

# Carstairs Minor Hockey Association

**Box 773 Carstairs Alberta  
T0M 0N0**



## 2025/26 Conditioning Camp and Coaching Information

Welcome back CMHA Families and a warm welcome to those families that have joined our Association, moved from other centers or have chosen to play in Carstairs this season. We hope that you enjoy the benefits that our existing CMHA Families have come to love. My apologies in advance, there is lots of information in this correspondence, but I do urge you to review it in detail to make sure you understand what the next few weeks will look like. There have been some time changes since our last communication. Coaches, there is some specific information contained in here for you as well, so please read to the end.

### U7 Families and Pre-Hockey Families

We look forward to welcoming you to the rink on Saturday September 20<sup>th</sup> (U7) and Sunday September 21<sup>st</sup> (U7 and Pre-Hockey). More information on your season launch will come forward in future communications. You are welcome to participate in our evaluation process by signing up for volunteer slots referenced later in this release.

### Conditioning Camp

Starting on Tuesday, September 2<sup>nd</sup> 2025, we will launch our two weeks of conditioning camp offerings for U9 and U11 players. This optional ice time is focused on getting players on their skates and ready for the upcoming evaluations. These sessions are one hour in length and do not have any bearing on their final placement. For conditioning camp, players can wear their own practice jerseys and no check-in is required.

The Conditioning Camp Schedule is as follows:

U9 Group 1		U9 Group 2	
Conditioning Camp		Conditioning Camp	
Date	Time	Date	Time
Tuesday September 2	4:15 - 5:15 pm	Tuesday September 2	5:30 - 6:30 pm
Thursday September 4	5:30 - 6:30 pm	Thursday September 4	4:15 - 5:15 pm
Tuesday September 9	4:15 - 5:15 pm	Tuesday September 9	5:30 - 6:30 pm
Thursday September 11	5:30 - 6:30 pm	Thursday September 11	4:15 - 5:15 pm

  

U11 Group 1		U11 Group 2	
Conditioning Camp		Conditioning Camp	
Date	Time	Date	Time
Tuesday September 2	6:45 - 7:45 pm	Tuesday September 2	8:00 - 9:00 pm
Thursday September 4	8:00 - 9:00 pm	Thursday September 4	6:45 - 7:45 pm
Tuesday September 9	6:45 - 7:45 pm	Tuesday September 9	8:00 - 9:00 pm
Thursday September 11	8:00 - 9:00 pm	Thursday September 11	6:45 - 7:45 pm

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The Conditioning Camp groups are listed below and are separated alphabetically. Due to size constraints, players must participate in the group that they are assigned to unless prior approvals are received. If you do not see your child's name on the listing, please contact me as soon as possible.

U9 Group 1		U9 Group 2	
<b>Aiden</b>	<b>Atchison</b>	<b>Rhett</b>	<b>Mintenko</b>
<b>Jordyn</b>	<b>Beaton</b>	<b>Anthony</b>	<b>Nickel</b>
<b>Cole</b>	<b>Brandon</b>	<b>Grayson</b>	<b>Nicol</b>
<b>Xander</b>	<b>Andrews</b>	<b>Allison</b>	<b>Miller</b>
<b>Hayes</b>	<b>Bullis</b>	<b>Brody</b>	<b>Rasmussen</b>
<b>Hunter</b>	<b>D'orazio</b>	<b>Caleb</b>	<b>Sayer</b>
<b>Konrad</b>	<b>Dennison</b>	<b>Micah</b>	<b>Sayer</b>
<b>Wesley</b>	<b>Deyo</b>	<b>Evan</b>	<b>Small</b>
<b>Eddie</b>	<b>Edzerza</b>	<b>Madelyn</b>	<b>Spencer</b>
<b>Lila</b>	<b>Epp</b>	<b>Cole</b>	<b>Steckly</b>
<b>Kayson</b>	<b>Fuhr</b>	<b>Hunter</b>	<b>Stewart</b>
<b>Theodore</b>	<b>Graumans</b>	<b>Reina</b>	<b>Sullivan</b>
<b>Bently</b>	<b>Jensen</b>	<b>Timothy</b>	<b>Sung</b>
<b>Weston</b>	<b>Lizon</b>	<b>Hayden</b>	<b>Taylor</b>
<b>Jacob</b>	<b>Mann</b>	<b>Delaney</b>	<b>Tishenko</b>
<b>Mahlon</b>	<b>Mckernon</b>	<b>Oliver</b>	<b>Watts</b>
<b>Kason</b>	<b>Mercer</b>	<b>Olyver</b>	<b>Wiseman</b>
<b>Nixon</b>	<b>Metcalfe</b>	<b>Ben</b>	<b>Youngs</b>

