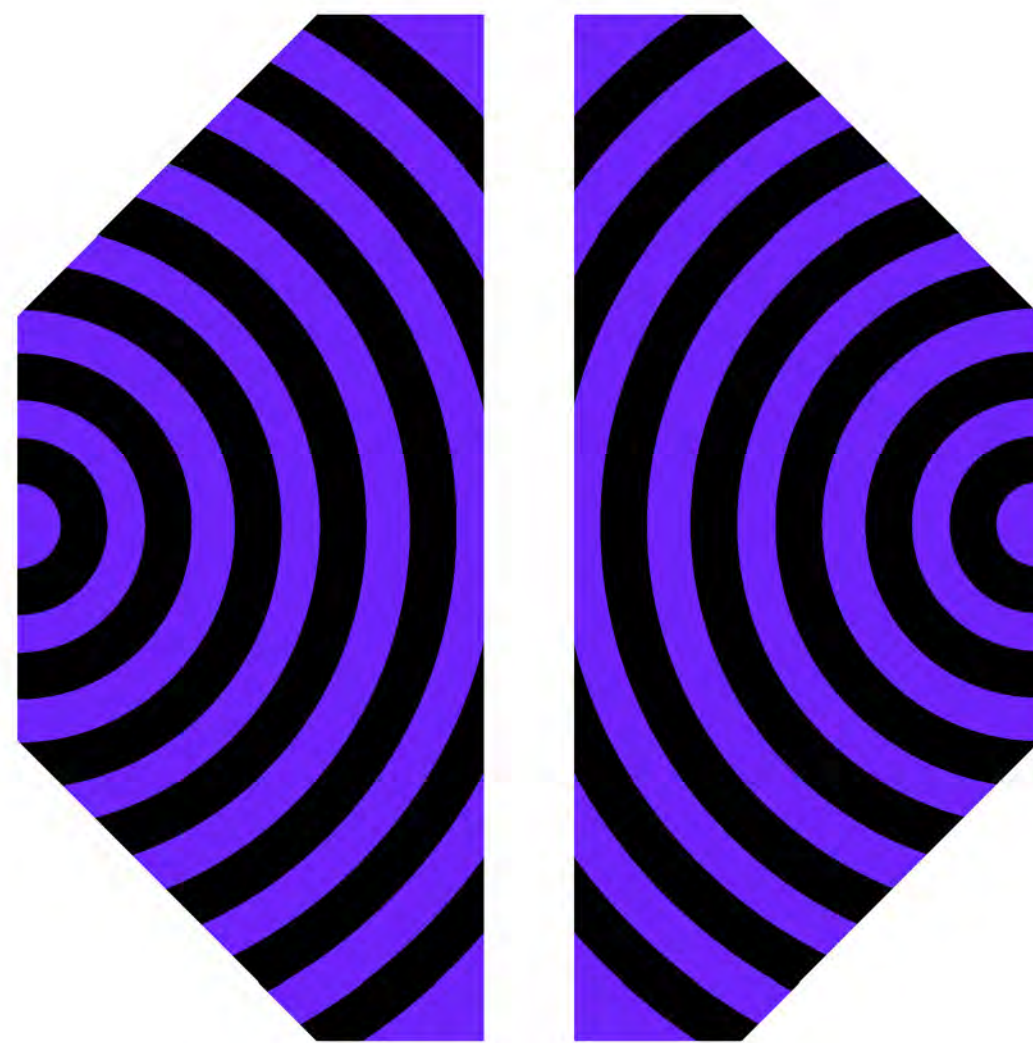
10 SIGNS OF CONCUSSION



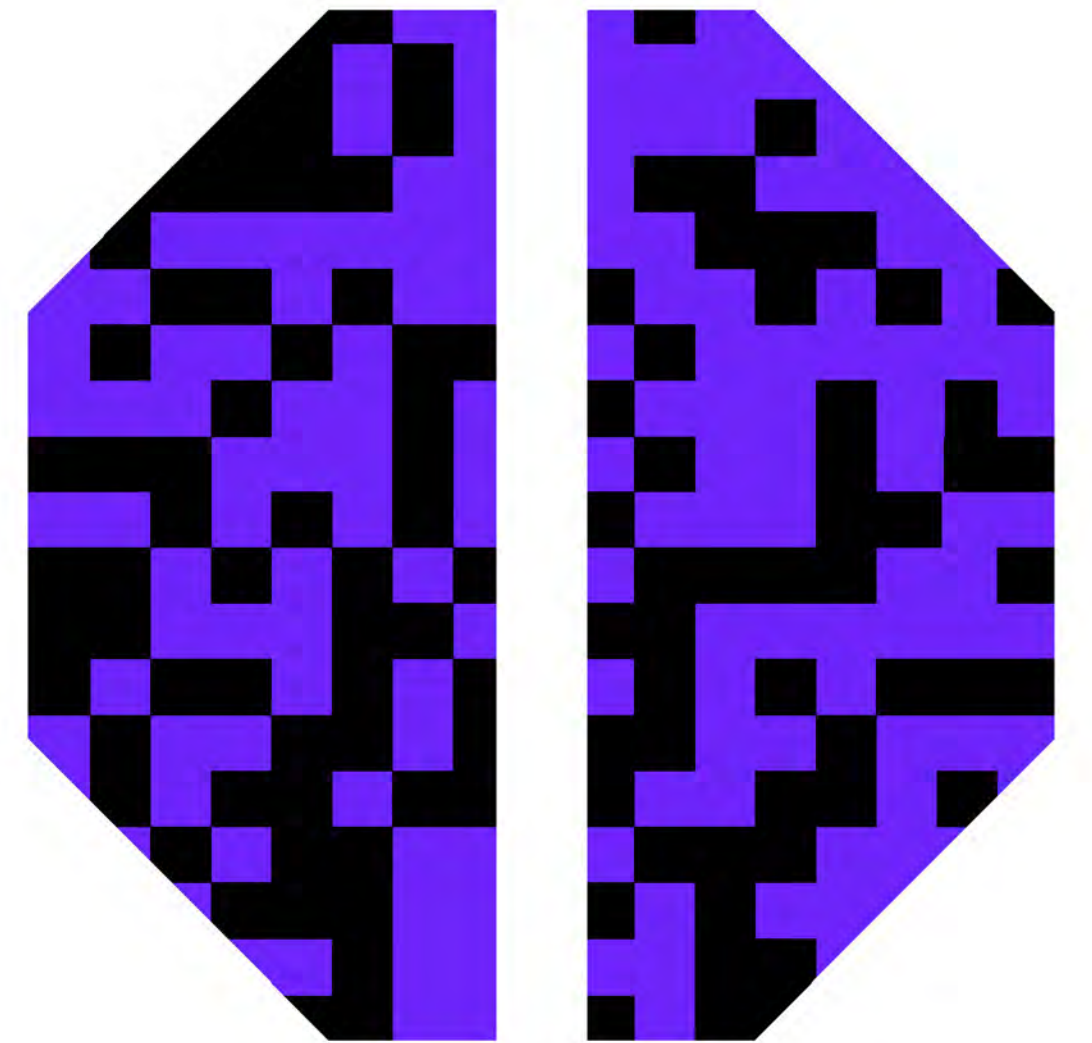
HEADACHE



DIZZINESS



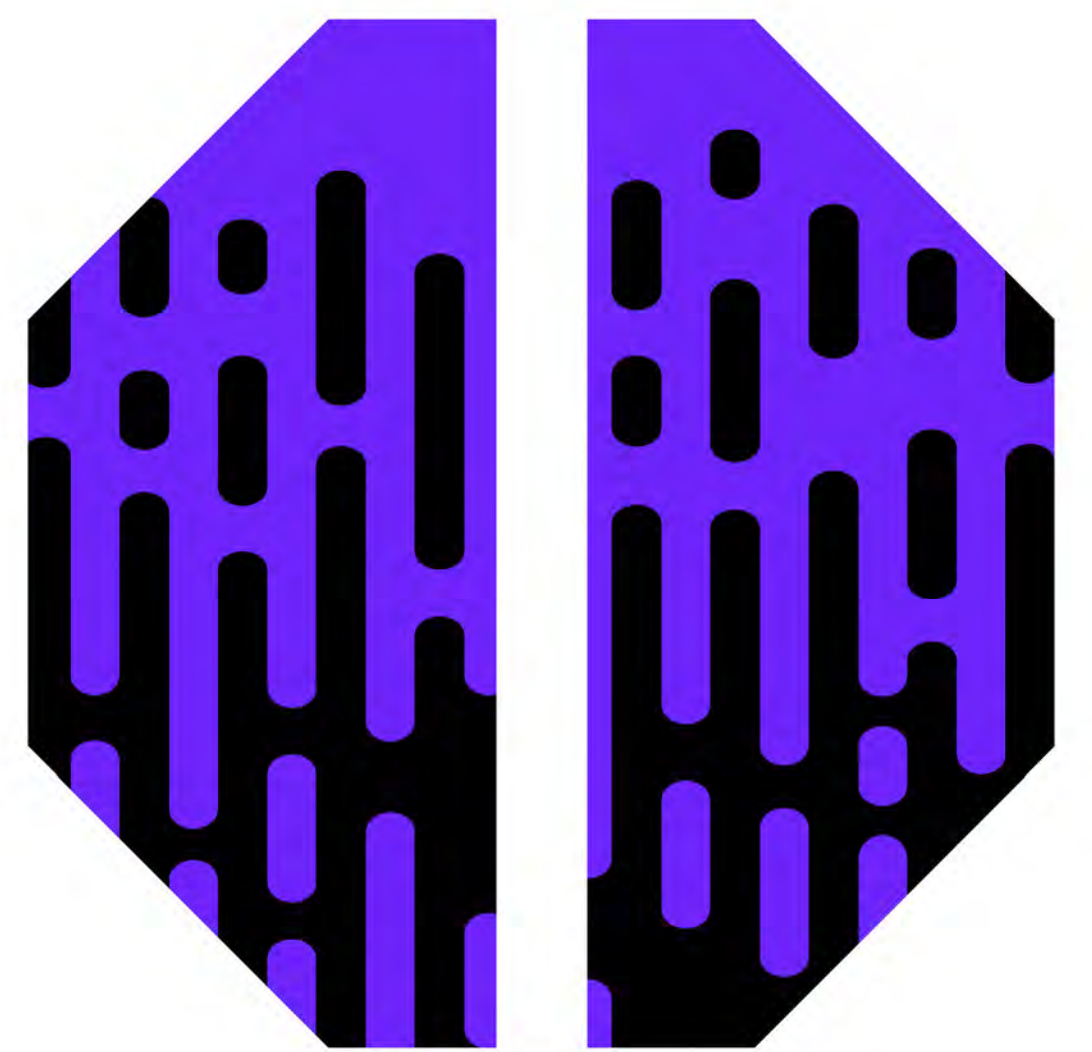
RINGING IN THE EARS



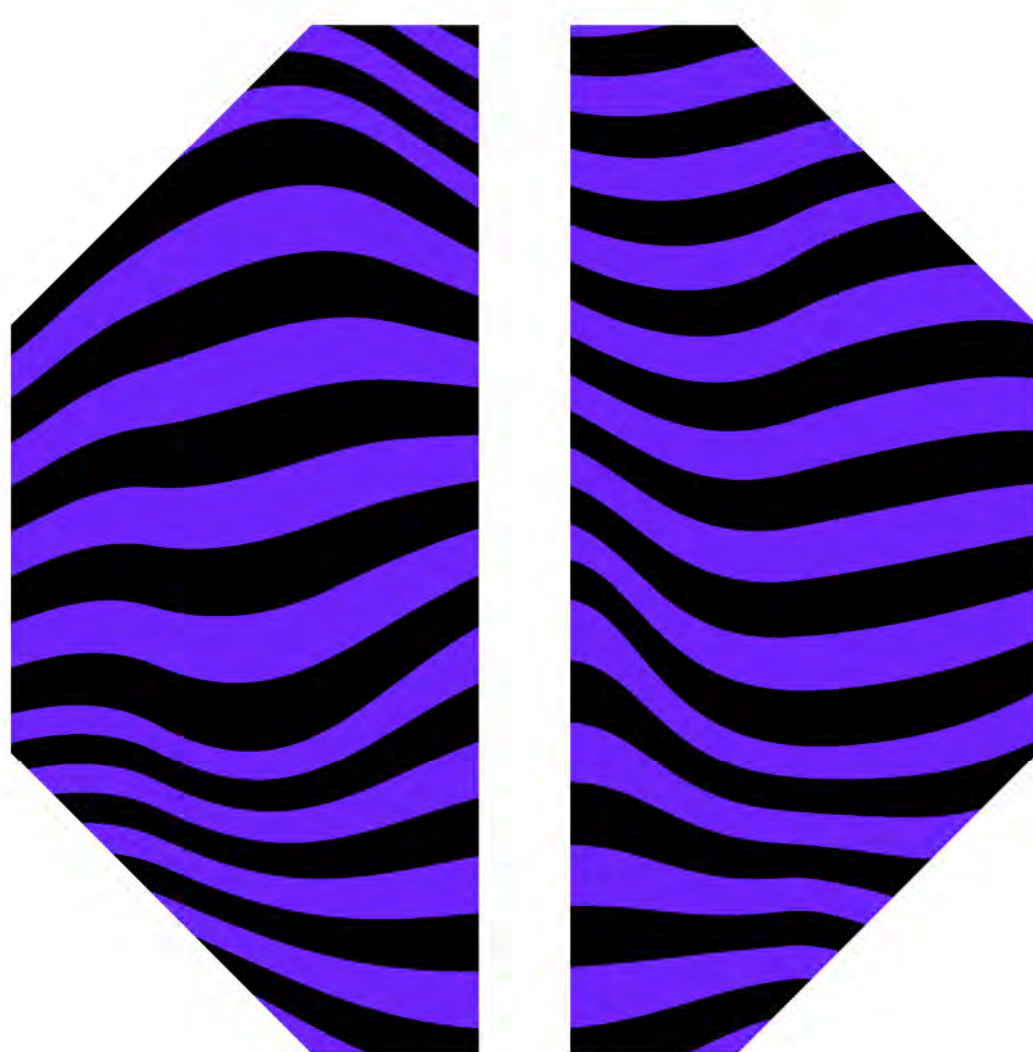
MEMORY LOSS



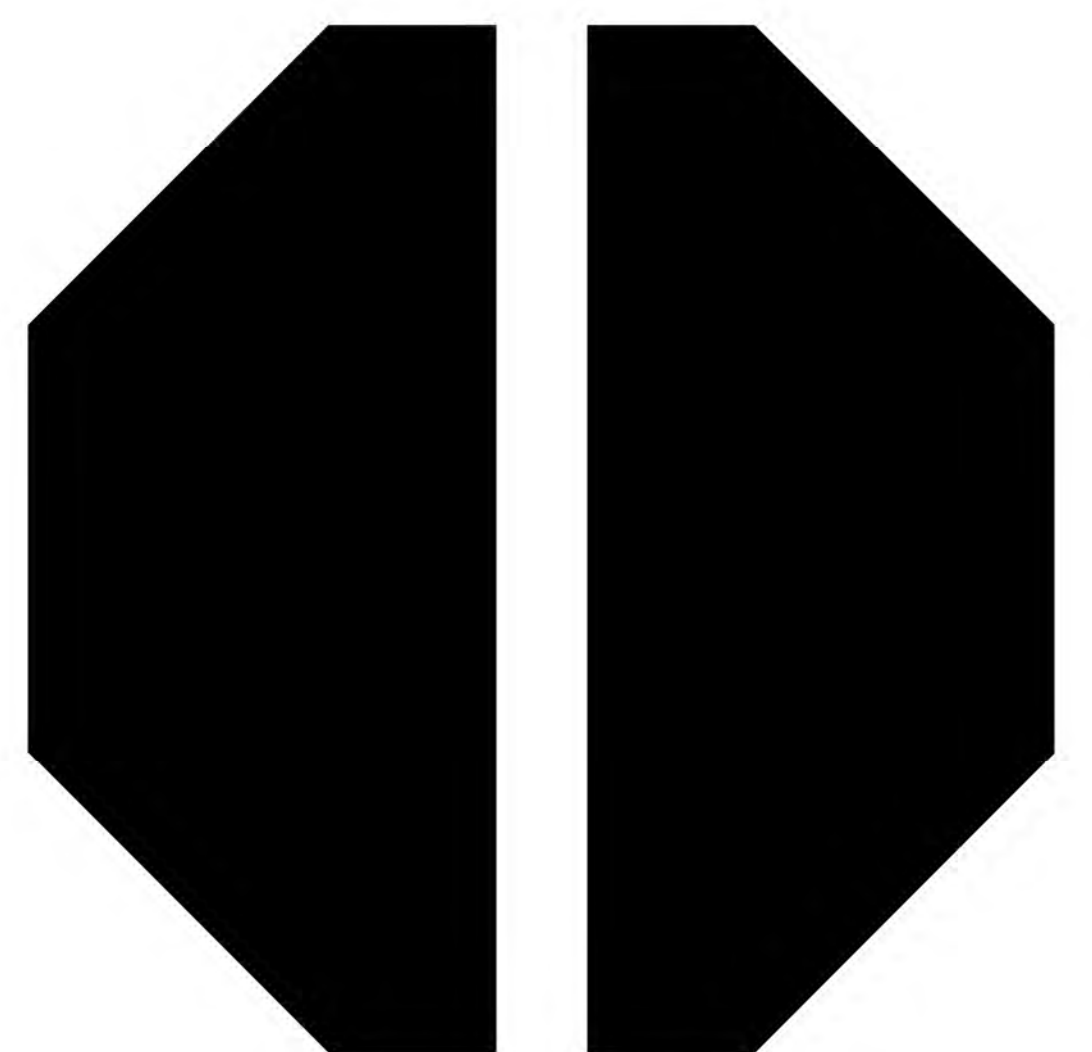
NAUSEA



LIGHT SENSITIVITY



DROWSINESS



DEPRESSION

We all have a responsibility in recognizing a possible concussion following a hit to the head or body. If you're experiencing even one of these symptoms, stop playing, sit out and find help.

ontario.ca/concussions

MEDICAL INFORMATION SHEET

Name: _____

Date of birth: Day _____ Month _____ Year _____

Address: _____

Postal Code: _____

Telephone: (____) _____ Cell: (____) _____

Provincial Health Number (optional): _____

Parent/Guardian #1: Name _____

Business Phone Number: (____) _____

Parent/Guardian #2: Name _____

