



# PCMHA Competitive Tryouts

---

2024-2025



# Table of Contents

---

- PCMHA Competitive Tryouts
- Expectations for Competitive Teams
- Overview of Competitive Tryout Process
- Head Coaches
- Crucial Need to Knows
- Inquires During the Process
- Phases
- Assessment Process Guidelines
- Injured Players



## PCMHA Competitive Tryouts

Please take the time to read all of the information provided, this document was created to hopefully answer most, if not all, of your questions for the competitive tryout procedure. This can be a stressful time for both players and parents so please help us in making this the most positive experience possible for everyone involved.

PCMHA is a very competitive association, so we ask that you prepare for all possible outcomes in the process. We ask that both parent and player remember that hockey is a game meant for having fun and putting too much pressure on playing on a certain team can lead to an unnecessary negative experience.





## **Expectations for Competitive Teams**

It is a privilege to play for a competitive team. PCMHA understands that many players and parents live extremely busy lives, but it is expected that all players and parents will be committed to their PCMHA competitive team. This means attending all practices, games and team sanctioned events. This is not to say that life won't get in the way once or twice a year and you will be punished for such. This is just to be clear that a player who regularly misses practice will also miss out on development opportunities which hurts not only the individual player but the team as a whole.

### **Competitive hockey players and parents should be prepared for the following:**

Early morning practices, 6:00 or 6:30 am on weekdays and/or weekends.

Possibility of up to 5 tournaments and costs that are associated with them such as gas, hotels and meals.

An average of 1-2 games per week (home and away), 2 practices per week as well as the possibility of dryland training.

Parents may also be asked to volunteer and help with fundraising for these teams and players may be asked to participate in community events throughout the season.

**If you and/or your child are not prepared to commit to everything above, you may wish to explore PCMHA Recreational Hockey.**

## Overview of Competitive Tryout Process

The evaluation process will be run by PCMHA Technical Director Garrett Lambke. The process will include scrimmage assessments with assessors selected and educated by Garrett before the process begins. PCMHA will ensure a non-biased evaluation process for all divisions and PCMHA will do its very best to ensure no family members are assessing someone they are related to.

It is the responsibility of the player/parent to check the PCMHA Facebook page and/or website for their next tryout session. PCMHA will attempt to provide at least 24 hours notice of their next session, however this may not always be possible.

Scores from each assessment will be entered into our excel program at 2 separate locations in order to cross reference and be sure there is no mistakes in data entry. Scoring will be based on a range of 0.5 – 5 for each evaluation.



## Head Coaches

Parent Head Coaches will not be appointed until minimum the end of phase 2 and their child's scores match the following:

U18/U15/U13 - Forward, top 6. Defense, top 4. Goalie, top 1.  
U11 - Forward, top 12. Defense, top 8. Goalie, top 2.

Head Coaches will be consulted for final roster spots in the event there is a 2 point or less difference in total assessment scores after all phases have been completed. PCMHA believes that when scoring is that close it is imperative that a coach who will spend 14 + hours a week with these teams is allowed to have their opinion heard. All final rosters will still be signed off on by Technical Director.

Head Coaches will be able to name their bench staff with input provided by Technical Director.



# Crucial Need to Knows!

Players **MUST** declare a position prior to the tryout process (Forward, Defense, Goalie) and cannot request a position change once the tryouts have begun!

Players also must declare special requests prior to the tryout process. Examples include: Trying out for AA/A but only interested in playing A. Family members trying out for AA/A but only interested in playing on the same team. (Those scenarios would lead to both players playing at the lower level of the 2 players.)

It is of **UTMOST** importance that players do not change/trade jerseys during the tryout process. PCMHA will score each child on the # they were given at the start of each tryout process. This is on both players and parents to keep in order.

**ALL** final rosters will be signed off on by Technical Director Garrett Lambke.





## **Inquiries During the Process**

Inquiries during and following the tryouts must be addressed to PCMHA VP only. No other coach, assessor, assistant or PCMHA executive member will entertain any issues relating to individual players.

