



## **ROCKETS HOCKEY**

St. James Assiniboia Minor Hockey Association (SJAMHA) and Seven Oaks Minor Hockey Association (SOMHA) operate a joint female hockey program called the Rockets. The Rockets Female Hockey program is committed to providing a positive hockey experience that caters to all ages and skill levels to support the growth and development of female athletes.

Female hockey offers the opportunity for young girls to engage in a healthy, active lifestyle while learning valuable life lessons and developing new friendships that will last after the hockey season ends. Whether your player is just starting out or has been playing for a number of years – there are a number of great opportunities for her to become involved in female hockey.

Our U9 hockey program is tiered into three divisions – U9 A1, U9 A2 and U9 A3 and league play consists of 18 games which are played in various locations throughout the city.

During the season, Rockets players receive player development skates. This past season those skates have been run by JP Vigier Hockey or The Rink. The development skates focus on speed, agility, power skating, passing and shooting.

### **Why does Female U9 cost more than the regular U9 program?**

The higher fee is due to team registration through Hockey Winnipeg.

### **What are Team Fees and what do they cover?**

Team Fees are shared expenses for the team. Last season U9 Team Fees averaged around \$300 per player and covered the cost of practice ice, name bars, hockey socks and tournaments. Team Fees are paid in addition to registration costs.

### **How do you determine how many Rockets teams there are each year and what level skaters will play?**

The number of Rockets teams is determined by Hockey Winnipeg based on the number of players registered in that age group. There are evaluations for all players and teams are formed based on the rankings provided by independent evaluators.

### **When can I expect to have practices and games?**

All games for our U9 teams last season were on the weekend except for tournament and playoff games. Most of the practices were during the week with JP Vigier Hockey and The Rink player development skates on alternating weeks. The teams also attended weekend practices.

### **What are the different age categories?**

U9: 6, 7 & 8 years old

U11: 9 & 10 years old

U13: 11 & 12 years old

U15: 13 & 14 years old

### **Coaches advice to new families:**

- Volunteer! Get involved with the team (coach, manager, safety person, fundraising etc.). It will be fun.
- It's a long season so don't worry if you miss a couple games/practices.

### **When and Where do I register?**

Registration is open by the first week of August and closes at the end of August.

SJAMHA players can register from the association's home website: <https://sjamha.ca/register/>

SOMHA players can register from the association's home website: <http://somha.ca/>

For more information about Rockets hockey go to <https://www.rocketstitansfemalehockey.com/>