

NORTH VANCOUVER MINOR HOCKEY ASSOCIATION

GENERAL SEASON PLAN 2020/2021

ALL DIVISIONS





Dear Members

We are getting closer to our return to the ice and we would like to thank you all for your patience and support. We are currently operating with 1 rink (2 sheets of ice) at Canlan Ice Sports – North Shore. We have worked hard to ensure that all players of NVMHA will have the opportunity to get on the ice in the coming weeks. This may not look like the normal start of our season, but we have tried to do our best with the limited ice available at present. The North Vancouver Recreation and Culture Commission (NVRCC) has not made any formal announcement about when they will be opening their ice arenas (Harry Jerome and Karen Magnussen), however we are anticipating that one arena will be available by September 8th, and the other to open by the end of September. We will continue to keep you updated as we work with NVRC ensure a safe return to ice. [NVRC notices](#)

The following plan outlines a general description of what our 2020/21 season will look like based on the current guidelines set by BC Hockey, PCAHA, ViaSport and our Public Health Authority. We are currently in the Transition Phase of ViaSport-Return to Sport. These guidelines can be adjusted at any time. We will continue to provide updates as the season unfolds.

This year we will require EVERYONE to abide by all safety protocols set in place. We will be calling on Volunteers to assist us with many duties that are needed to run things safely. Returning to Community Hockey is a vital part of youth mental health and social development, and we are here to ensure a safe and successful return to the sport we all love.

Thank you,

NVMHA



GENERAL SEASON PLAN -2020-2021

NVMHA Phase 1 -Evaluation Phase

The following Season plans follow the current Phase 2 `Transition Phase` of the Return to Play protocols from ViaSport. This plan may be adjusted at any time if instructed by Public and Sport Authorities.

REP A EVALUATIONS: (U13-U18)

August 31st-September 4th

- During this time each age group will be guaranteed 3 ice times plus WHL combine testing
- No Body Checking will be allowed
- Ice times will be posted soon
- Upon completion of the evaluations, players will be placed in development cohorts and will continue on in the next phase of the evaluation process.
- These cohorts will continue to practice and participate in skill development with each other.
- Movement between cohorts will be restricted to reduce the risk of introducing new players into cohort bubbles
- During this Phase no games or competition will be allowed, so the focus will be on skills and development.
- All practices and Development sessions will be led by Professional coaches

REP A EVALUATIONS: (U11)

September 12th-19th

- All U11 skaters (A and C) will be able to participate in a pre-evaluation skate during the week of Sept 8-11 -schedule will be posted soon
- Evaluations for the U11 group will have 2 evaluation ice times
- Ice times will be posted soon



- Upon completion of the evaluations players will be placed in development groups (cohorts) and will continue on in the next phase of the evaluation process.
- These cohorts will continue to practice and participate in skill development with each other.
- During this Phase no games or competition will be allowed, so the focus will be on skills, and development
- All practices and development sessions will be led by Professional coaches

C EVALUATIONS: (U13-U18)

August 31st-September 4th

- U13-U18 skaters will have the opportunity to be evaluated August 31-Sept 4 with a separate ice time from the A evaluations, and can participate in the Combine Testing is available for a fee
- C players will be given 1 ice session for this phase of evaluations
- Upon completion of evaluations development Cohorts will be formed
- Movement between cohorts will be restricted to reduce the risk of introducing new players into cohort bubbles
- These cohorts will participate in skill development and practices with each other
- **All practices led by Volunteer coaches**
- Development sessions led by Professional Coaches
- **Some practices will be limited to 45 minutes but will have fewer players and a higher coach-to-player ratio than usual;**
- **No games or scrimmages are planned for this phase**

C EVALUATIONS: (U11)

September 12th-19th

- All U11 skaters will have the opportunity to have a **pre-evaluation skate during the week of September 8th-11th**
- U11 -C evaluations will take place September 12-19.



- C players will be given 1 ice session for this phase of evaluations
- Upon completion of evaluations development Cohorts will be formed
- Movement between cohorts will be restricted to reduce the risk of introducing new players into cohort bubbles
- These cohorts will participate in skill development and practices with each other
- All practices led by Volunteer coaches
- Development sessions led by Professional Coaches
- Some practices will be limited to 45 minutes but will have fewer players and a higher coach-to-player ratio than usual;
- No games or scrimmages are planned for this phase

C EVALUATIONS: (U7-U9)

September 12th-19th

- Skaters will be given 1 ice session for this phase of evaluations
- Upon completion of evaluations development Cohorts will be formed
- All practices led by Volunteer coaches
- Some practices will be limited to 45 minutes but will have fewer players and a higher coach-to-player ratio than usual;
- Movement between cohorts will be restricted to reduce the risk of introducing new players into cohort bubbles
- No games or scrimmages are planned for this phase

NVMHA PHASE 2-DEVELOPMENT PHASE

*Please note that during this phase if restrictions are loosened, we will alter the plan based on the recommendations from BC Hockey, Hockey Canada, BC Public Health and ViaSport.