Business Phone Number: (____) _____

Alternate emergency contact (if parents are not available)

Name: _____

Relationship to Player: _____

Telephone: (____) _____ Cell: (____) _____

Doctor's Name: _____

Telephone: (____) _____

Dentist's Name: _____

Telephone: (____) _____

Date of last complete physical examination: _____

Before a player participates in a hockey program it is recommended that they have a medical and that they also have any medical condition or injury problem checked by their family physician

Please check the appropriate response and provide details below if you answer "Yes" to any of the questions.Yes ☐ No ☐ MedicationYes ☐ No ☐ AllergiesYes ☐ No ☐ Previous history of concussionsYes ☐ No ☐ Fainting or seizure during or after physical activityYes ☐ No ☐ Near fainting or BrownoutsYes ☐ No ☐ Seizures and/or epilepsyYes ☐ No ☐ Wears glassesYes ☐ No ☐ Are lenses shatterproofYes ☐ No ☐ Wears contact lensesYes ☐ No ☐ Wears dental applianceYes ☐ No ☐ Hearing problemYes ☐ No ☐ AsthmaYes ☐ No ☐ Trouble breathing during exerciseYes ☐ No ☐ Heart ConditionYes ☐ No ☐ Palpitations or Racing HeartYes ☐ No ☐ Family history of heart diseaseYes ☐ No ☐ Family history of unexpected death during physical activityYes ☐ No ☐ Family history of unexplained death of a young personYes ☐ No ☐ Diabetes – Type 1 _____ Type 2 _____Yes ☐ No ☐ Wears medical information bracelet/necklace
For what purpose? _____Yes ☐ No ☐ Health problem that would interfere with participation on a hockey teamYes ☐ No ☐ Has had an illness that lasted more than a week and required medical attention in the past yearYes ☐ No ☐ Has had injuries requiring medical attention in the past yearYes ☐ No ☐ Been admitted to hospital in the last yearYes ☐ No ☐ Surgery in the last yearYes ☐ No ☐ Presently injured
Injured body part: _____Yes ☐ No ☐ Vaccinations up to date
Date of last Tetanus Shot: _____Yes ☐ No ☐ Hepatitis B vaccination**Please give details if you answered "Yes" to any of the above. (Use separate sheet if necessary)**

Medications: _____

Recent injuries: _____

Allergies: _____

Any information not covered above: _____

Medical conditions: _____

I understand that it is my responsibility to keep the team Safety Person advised of any change in the above information as soon as possible. In the event of a medical emergency and that no one can be contacted, team management will arrange to take my child to the hospital or a physician if deemed necessary. I hereby authorize the physician and nursing staff to undertake examination, investigation and necessary treatment of my child. I also authorize release of information to appropriate people (coach, physician) as deemed necessary.

