



OWHA SEASONAL STRUCTURE

IDEAL HOCKEY SEASON: Refers to an optimal seasonal structure – this is a guideline and is subject to a range of minor differences regarding suggested numbers.

PREP / TRYOUT PHASE: Refers to the period of time prior to the season starting – typically when prep camps and / or tryouts are held.

DEVELOPMENT PHASE: Refers to the period of time following tryouts or evaluation prior to the regular season starting.

REGULAR SEASON PHASE: Refers to the period of time from first regular season game to the start of playoffs or Provincial

PLAYOFF PHASE: Refers to the period of time from the end of the regular season through to the end of Playoffs.

OFF SEASON: Refers to the period of time from the end of the playoff season to the start of the next Prep or Tryout season.

COMMUNITY (recreational)

DEVELOPMENT PHASE

4 WEEKS 8 PRACTICES 2 EXHIBITION GAMES

REGULAR SEASON PHASE

22 WEEKS 22 PRACTICES 16 GAMES

PLAYOFFS

Playoff Tournaments Mar 15-30 End of season Mar 31

TOURNAMENTS
3 tournaments
12 games

TOTAL PRACTICES: 25 - 30 | TOTAL GAMES: 25 - 35

REQUIREMENTS:

- No tryouts from April through August. Tryouts begin the Tuesday following Labour Day.
- Must provide minimum of 4 skates before formal Tryouts. Tryouts must be a minimum of 3 sessions (skill session, small area game session, formal game).
- Tournament style playoffs, no elimination style

CONSIDERATIONS:

- Full time goaltenders - Goalie not playing in games plays out
- Rotate all players through all positions - no early specialization
- Small area games in practice
- Skill/Station based practices

DEVELOPMENTAL (competitive)

DEVELOPMENT PHASE

4 WEEKS 12 PRACTICES 2 EXHIBITION GAMES

REGULAR SEASON PHASE

24 WEEKS 44 PRACTICES 20 GAMES

PLAYOFFS

Playoff Tournaments Mar 15-30 End of season Mar 31

TOURNAMENTS
4 tournaments
16 games

TOTAL PRACTICES: 45 - 55 | TOTAL GAMES: 35 - 45

REQUIREMENTS:

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CONSIDERATIONS:

- Full time goaltenders - Goalie not playing in games plays out
- Rotate all players through all positions - no early specialization
- Small area games in practice
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ATOM (U11)



ATOM PATHWAY

