

# Carstairs Minor Hockey Association

Box 773 Carstairs Alberta  
T0M 0N0



## U7 and Pre-Hockey Launch!

Good Morning Everyone,

For our pre-hockey families, welcome to Carstairs Minor Hockey, to our U7 families, welcome back!

I have appreciated your patience as we got our U9 and U11 programming rolling over the last couple of weeks. We are now ready to welcome your players to the ice this weekend!

Here is what you need to know:

### Saturday September 20<sup>th</sup> 2025

We have a full day of activities planned for Saturday September 20<sup>th</sup> and encourage you to pay attention to the times below:

#### 1:45 pm to 2:45 pm – **U7 Practice**

An opportunity for our U7s to get on the ice, get their feet under them and start to have some fun.

Please be aware that only carded coaches are permitted on the ice surface for this ice time. If you are wanting to help out this year, please speak with Coaching Coordinator, Tyler Rasmussen in advance: [coachcoordinator@carstairsminorhockey.ca](mailto:coachcoordinator@carstairsminorhockey.ca)

#### 2:00 pm to 5:00 pm – **Mountain West Promotions Fitting Session**

As previously communicated, we are very happy to be working with Mountain West Promotions this year for our Association Apparel. Please drop by during this time to try on any hoodies, jackets, pants etc that you may be looking to purchase this year. The CMHA Apparel store is open year-round here:

<https://rockymountainaahockey.itemorder.com/shop/home/>

#### 2:45 pm to 3:30 pm – **Clock/Board Setup Tutorial**

We are offering a tutorial for all Pre-Hockey and U7 families, as well as any other members that would like a refresher, on how to work the clock and set up the boards on ice. This is a great opportunity to get your feet wet before the first game of the year hits! Meet in the penalty box!

### Sunday September 21<sup>st</sup> 2025

#### 9:30 am to 10:30 am – **Pre-Hockey Practice**

We have had an extraordinary response to our Pre-Hockey program with 20 skaters!! We are very excited with these numbers but will certainly need assistance. Parents, if you are interested in helping on the ice this year, please note that we need to have you signed up in advance. **We are still needing help with this age group!** Please contact Coaching Coordinator, Tyler Rasmussen to ensure you get your qualifications:

[coachcoordinator@carstairsminorhockey.ca](mailto:coachcoordinator@carstairsminorhockey.ca)

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This is a chaotic ice session as many kids are stepping on the ice for the first time. Just trust the process, it gets better. We do ask that you try to let the on-ice folks deal with the player as much as possible, but remain in the stands so you can come down to the bench to assist if the player is needing. Please note that we cant have un-carded folks on the ice for this session, that includes parents walking around in shoes on the ice!

In advance, I encourage you to make sure that your players have all of the gear they need. This is a handy video if you need help sizing the equipment to your player:  
<https://www.youtube.com/watch?v=VtzUxPebp2k>

10:30 am to 11:30 am – **U7 Practice**

Following this ice session, it will be our goal to have the U7 players evenly split into two teams so that we can get your season off and running.

## **U7 Socks**

The Association is once again purchasing a pair of game socks for all U7 Players. If you know your players sock size already from last year, please send it to [equipmentcoordinator@carstairsminorhockey.ca](mailto:equipmentcoordinator@carstairsminorhockey.ca).

If you don't know your players sock size, we will have some available on Saturday before the U7 Practice to try on.

Reminder that you can always find all our updates 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.

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