Date: _____

Signature of Player: _____

Date: _____

Signature of Parent or Guardian: _____

Disclaimer: Personal information used, disclosed, secured or retained by Hockey Canada will be held solely for the purposes for which we collected it and in accordance with the National Privacy Principles contained in the Personal Information Protection and Electronic Documents Act as well as Hockey Canada's own Privacy Policy.



HOCKEY CANADA INJURY REPORT



See reverse for mailing address.

Forms must be filled out in full or form will be returned. This form must be completed for each case where an injury is sustained by a player, spectator or any other person at a sanctioned hockey activity.

CLAIMS MUST BE PRESENTED WITHIN 90 DAYS OF THE INJURY DATE.

DATE OF INJURY: ___/___/___
Mo. Day Yr.

INJURED PARTICIPANT: Player Team Official Game Official Spectator

Name: _____ Birthdate: ___/___/___ Gender: M F
Mo. Day Yr.

Address: _____

City / Town: _____ Province: _____ Postal Code: _____ Phone: () _____

Parent / Guardian: _____ Email Address: _____

AGE DIVISION

Under-7 Under-9 Under-11 Under-13 Adult Rec
Under-15 Under-18 Under-21 Junior Senior

CATEGORY

AAA A BB CC DD House Minor Junior
AA B C D E Major Junior Other _____

BODY PART INJURED

Arm:		Leg:		Head:	Trunk:	Back:
Left	Right	Left	Right			
Shoulder	Shoulder	Shin	Shin	Eye Area	Abdomen	Neck
Upper arm	Upper arm	Knee	Knee	Face	Chest	Lower
Collarbone	Collarbone	Toe	Toe	Throat	Ribs	Upper
Elbow	Elbow	Thigh	Thigh	Skull	Pelvis:	
Hand/Finger	Hand/Finger	Foot	Foot	Dental	Hip	Groin
Forearm/Wrist	Forearm/Wrist			Other:		

NATURE OF CONDITION

Concussion Laceration Fracture
Sprain Strain Contusion
Dislocation Separation Internal Organ Injury

ON-SITE CARE

On-Site Care Only Refused Care

Sent to Hospital by: Ambulance Car

INJURY CONDITIONS

Name of arena/location: _____

- ☐ Exhibition/Regular Season ☐ Period #2
☐ Playoffs/Tournament ☐ Period #3
☐ Practice ☐ Overtime: _____
☐ Try-outs ☐ Dry Land Training
☐ Other ☐ Gradual Onset
☐ Warm-up ☐ Other Sport
☐ Period #1 ☐ Other: _____

CAUSE OF INJURY

Hit by Puck
Collision with Boards
Non-Contact Injury
Hit by Stick
Collision on Open Ice
Collision with Opponent
Fall on Ice
Checked from Behind
Collision with Net
Fight
Blindsiding

Was the injured player in the correct league and level for their age group?
☐ Yes ☐ No

Was this a sanctioned Hockey Canada activity?
☐ Yes ☐ No

LOCATION

- ☐ Defensive Zone ☐ Offensive Zone ☐ Neutral Zone
☐ Behind the Net ☐ 3 ft. from Boards ☐ Spectator Area
☐ Parking Lot ☐ Dressing Room ☐ Bench
☐ Other: _____

WEARING WHEN INJURED

- ☐ Full Face Mask
☐ Helmet/No Face Shield
☐ No Helmet/No Face Shield
☐ Intra-Oral Mouth Guard
☐ Half Face Shield/Visor
☐ Throat Protector
☐ Short Gloves
☐ Long Gloves

ADDITIONAL INFORMATION

Has the player sustained this injury before? ☐ Yes ☐ No

If "Yes" how long ago? _____

Was a penalty called as a result of the incident? ☐ Yes ☐ No

Estimated absence from hockey?

☐ 1 week ☐ 1-3 weeks ☐ 3+ weeks

DESCRIBE HOW INCIDENT HAPPENED

(Attached additional page if necessary)

I hereby authorize any Health Care Facility, Physician, Dentist or other person who has attended or examined me/my child, to furnish Hockey Canada any and all information with respect to any illness or injury, medical history, consultation, prescriptions or treatment and copies of all dental, hospital, and medical records. A photo static/electronic copy of this authorization shall be considered as effective and valid as the original.