No in person meetings will be held with anyone during the tryout process and any e-mails will only be accepted after 24 hours have passed from the time a team is posted. We ask that you consider all factors and view your concern from a wide point of view before you decide to send your email. If you send an email before the 24 hours have passed your inquiry will not be heard.

If the PCMHA VP feels the matter requires further review, they will then consult with the PCMHA Technical Director. In extreme cases, the matter may be referred to other members of the PCMHA Executive for final decision.

Harassing or threatening calls/e-mails will not be tolerated. They will be reported to Hockey Nova Scotia and action will be taken immediately. PCMHA goes to great lengths to ensure a fair tryout process, while we understand that not everyone agrees with every decision, PCMHA is committed to this process and believes it places athletes in the best position for an enjoyable season.





## Phases

The tryout process is broken up into 3 phases to determine the follow teams.

1. U11 AA/AA/A
2. U13 AAA
3. U13 AA/A
4. U15 AA/A
5. U18 procedure will be determined at a later date.

\*\*All players tied for the final score will move on to the next phase. In the event there is a tie for a **final** roster spot, the tie will be broken by Technical Director Garrett Lambke with input from the head coach.

**The number of teams in Phase 1 will be determined by the # of players trying out in each division.**





# U11

U11 AA/AA/A –

Phase 1 – 4 Teams, 3 40 minute games each.

Phase 2 – 27 F, 18 D, 9 G. 3 Teams, 2 40 minute games each.

9 Forwards, 6 Defense and Top 2 of the goalies cut after Phase 2 will form the A team.

Phase 3 – 18 F, 12 D, 4 G. 2 Teams, 2 Black & White games to determine two AA teams.

Final Rosters - U11 AA = 9 F, 6 D, 2 G    U11 AA = 9 F, 6 D, 2 G    U11 A = 9 F, 6 D, 2 G



# U13

## U13 AAA –

Phase 1 – 4 Teams, 3 40 minute games each.

Phase 2 – 24 F, 12 D, 6 G. 2 Teams, 2 1.5 hour Black + White Games.

Phase 3 – 18 F, 10 D, 3 G. 2 Teams, 2 1.5 hour Black + White Games.

Final Roster – 9 F, 6 D, 2 G.

## U13 AA/A –

Phase 1 – 4 Teams, 3 40 minute games each.

Phase 2 – 27 F, 15 D, 6 G. 3 Teams, 2 40 minute games each.

Phase 3 – 24 F, 12 D, 4 G. 2 Teams, 2 Black & White games to determine AA + A team.

Final Rosters - U13 AA = 9 F, 6 D, 2 G U13 A = 9 F, 6 D, 2 G



# U15

U15 AA/A –

Phase 1 – 4 Teams, 3 40 minute games each.

Phase 2 – 27 F, 15 D, 6 G. 3 Teams, 2 40 minute games each.

Phase 3 – 24 F, 12 D, 4 G. 2 Teams, 2 Black & White games to determine AA + A team.

Final Rosters - U15 AA = 9 F, 6 D, 2 G U15 A = 9 F, 6 D, 2 G



## Assessment Process Guidelines for All Divisions

Assessors are not given players' names, are not to share opinions and are not provided with the other assessors scores. **Parents are asked to please remind players to have their jerseys untucked during the assessments.**

Major discrepancies between assessors are rare, in the situation that it does occur it will be investigated by the Technical Director and presented to the President and Vice President to form a fair solution.

The process is designed to assess the fundamental skill set of a player and give each player an opportunity to display these skills in game competition.

Players are strongly encouraged to attend all sessions in order to receive a fair and accurate evaluation.



## Injured Players

An injury before or during the tryout process can result in a very difficult situation for everyone involved. When this happens PCMHA will attempt to place the player at the appropriate level based on the factors listed below.

1. The player must be eligible to return by December 1<sup>st</sup> to play on a competitive team. This requires a doctors note with expected date of return to play.
2. What team the player played on last season.
3. Where the players' performance and development related to the other players on their team to finish the season.
4. Discussion with prior coaches as well as the Technical Director.