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**Subject:** GVMHA U13 Rec Assessments  
**Date:** September 14, 2023 8:57:47 PM  
**Attachments:** [image001.png](#)

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Dear U13 Families,

Thank you for registering for the 2023-24 hockey Season.

The U13 Assessment Schedule is as follows

<b>Date</b>	<b>Time</b>	<b>Location</b>	<b>Event</b>	<b>Skill Group (by last name)</b>
Tuesday Sept 26	7:00pm-8:15pm	PV	Skill Testing	A-L
Wednesday Sept 27	3:45pm-5:00pm	KTPN	Skill Testing	M-Z
Tuesday Oct 3	7:00-8:15pm	PV	Scrimmage	A-Cra vs Cra-L
Wednesday Oct 4	4 :00-5 :00pm	KTP	Scrimmage	M-Pi vs Po-Z

*\*Note: Goaltenders will receive their own email with Goalie Skills assessment and scrimmage assignments! Email to follow in the next 24 hours*

The assessment process will include the following:

1. Forward skating without and with a puck
2. Backward skating without and with a puck
3. Agility without and with a puck
4. Transition Skating with and without a puck
5. Shooting accuracy.

GVMHA uses Hockey Canada's National Skills and Standards Tests as our test protocols. Test protocols can be found here:

[https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Players/Skills-Testing/Downloads/nsst\\_handbook\\_e.pdf](https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Players/Skills-Testing/Downloads/nsst_handbook_e.pdf)

Following the assessment process, integrated players will be divided into 4 balanced teams. Balancing games will take place October 6-7-8.

The U13 Rec division will include a 5<sup>th</sup> team – U13 Rec Female. The season schedule for the U13 Recreation group is as follows:

<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>Notes</b>
Tuesdays	7:00-815pm	PV	Half ice
Wednesdays	4:00-5:00pm	KTP	Full Ice
Thursdays	6:30-7:45pm	PV	Half Ice

The 5 team Rec division will work on a rotation through the three ice slots to ensure equal opportunity for full ice practices.

**We are still in need of one head coaches for the U13 division.** If you are interested in a U13 Head coach role, please let me know. If we do not have coaches for our teams, we are unable to run teams!

We also require a number volunteers at U13:

- Assistant Coach
- Team Manager
- Treasurer
- Safety Person

**Finally, we will require a significant amount of help on the ice for the above assessment ice times. If you are able to help, please let us know.**

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