



Chebucto U7 Early Bird Skills and Thrills Jamboree

Managers and Coaches,

Welcome to the “Home” of the Chebucto Athletics located at: **111 Drysdale Rd, Halifax, NS B3R 1L5**. Please read the following instructions carefully and forward this along to your player’s parents, coaches and managers.

Arrival, Registration and Dressing Room Instructions:

- Please arrive 30 minutes prior to your ice times.
- Managers are to register their teams upon arrival and collect their team’s welcome bag at the rink entrance Registration Desk.
- Welcome bags will include a medal, vouchers for games and snacks upstairs in the Atlantic Room (enter from lobby and up the stairs) and a drink for each player.
- Dressing room assignments are included in your schedule and will be visible throughout the arena.
- Only one parent/guardian is permitted to assist each player in the dressing rooms.
- Players will be entering their assigned dressing rooms 20 minutes prior to ice time after all 4 scheduled teams have entered the ice.
- After each session, teams will have 10 minutes to undress and exit the dressing room with all belongings.
- **If you have back to back ice times, do not go back to the dressing room between sessions.** Please have your player's sit on the bench

until the other teams leave the ice and new teams enter. Then players can enter the ice and skate around while lights and music play.

- Please remind your players to be respectful of other team's belongings as dressing rooms will be shared. Please keep your teams gear bags to one side of the room. A dressing room attendant will be on-site to help with any questions.
- The room to the left of dressing room 1 will be available to store gear bags in between ice times.

On Ice instructions

- Two Half Ice Rinks

Rink 1 (close to dressing rooms) - Teams assigned to Rink 1 must line up by the stands 5 minutes prior to ice times. Enter and exit the ice on the stands side only. Players assigned to Rink 1 will be in dressing rooms 1 and 2.

Rink 2 (close to entrance door) Teams assigned to Rink 2 must line up by the player benches 5 minutes prior to ice times. Enter and exit the ice on the players bench side only. Please have a coach lead players through the gate in the half ice boards to enter Rink 2. Players assigned to Rink 2 will be in dressing rooms 3 and 4.

- Pinnies will be available if needed.
- Arena lights will be turned down and lights and music will play as teams enter the ice.
- **Teams should have 3 coaches.** One coach per team should be on the ice with their skates and helmet to assist. There will be no official referees so 2 coaches will provide directions for line changes and assist when needed with puck retrieval etc. On-Ice Coaches should not play the puck or interfere with the play in anyway.
- Sessions are 4 on 4. Please have the starting four players ready to start immediately after entering your assigned rink. All other players should go to their side of the bench.
- The two teams playing each other will be sharing the same bench.
- No dressed goalies, and scores will not be kept.

- Each team will play three 30-minute sessions, (24-Minute Ice Time, 3 minutes to enter, 3 minutes to exit) with a buzzer every two minutes for players to change. The clock runs continuously.
- Once your session is complete, please exit to the side of your Rink (look for an exit sign on glass). Each rink side has its own exit door. Wait in the hall until the next 4 teams enter the ice. Please keep your teams together as lights will be turned off as you wait. Proceed back into your assigned dressing rooms once permitted.
- Medals should be presented to all players by team coaches following their third session once they return to their dressing room. If you are short a medal, please let us know in advance of the 3rd session.

Activities Upstairs in the Atlantic Room

- Here players can use the vouchers they receive in their welcome package to play games and receive treats and prizes. The U7 Stanley Cup will be on display for players to enjoy!! Please do not lift the Cup! Players may touch it and get their picture taken with the Cup.
- The Atlantic Room has limited space so we ask that **once players have used their vouchers they go back downstairs to make room for the next group**. Please use caution on the stairs.
- Skate Sharpening will be available on site.
- Canteen will be open all day.

Any questions or concerns the day of may be directed to our volunteers at the registration desk near the front entrance.

We look forward to hosting you very soon!

Sincerely,

Chebucto Atlantics U7 Leadership Team