U11 Group 1		U11 Group 2	
<b>Elliott</b>	<b>Bortnick</b>	<b>Lincoln</b>	<b>Metcalfe</b>
<b>Emmett</b>	<b>Bortnick</b>	<b>Rhett</b>	<b>Miller</b>
<b>Owen</b>	<b>Brandon</b>	<b>Grayson</b>	<b>Moran</b>
<b>Ryan</b>	<b>Brodeur</b>	<b>Brandt</b>	<b>Neighbours</b>
<b>Hudson</b>	<b>Crandell</b>	<b>Casey</b>	<b>O'Neill</b>
<b>Brooklyn</b>	<b>Doyle</b>	<b>Andrew</b>	<b>Palyga</b>
<b>Nolan</b>	<b>Epp</b>	<b>Logan</b>	<b>Rasmussen</b>
<b>Thomas</b>	<b>Foat</b>	<b>Laurel</b>	<b>Sayer</b>
<b>Liam</b>	<b>Harbour</b>	<b>Abel</b>	<b>Sjodin</b>
<b>Kade</b>	<b>Heisler</b>	<b>Corbin</b>	<b>Spencer</b>
<b>Grayson</b>	<b>Herbert</b>	<b>Clayton</b>	<b>Stackhouse</b>
<b>Simon</b>	<b>Hurley</b>	<b>Piper</b>	<b>Steckly</b>
<b>Nash</b>	<b>Jensen</b>	<b>Hudson</b>	<b>Sukhetsky</b>
<b>Carter</b>	<b>Kamlah</b>	<b>Austyn</b>	<b>Tishenko</b>
<b>Jayden</b>	<b>Kanyo</b>	<b>Deegan</b>	<b>Weber</b>
<b>Jackson</b>	<b>Keogh</b>	<b>Theo</b>	<b>Williams</b>
<b>Nixen</b>	<b>Mancini</b>	<b>Von</b>	<b>Williscroft</b>
<b>Dawson</b>	<b>Mckernon</b>		

## Evaluations

Our evaluation process fires up on Tuesday September 16<sup>th</sup> 2025 with our timed skills portion and then continues on Thursday September 18<sup>th</sup>, Saturday September 20<sup>th</sup> and Sunday September 21<sup>st</sup> with our evaluation game portions. Our Evaluation Handbook can be found on the CMHA website: <https://www.carstairsminorhockey.ca/>. For evaluations, players are required to check-in prior to each skate to receive their numbered jersey for that evaluation session.

**\*\*U11 Parents** – If your player is wishing to play goaltender full time this year, please contact us ASAP so we can ensure they are evaluated as a goaltender. Please also take note to the specific goaltender skills evaluation time on Saturday September 13<sup>th</sup> 2025.

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These are the tentative schedules for evaluations:

U9 Group 1		U9 Group 2	
Evaluations		Evaluations	
Tuesday September 16	4:15 - 5:15 pm	Tuesday September 16	5:30 - 6:30 pm
Thursday September 18*	4:30 - 6:00 pm	Thursday September 18*	4:30 - 6:00 pm
Saturday September 20*	3:45 - 5:15 pm	Saturday September 20*	3:45 - 5:15 pm
Sunday September 21*	11:45 - 1:15 pm	Sunday September 21*	11:45 - 1:15 pm
* Players will be moved to different teams - Times will not change		* Players will be moved to different teams - Times will not change	

U11 Group 1		U11 Group 2		U11 Goaltenders	
Evaluations		Evaluations		Evaluations	
Tuesday September 16	6:45 - 7:45 pm	Tuesday September 16	8:00 - 9:00 pm	Saturday September 13	1:45 - 2:45 pm
Thursday September 18*	6:30 - 8:30 pm	Thursday September 18*	6:30 - 8:30 pm	Thursday September 18*	6:30 - 8:30 pm
Saturday September 20*	5:30 - 7:30 pm	Saturday September 20*	5:30 - 7:30 pm	Saturday September 20*	5:30 - 7:30 pm
Sunday September 21*	1:30 - 3:30 pm	Sunday September 21*	1:30 - 3:30 pm	Sunday September 21*	1:30 - 3:30 pm
* Players will be moved to different teams - Times will not change		* Players will be moved to different teams - Times will not change		* Players will be moved to different teams - Times will not change	

## Volunteer Opportunities – Evaluations

The Conditioning Camp and Evaluations Processes take a ton of volunteer efforts to pull off and are a great opportunity to start working off some hours. Please find below the signup link:

<https://signup.com/go/qGAGSMv>

Although the Player Position Assignment spots seem daunting, the position is given a list of player numbers that the individual is responsible for reading out to get the next five kids ready to go; its fairly straightforward!

## Coaches

The deadline for coaches to sign up is Monday September 15<sup>th</sup> 2025 so that our Coach Selection Committee can be prepared to review applications and select head coaches for each team as soon as evaluations are concluded. If you haven't already and are interested in coaching, please follow the instructions here: <https://www.carstairsminorhockey.ca/coaches/>

Individuals interested in coaching U11, please note that head coaches are required to complete the Hockey Alberta Checking Skills clinic. Registrations for these clinics are now open:

<https://www.hockeyalberta.ca/coaches/clinic-information/>

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Please reach out to Coaching Coordinator Tyler Rasmussen ([coachcoordinator@carstairsminorhockey.ca](mailto:coachcoordinator@carstairsminorhockey.ca)) if you have any questions on what certifications you require, if you need help registering or have any coaching related questions.

Reminder that you can always find all our updates, conditioning camp groupings and other useful information on our website at [www.carstairsminorhockey.ca](http://www.carstairsminorhockey.ca)

As always, if you have any questions on the above, please reach out to myself or a board member that will be happy to assist. We will continue to update you as more information becomes available.

Enjoy the beautiful weather and see you all back in the rink Tuesday!

Christofer Atchison  
President  
[president@carstairsminorhockey.ca](mailto:president@carstairsminorhockey.ca)  
587-436-4136