Signed: _____

(Parent/Guardian if under 18 years of age)

Date: _____

TEAM INFORMATION

(To be completed by a Team Official)

Association: _____

Team Name: _____

Team Official (Print): _____

Team Official Position: _____

Signature: _____

Date: _____

HEALTH INSURANCE INFORMATION

THIS MUST BE FILLED OUT IN FULL OR FORM PROCESSING WILL BE DELAYED

Occupation: ☐ Employed Full-time ☐ Employed Part-time
☐ Unemployed ☐ Full-Time Student

Employer (If minor, list parent's employer): _____

1. Do you have provincial health coverage? ☐ Yes ☐ No Province: _____

2. Do you have other insurance? ☐ Yes ☐ No

(If "YES", PLEASE SUBMIT CLAIM TO YOUR PRIMARY HEALTH INSURER.)

3. Has a claim been submitted? ☐ Yes ☐ No

(If "YES", PLEASE FORWARD PRIMARY INSURER EXPLANATIONS OF BENEFITS.)

Make Claim Payable To: Injured Person Parent Team Other: _____

MEMBER APPROVAL



HOCKEY CANADA INJURY REPORT



Participant's name: _____

PHYSICIAN'S STATEMENT

Physician: _____ Address: _____ Tel: (____) _____

Name of Hospital / Clinic: _____ Address: _____

Nature of Injury: _____ Date of First Attendance: _____

Claimant will be totally disabled: _____

From: _____ To: _____

Is the injury permanent and irrecoverable? ☐ No ☐ Yes

Give the details of injury (degree): _____

Prognosis for recovery: _____

Did any disease or previous injury contribute to the current injury?
No Yes (describe): _____

Was the claimant hospitalized? No Yes
(give hospital name, address and date admitted): _____

Names and addresses of other physicians or surgeons, if any, who attended claimant: _____

I certify that the above information is correct and to the best of my knowledge,

Signed: _____ Date: _____

DENTIST STATEMENT

Limits of coverage: \$1,250 per tooth, \$3,000 per accident. Treatment must be completed within 52 weeks of accident. (Effective September 1st, 2018)

UNIQUE NO. SPEC. PATIENT'S OFFICIAL ACCOUNT NO.

Patient

Last name _____ Given name _____
Address _____
City / Town _____ Province _____ Postal Code _____

Dentist

Phone No _____

I hereby assign my benefits payable from this claim directly to the named dentist and authorize payment directly to him / her

SIGNATURE OF SUBSCRIBER _____

For dentist use only – for additional information, diagnosis, procedures or special consideration.

DUPLICATE FORM ☐

I understand that the fees listed in this claim may not be covered by or may exceed my plan benefits. I understand that I am financially responsible to my dentist for the entire treatment. I acknowledge that the total fee of \$_____ is accurate and has been charged to me for the services rendered. I authorize release of the information contained in this claim form to my insuring company/plan administrator.

SIGNATURE OF (PATIENT/GUARDIAN) _____

OFFICE VERIFICATION _____

DATE OF SERVICE MO. / DAY / YR.	PROCEDURE	INITIAL TOOTH CODE	TOOTH SURFACE	DENTIST'S FEE	LAB CHARGE	TOTAL CHARGE

This is an accurate statement of services performed and the total fee due and payable & oe.
NOTE: All benefits subject to insurer payor status, provisions of the policy, Hockey Canada sanctioned events.

TOTAL FEE SUBMITTED

Mail completed form to: **ONTARIO HOCKEY FEDERATION**
9 - 400 SHELDON DRIVE
CAMBRIDGE, ON
N1T 2H9

TEL: 226-533-9070
FAX: 519-620-7476
OHF.ON.CA



SAFETY REQUIRES TEAMWORK AN EMERGENCY ACTION PLAN FOR HOCKEY



The coach, manager and safety person should initiate a meeting at the beginning of the season to ensure they have the volunteers required for their Emergency Action Plan.

Equipment Locations

Please locate and identify area on map:

Legend

Phone P
Exits E
First aid... FA
AED. AED



Arena Information

Arena/Facility Name: _____

Address: _____

Telephone Number: _____

Emergency Telephone Numbers

Emergency: _____

Ambulance: _____

Fire Dept: _____

Hospital: _____

Police: _____

General: _____

Roles

Safety Person / Charge Person

- Initially takes control of the situation.
- Instructs player to lay still and bystanders, such as other players, not to move player.
- Do not move the athlete.
- Assess injury status of player, decide if an ambulance/medical care is required.
- If the injury is serious and warrants immediate attention that you are not qualified to provide, make your pre-determined signal to your call person, control person and your pre-determined first aid/medical person.

Call Person

- Makes call when emergency assistance required (tests their cell phone in the facility to ensure it will work).
- Know location of alternate phones in the facility being played in. Have change or a phone card if necessary.
- Ideally at all games and practices and not involved on the bench.
- Has a list of emergency phone numbers in the area of the facility.
- Has a diagram displaying specific directions and best route to the arena facility.

Control Person

- Pre-determine the location of the AED and other emergency equipment in the facility.
- Retrieving the AED and/or first aid kit and bringing to the injured player if requested.
- Seek highly-trained medical personnel in the facility if requested by the Charge Person.
- Ensure teammates, other participants and spectators are not in the way of the charge person.
- Advise opponents, on-ice officials, arena staff and parents of the steps being taken.
- Ensure the quickest and best route for the ambulance crew to the ice surface is clear and accessible.
- Meet the ambulance on its arrival and direct EMS to the injured player.

IMPORTANT REMINDERS

The game official continues to assume the role of being in charge of the overall environment.