REP A: (U13-U18)

September 7-October 9th

- 3 ice sessions/week
- Cohorts will continue to practice and develop with each other



- Rep players will continue to be evaluated during practices and development sessions
- Movement of players may be restricted to reduce the introduction of new kids to Cohort bubbles.
- All practices and development session will be led by Professional coaches
- No body checking will be allowed for U15-U18, until directed by ViaSport and BC Hockey
- No game play will be allowed until directed by ViaSport and BC Hockey

REP A: (U11)

September 19-October 9th

- 3 ice sessions/week
- Cohorts will continue to practice and develop with each other
- Rep players will continue to be evaluated during practices and development sessions
- Movement of players may be restricted to reduce the introduction of new kids to Cohort bubbles
- All practices and development session will be led by Professional coaches
- No game play will be allowed until directed by ViaSport and BC Hockey

C HOCKEY: (U11-U18)

September 12th-October 9th

- 2 ice sessions/week
- Development cohorts will continue to practice and develop with each other
- Moving/ Balancing of players may be restricted to reduce the introduction of new kids to Cohort bubbles.
- All practices will be led by Volunteer coaches
- Development sessions will be led by Professional Coaches
- No game play will be allowed until directed by ViaSport and BC Hockey

C HOCKEY: (U7-U9)

September 19-October 9th

- 2 ice sessions/week
- All practices will be led by Volunteer coaches



- Development sessions will be led by Professional coaches
- Some practices will be limited to 45 minutes but will have fewer players and a higher coach-to-player ratio than usual
- No game play will be allowed until directed by ViaSport and BC Hockey

C HOCKEY: (U6)

September 19-February 7

- A slow introduction back to the ice will commence during this phase
- 2 ice sessions/week –Dates &Times -TBD
- All practices will be led by Volunteer coaches
- Development sessions will be led by Professional coaches
- Some practices will be limited to 45 minutes but will have fewer players and a higher coach-to-player ratio than usual
- No game play allowed until directed by ViaSport and BC Hockey

NVMHA PHASE 3-REP TRYOUTS AND TEAM FORMATION PHASE

Please note that we are not entering this Phase until directed by ViaSport, PCAHA, BC Hockey and Hockey Canada. The expected start of this Phase is around October 1st 2020. Dates are subject to change.

REP A: (U11-U13)

October 10th-November 8th

- 3 ice sessions/week and possibly 1 Home 4 vs 4 game
- Development cohorts will continue to practice and develop with each other but with more contact (for U15 -U18) and game play will slowly be introduced if allowed.
- Rep tryouts will be able to add modified gameplay to the tryout process to help in formation of future A teams.
- 4 on 4 Intra Association league play will commence
- No body checking will be allowed until directed by ViaSport and BC Hockey
- Exhibition Competition with neighbouring Associations may be allowed during this Phase (schedule -TBD)
- A1, A2 and A3 may be formed from this group if PCAHA allows league play to resume



C HOCKEY: (U7-U13)

October 10th-November 8th

- 2 practices/week and possibly - 4 on 4 Home game
- Cohorts will continue to develop and practice with each other
- 4 on 4 Intra Association league play will commence (Schedule TBD)
- Moving/ Balancing of players may be restricted to reduce the introduction of new kids to Cohort bubbles.
- Exhibition competition with neighbouring Associations may be allowed during this Phase (schedule -TBD)

NVMHA PHASE 4-RETURN TO REGULAR SEASON

Please note: We will not be entering this phase until directed by PCAHA, BC Hockey and ViaSport. We will update all members regarding this situation as soon as we have been given more information.

November 9th-February 7th-Regular season

February 8th-March 15th-Playoffs

PCAHA LEAGUE PLAY AND SANCTIONED GAMES

PCAHA has released its Return to Hockey Newsletter #1. You can view it on the [PCAHA website](#). This plan is fluid and could change anytime depending on the current situation in BC.



THINGS TO REMEMBER

- We are ALL volunteers working hard so that your child can play minor hockey
- Our first priority is to get kids back on the ice safely
- Our second is to ensure that all players are having fun on the ice
- We need ALL players and families to follow the rules
- We will need many Volunteers to help us be successful
- Please contact your [Division Director](#) if you have any questions