



U13 2021/22 Program Overview

Victoria Racquet Club Minor Hockey Association

Hockey at VRCMHA carries a rich history and provides players with the opportunity to train four to five times a week on a relatively set schedule and compete in league games, tournaments and exhibition games. Character, skill, fitness, focus and hockey IQ are the foundation of our program. Players learn to incorporate these values into the game of hockey and beyond the glass. We provide a comprehensive and cost effective training curriculum with experienced staff to help your player achieve their goals.

Typical Season Overview:

- 7 months – September to March
- 62 minimum games including showcases, tournaments and exhibition play
- 186 minimum hours of on-ice time
- 25 hours of dryland training
- 3 practices + 2 games/week on average

The program will feature:

On-Ice:

- Club hired parent or non-parent head coach
- Professional skills coach
- Professional skating coach
- Professional goaltending coach

Off-Ice:

- Goal setting
- Player reports monthly
- Video sessions weekly
 - a. Game clips (every game recorded)
 - b. NHL clips for skill/tactic demonstration and comparison
- Charitable community involvement events (serving Christmas dinner at homeless shelter, Salvation Army kettle, charitable fundraising, etc)

Tournaments:

- One local (Vancouver Island)
- One regional (Lower Mainland)
- One provincial travel

Costs per Player:

- **U13 Registration Fee** - \$2,250
- **U13 Team Fees** - \$750
- **U13 Head Coach Fee** \$400 for non-parent head coach

Gear Included:

- Game/Practice socks and jersey

Additional Notes:

- All training, home game and dryland sessions will be held at the University of Victoria – Ian Stewart Complex.
 - Program planning is dependent on COVID-19 recommendations issued by the local and provincial health authority as well as ViaSport, BC Hockey and VIAHA.
 - Tier 1 is the maximum possible cost, commitment, program elements as listed above.
 - Costs are typically mitigated through fundraising and sponsorship. Consider volunteering for this important team coordinator role.
 - Tier 1 head coach is announced in May.
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