

Carstairs Minor Hockey Association

**Box 773 Carstairs Alberta
T0M 0N0**



2025/26 Conditioning Camp and Coaching Information

Alrighty, off we go! Hope you all had a nice (hot!) long weekend and are now ready to freeze for the next eight months in the arena. Most of this information is duplicated from our update last week, however there have been some new registrations, so I have left it all in. Here is a quick summary:

- Please pay attention to the Conditioning Camp Groups listed in this email. A couple of minor changes that shouldn't have affected anyone.
- The Conditioning Camp Schedule is locked in and included within.
- There is nothing special needed for conditioning camp. Just ensure that your player has all of their gear and gets on the ice during their time. No checking in, evaluation jerseys or any volunteer time needed.

U7 Families and Pre-Hockey Families

We look forward to welcoming you to the rink on Saturday September 20th (U7) and Sunday September 21st (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.

U7 Families, we do try and offer some flexibility when we make teams to place players together if arrangements are necessary for travel to practices etc. It isn't always possible as we are required to try to make evenly skilled teams, but we do our best. If you have any requests, please email me and I will start a list: president@carstairsminorhockey.ca

Conditioning Camp

Starting tonight, 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

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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

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

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

Evaluations

Our evaluation process fires up on Tuesday September 16th 2025 with our timed skills portion and then continues on Thursday September 18th, Saturday September 20th and Sunday September 21st 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.

These are the tentative schedules for evaluations:

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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 15th 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/>

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

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Reminder that you can always find all our updates, conditioning camp groupings and other useful information on our website at 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.

See you U9 and U11 families tonight!

Christofer Atchison
President
president@carstairsminorhockey.ca
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