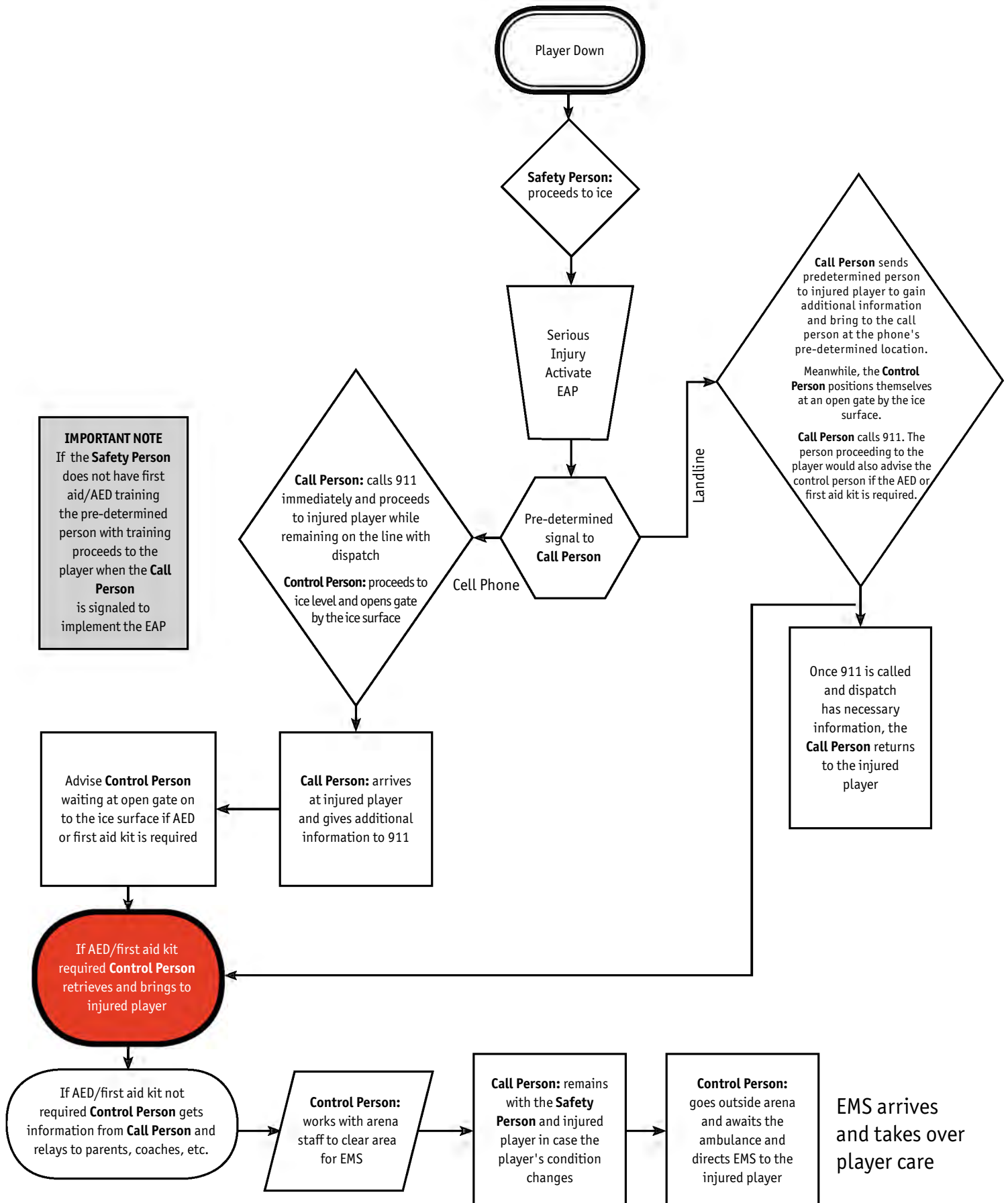
It is important for officials to note that if the safety person makes the signal for assistance that there may be a number of pre-determined people who will respond and will require access to the ice.

Once the ambulance is called, the officials should send both teams to their dressing rooms.

See flow chart on reverse



Emergency Action Plan Flow Chart



Arthur Minor Hockey Association 2025–2026


Team Fundraising & Parent Support Guidelines

At Arthur Minor Hockey, we are committed to providing an affordable, inclusive hockey experience for all families. To support this goal, AMHA is shifting how we manage sponsorships and team fundraising efforts this season.

No Team Sponsorship Requests




- Please note that **teams are no longer permitted to request sponsorships directly from businesses or service clubs**. All sponsorship outreach and recognition will be handled by AMHA to ensure consistency, professionalism, and avoid overwhelming local supporters.
- If a business expresses interest in supporting your team, please direct them to the AMHA Sponsorship Committee or refer them to our official sponsorship program.

Team Fundraising Requirements

- **Teams are encouraged to organize their own fundraisers** to help offset tournaments and team related expenses. All team fundraising activities must be **pre-approved by the AMHA Board**.
- To submit a fundraising request, please complete the **Fundraising Approval Form** on our website:
-  <https://arthurminorhockey.com/Pages/2956/Fundraising/>
- Only fundraisers submitted through this form will be considered for approval. Please wait for confirmation before moving forward with your plans.
- Funds raised must be submitted to AMHA as follows:
 - **E-transfer:** treasureramha@gmail.com
 - **Cheques payable to:** *Arthur Minor Hockey Association*
(Include your team's name in the memo line)

Parent Support Requirements

To keep hockey affordable and ensure smooth event operations, all families are expected to support their team throughout the season.

