



Pre-Novice Program

Frequently Asked Questions

What levels will we have?

Instead of using age, LMHF's Initiation Program recognizes the patterns and stages of growth and development and measures a player by his or her level of development. Simply put, a player's progression is based on age and ability. A beginner may still be a beginner whether he or she is 5 or 6 years old.

In Pre-Novice, there are generally 6 groups. There are 2 levels; with the players being grouped according to age & skill level - at this age usually skating ability. The convener and coaches will assess the skill level of the players and discuss placement according to ability and age. Remember that the level a child plays at when they are 5 or 6 is not reflective of the level they might attain as an older player. At this age we must lay the proper foundation to build on in future years. If they play at a level where they enjoy success and can try new skills, they will surely learn more in a shorter time than they will if placed at a level that is over their heads.

PRE-NOVICE LEVEL 1

This is the beginner level (for a 4, 5 or 6 year old). Sessions are organized to suit the needs of the player, where they are grouped by skill level and age in a low pressure situation. The main focus is to develop balance and agility as well as a great attitude. Later on, players will learn basic skills such as stopping, turning and puck control. Each session ends with a semi-structured game, whether it be pond hockey or British bulldog. Fun is the underlying goal.

PRE-NOVICE LEVEL 2

The level 2 players generally are slightly ahead on the progression and learning curve. The focus of the sessions in level 2 is to continue the development of the basic skills with a greater emphasis on puck skills, edge control and shooting skills. As the year progresses, basic game concepts begin to get introduced.

Each session ends with a semi-structured game, whether it be pond hockey or a structured teaching game designed to introduce the player to a hockey game without the pressures of official rules and over competitiveness. The aim here is to teach basic positional play as well as safety and team participation. As always FUN is still the underlying goal.

When do we start?

The plan is to start around the 3rd week of September. You will receive an email with dates and times of first session as well as group assignment. Specific dates and times will also be posted on the website the week prior to the start of program.

To view this information go to www.lmhf.qc.ca and click on the Pre-novice tab.

My player has never skated before, can she still participate?

Absolutely! The Beginner Program is designed to introduce them to skating and hockey.

My player is 6 years old and just a beginner, where should she be?

A beginner is still a beginner whether she is 4 or 6. There are always several older players and this is the best way to introduce them to hockey. Eventually they tend to catch up to their age group.

My player can already skate, where should I put him?

All new players should start as a Beginner, regardless of their experience. It is important for your player's development to learn the skills of the first level before he moves on. Again, there are sessions for more advanced players!

What equipment will be needed prior to starting?

Below the list of equipment required for the first day of practice. If you are not sure what to get or need assistance please feel free to email one of the Pre-novice Conveners.

- Helmet
- Facemask
- Neck Guard
- Shoulder Pads
- Elbow Pads
- Gloves
- Hockey Pants
- Jock/Jill Strap
- Shin Guards
- Skates
- Jerseys and socks will be provided once teams are selected

Prior to the first practice add your skater's first name on the front of his/her helmet using white hockey tape with black marker. Please be ready 10-15 minutes prior to your ice time.

If it's your first practice and you're not sure how all the equipment goes on, please don't hesitate to ask someone to help out (we have all been there before).

Why don't they play "real" games?

A player must learn the skills of hockey before putting them into practice. Putting a player into a high-pressure situation such as an official game may be too stressful. It has been shown that introducing the players slowly to games is best for all players regardless of skill level. Remember, a player develops his/her skills in practice, not in games.

Games are introduced in the second half of the season. Structured games for Pre-novice do not begin until January. Fun games and scrimmages will be part of the program during the months of September - December. The Pre-novice program is structured as to put more emphasis on teaching through fun games and activities as opposed to focusing on competition.

How much time does hockey take?

Pre-novice players are on the ice on Saturdays (1.5 hour session) and Sundays (1 hour session). The season goes from September to the end of March (There is no hockey over the Christmas Holidays). The assigned hours will rotate between 8:00 AM start times to 2:00 PM finish times.

The Lakeshore Minor Hockey hopes that you and your child have a great and enjoyable experience. Please do not hesitate to get involved, whether on ice or off the ice to show the kids what teamwork is all about!!

