

Langley Minor Hockey Fast Facts



Langley Minor Hockey offers a hockey program for players aged 5 (U6) through 20 (U21) both at the Rep – ‘A’ level and the House – ‘C’ level. Players in Under-11 through Under-18 have the option to participate in Rep Evaluations, to potentially earn a spot on a Rep team for that season. Rep hockey is not available for the Under-6 through Under-9 divisions.

Full registration information is available on our website at www.langleyminorhockey.ca.

ELIGIBILITY:

- The player must have reached his or her 5th birthday by December 31, 2023.
- A child may only be registered by the custodial parent with whom he/she resides. The player's residence is that of which he/she resides four (4) out of seven (7) days each week. Confirmation will be required. 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)
- "Per Hockey Canada's [Non-Sanctioned League Policy](#), any individual who is found to have participated in a non-sanctioned game after the cut-off date of September 30th of the given year, will not be eligible for any BC Hockey sanctioned programs, including any further participation with Langley Minor Hockey Association (LMHA), for the remainder of the current season. Players found to be in violation of the Non-Sanctioned League Policy will not be eligible for a refund of their registration, or any other fees tendered to LMHA for the given season."

EQUIPMENT:

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 this season! LMHA has an [Equipment Buy/Sell/Swap/ Facebook Page](#) and we encourage you to join. It is a great way to obtain or pass along gently used hockey equipment!

New hockey players are encouraged to 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 via our Equipment Buy/Sell/Swap Facebook Page. Buying your skates and helmet in the store is preferable though to ensure a proper fit.

Hockey Equipment for U6-U7 (2018 and 2017) and U8-U9 (2016 and 2015) 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.

Langley Minor Hockey Association

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MEMBER: BCAHA / PCAHA | AFFILIATED: HOCKEY CANADA

- 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 for U6 through U9)
- Jersey for practice
- Hockey stick

Other Recommended Accessories:

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



FREQUENTLY ASKED QUESTIONS:

How often do you play?

House or 'C' division players can expect one game and one practice a week. Any development sessions would be in addition to this. Rep or 'A' division players can expect two practices and two games a week. Any development or dryland sessions would be in addition to this. New members are encouraged to review the Hockey Canada Pathways applicable to your player's Division to familiarize your family with the season outline.

[Under-7 Pathways \(Includes U6 and U7\)](#)

[Under-9 Pathways \(Includes U8 and U9\)](#)

Does LMHA offer team and player development?

Yes! LMHA offers in-season team development and/or player pay-per-use development opportunities.

What are the volunteer requirements?

As a non-profit Association, we depend on numerous members to facilitate the season and optimize the experience for our players. Please review the important details regarding the [LMHA Volunteer Bond Program](#).

How long is the season?

'C' Division players will take the ice starting the week of September 11th, 2023. The season runs until about mid-March concluding with Langley Cup (U11 through U18) and our Jean Adams Memorial Tournament (U7 through U9). LMHA also hosts a U6 Jamboree on the same weekend! Rep or 'A' Hockey Evaluations begin at the end of August and the season also runs until about mid-March. Registration Deadline Policies and Rep Evaluation dates are posted on our website and can be found [HERE](#).

In addition to the regular season, LMHA is pleased to offer optional Pre-Season Camps available for registration running on a weekly basis from July 31st through August 23rd, 2023. Full details including dates, times, location, camp description, and sign-up links can be found on our [2023 Pre-Season Camps Page!](#) Registration opens on May 15th, 2023 and space is limited so we encourage members to secure a spot(s) asap.

What is "Rep" or "A" 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 Rep Evaluation Fee to be eligible to participate. Rep teams travel more, play some games further away than 'C' teams, and have more ice time. If you are trying out for Rep hockey, we encourage you to consider the additional cost and time commitment required should your player make a rep team.

Do I have to practice at 6am?

Our association has over 60 teams and upwards of 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, often taking place before school but sometimes on the weekends as well. We do our best to try and not schedule our youngest players to practice early in the day or late at night however this will vary from season to season based on ice availability. The benefit of 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. Is 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. Please note that U7 and U8 teams are not permitted to travel outside of the Pacific Coast Amateur Hockey Association (PCAHA). 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. U6 teams participate in Scrimmages and Jamboree style play. U7 teams and up are scheduled to play PCAHA league games after January 1st and have the option to register for Tournament style play. All additional team expenses are above the member's Season Registration Fees and are collected by the team's Treasurer based upon the agreed budget.

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 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. Special consideration may be considered upon request and at the discretion of the applicable Division Manager. LMHA will place same aged siblings or siblings residing in the same household on the same 'C' hockey team. Please ensure that you submit a request to your Division Manager by the end of August proceeding the start of the season.

What Ice Rinks does LMHA use?

Home games and practices are played at the Langley Event Centre (LEC), Twin Rinks, Sportsplex (SPX), George Preston Recreation Centre (GPRC), 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. Full details can be found [HERE](#).

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

Our Under 7 and Under 9 programs, (2015 – 2018 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. If your player is starting hockey U11 or above, please reach out to your Division Manager to let them know, prior to team formation. This will assist in proper placement.

Can I coach my player's team?

We are always looking for coaches! The mandatory coaching application can be accessed from our [Apply to Coach Page](#). 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. Please ensure your certifications are up to date prior to the start of the season. Click [HERE](#) for more information and to contact LMHA about your status.

What if I do not have the required coaching certification?

LMHA will ensure that all coaches are aware of when coaching courses are being offered. Coaching courses fill up quickly so please register for the applicable course(s) as soon as the links are live. Upon certification, LMHA will advise when team officials can request to be reimbursed for their expenses. Failure to complete the required courses may result in the team official being deemed ineligible and removed from the roster.

At the start of the season, and at minimum to be rostered to a team and eligible to participate, all candidates MUST have a valid Criminal Record Check (CRC), have a current Respect in Sport – Activity Leader (RIS), and the Concussion Awareness Training Tool (CATT) certifications. Under no circumstances, can a member participate with a team until he or she is properly added to the team's Hockey Canada Roster (HCR) by LMHA.

Please review full details and requirement on our [Volunteering as a Team Official Page!](#)

More Questions?

Contact our Administrator: info@langleyminorhockey.ca

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