-  **Home Tournaments**
 - Each team must organize a volunteer schedule for their home tournament.
 - The team manager will coordinate volunteers.
 - Full participation is expected from all parents, as the home team's entry fee is reduced.
-  **Hockey Day in Arthur**
 - Each team is required to contribute to the prize table.
 - Further details will be provided closer to the event.
-  **Cash Calendar Fundraiser**
 - Each player will receive a book of prepaid raffle tickets from their team manager.
Ticket stubs must be returned by **December 19, 2025**.
 - Families are to keep funds collected from calendar sales (this was prepaid with your registration).
 - Any questions regarding Cash Calendar can be directed to crystalvangerven@icloud.com

Thank you for supporting our players and helping create a positive, community driven season. If you have any questions, please reach out to a member of the AMHA Board.

Arthur Minor Hockey Association

Arthur Minor Hockey Association 2025-2026

Team Fundraising Guidelines

Purpose: To allow AMHA teams to raise funds for approved team-related expenses while preserving the integrity of AMHA's official sponsorship program.

General Guidelines

- Teams may fundraise, but they may not solicit sponsorships (defined as financial contributions in exchange for advertising and recognition).
- All fundraising activities must be approved by the AMHA fundraising committee to ensure alignment with association values and existing agreements.
- Teams are encouraged to focus on community driven, product based, or event style fundraisers (e.g., bottle drives, BBQs, bake sales, raffles, etc.).

What is Fundraising vs. Sponsorship?

Fundraising	Sponsorship (Not Permitted at Team Level)
Selling a product or service to raise money (e.g., team raffles, bottle drives, 50/50 draws)	Asking a business for money in exchange for recognition (e.g., jersey nameplates, social media posts)
Hosting an event (e.g., pancake breakfast, car wash)	Offering company advertising in exchange for funding
Accepting a personal donation from a parent or supporter with no recognition	Offering visibility or perks for donations at the team level

Use of Funds

Team fundraising proceeds can be used to offset team-specific expenses such as:

- Tournament fees
- Additional ice time
- Team building activities
- Apparel (not covered by AMHA)
- End of season celebrations

Arthur Minor Hockey Association 2025-2026

Team Fundraising Guidelines

Approval Process

1. Submit your proposed fundraising activity using the Team Fundraising Request Form on the AMHA Website <https://arthurminorhockey.com/Pages/2956/Fundraising/> (include purpose, method, timeline, and estimated earnings).
2. The fundraising committee will review requests and respond within 7 days.
3. Once approved, the team may proceed and must track funds and report earnings to their designated team treasurer or manager.

Important Notes

- All financial records related to fundraising must be transparent and available upon request and be sent to the association by the 21st of each month.
- Teams must not conflict with ongoing AMHA wide fundraising initiatives unless approved.
- Any business that wants to sponsor a team must be redirected to the AMHA Sponsorship Committee for consideration as an association level sponsor.
- All 50/50 ticket sales funds must go through AMHA lottery account as required by the Lottery and Gaming procedures

Team Fundraising Request Form Example* To be filled in online

Please complete and submit this form to the AMHA Fundraising Committee for approval.

Team Name & Division:	
Team Contact Person:	
Contact Email & Phone:	
Proposed Fundraising Activity:	
Activity Description:	
Proposed Date(s):	
Estimated Funds Raised:	
Purpose of Funds (How funds will be used):	
Additional Notes:	

Arthur Minor Hockey Association Tournaments for 2025-2026 Season

Divisions	Date	Cost	# of Teams	Type	Guaranteed Games
U7 Jamboree	Sunday March 8, 2026	\$600	12	Round Robin	3
U9 Tournament (Full Ice)	Sunday January 11, 2026	\$700	8	Bracket	2
U11 Tournament	Sunday January 25, 2026	\$700	8	Bracket	2
U13 Tournament	Sunday February 1, 2026	\$700	8	Bracket	2
U18 Tournament	Sunday February 22, 2026	\$700	8	Bracket	2

For addition information please contact Tim Boggs at tim@boggswell.ca and place tournament Name in the Subject Line.

[AMHA Tournament 2025-2026 Information](#) link for website page

Arthur Minor Hockey Association Tournament Rules

For all tournament registrations, send an E-transfer to treasureramha@gmail.com and include in the message section your team's name, division, and which tournament you are entering.

For teams from U9-U18

1. Tournament rules are in accordance with Ontario Minor Hockey Association. Teams are expected to comply with the rules of the tournament and the OMHA. This is a sanctioned tournament.
2. All teams are guaranteed 2 games consisting of three 10-minute stop time periods and a 2-minute warm-up from the time the gates are closed.

Arthur Minor Hockey Association Jamborees Rules

For all tournament registrations, please send an E-transfer to treasureramha@gmail.com

Please include in the message section your team's name, division, and which tournament you are entering.

For U7 Teams

1. All teams are guaranteed 3 predetermined games consisting of 36 minutes straight time and a 3-minute warm-up. A buzzer will go every 2 minutes to change players with a flood after every 3 games.