

# Langley Minor Hockey Fast Facts

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Langley Minor Hockey offers a hockey program for players aged 5 (U6) through 20 (U21) both at the Rep level and the House level.

Full registration information is available on our website at [www.langleyminorhockey.ca](http://www.langleyminorhockey.ca).

## Player Requirements:

1. The player must have reached his or her 5th birthday by December 31, 2022.
2. A child may only be registered by the custodial parent with whom he/she resides. This residence must be within the boundaries of Langley Minor Hockey Association. The boundaries as per PCAHA are:  
North: Fraser River | South: O Avenue | West: 196th Street (East side) | East: 232nd Street (West side)

## Equipment Needed:

Buying new or used equipment is a family decision. The following link includes a check list that you may find helpful: [Tips for Hockey Parents](#)

New hockey players should go to a store and try things on prior to purchasing. This way you will have an idea of what fits you well and what does not. You will get an idea of your sizes, and what brands you like. If you know your players proper sizing, you can also browse the internet and possibly find good pricing to purchase select items online or source used equipment. Buying your skates and helmet in the store is preferable though to ensure a proper fit.

Hockey equipment for U7 (2017 and 2016) and U9 (2015 and 2014) players may have only been used for one or two seasons and is perfectly fine to buy second hand. The trick is to find used hockey equipment that fits your child properly. Do not sacrifice protection or comfort to save a few dollars.

- Hockey Equipment bag
- Jock (or Jill for girls)
- Shin pads
- Hockey socks (Langley will provide one pair of association socks)
- Hockey Pants
- Skates
- Shoulder Pads
- Elbow Pads
- Neck Guard
- Helmet with full cage (buy new)
- Mouth Guard (optional at Initiation and Novice)
- Jersey for practice
- Hockey stick

## Other Recommended Accessories:

- Skate guards
- Water Bottle
- Stick tape
- Shin pad tape
- Pucks
- Stickhandling Ball (optional)

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### Langley Minor Hockey Association

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MEMBER: BCAHA / PCAHA | AFFILIATED: HOCKEY CANADA



## Frequently Asked Questions:

### How often do you play?

House or “C” division players can expect one game and one practice a week. Rep or “A” division players can expect two practices and two games a week.

### How long is the season?

C Division hockey starts about the same time as school begins in September and goes to about mid-March. Rep Hockey tryouts are at the end of August and the season also goes to about mid-March. Rep tryout dates are always posted on our website well in advance.

### What is “Rep” hockey?

A Rep Team or “Representative” Team is the highest level of hockey that can be played within LMHA at the Under 11 through Under 21 divisions only. The Rep program is a “tryout format” in which players/parents must specifically register for and pay a non-refundable tryout fee to be eligible to participate. Rep Teams travel more, play some games further away than C Teams, and have more ice time.

### Do I have to practice at 6am?

Our association has over 60 teams and approximately 1000 players. There is a limited amount of ice in Langley which does mean that most of our players will get to experience the hockey tradition of a 6am practice. We do not schedule our youngest players to practice early in the day or late at night. The benefit to morning practices is that your afternoons and evenings are free to allow you to participate in other activities.

### **Do we play in tournaments?**

At the beginning of the season, you will have a team meeting to decide on what as a group you want the season to look like. If there is interest in purchasing ice for extra practice, should it become available? Is there interest in dryland training? Do you want to participate in tournaments? Most C Division teams will participate in at least one tournament; it could be close to home or a bit further away and require a hotel stay. Most players will say this is their favorite part of playing hockey! Lots of memories are made at away tournaments and it is a good chance for the team to get to know each other.

### **My best friend plays hockey, can we be on the same team?**

At the beginning of the season for the C division, all players are evaluated in order to be drafted onto balanced teams. The purpose is to keep teams as equitable as possible; therefore, LMHA does not accept any requests to be on the same team as a peer.

### **What Ice Rinks does LMHA use?**

Home games and practices are played at the Langley Event Centre, Twin Rinks, Sportsplex, George Preston Recreation Centre, and NTR. (NTR is a smaller ice surface used for our youngest players). Away games (if applicable) are played at other arenas in the Lower Mainland.

### **Do you need a certain level of experience to play at each division?**

Our Under 7 and Under 9 programs, (2014 – 2017 birth years), are designed to develop all hockey skills by first introducing the fundamentals of skating. We understand that some players will not develop an interest in hockey until a later age. Since divisions are determined by age and not skill, there is no minimum experience level required, however the player may feel more comfortable and have more fun if they get some basic skating skills and hockey experience by participating in a program before their first season of minor hockey begins.

### **Can I coach my son's / daughter's team?**

We are always looking for coaches! The mandatory coaching application can be accessed from our website. We only require an application from those interested in being a Head Coach. Assistant Coaches can be determined once the season begins. All Head and Assistant Coaches must be approved by LMHA and certified as per the requirements of Hockey Canada.

### **What if I do not have the required coaching certification?**

LMHA will ensure that all coaches are aware of when the certification courses are being held and once your certification is received you can submit to be reimbursed for the course. In order to be rostered to a team, all candidates MUST have a valid Criminal Records Check, and have their Respect in Sport – Activity Leader (RIS), and Concussion Awareness Training Tool (CATT) certifications.

### **More Questions?**

Contact our Administrator: [info@langleyminorhockey.ca](mailto:info@langleyminorhockey.ca)

**LMHA... keeping the game of hockey,  
FUN, FAIR and REWARDING.  
Play the game you love and  
love the game you play.**