

CMHA

Rep Information

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Is your player ready?



If my child wants to play rep, how will I know if they are ready to try out?

This question may have already come up with your “C” coach from last year, but mostly we ask that you trust your instincts in this, as well as your child’s. If your child looks like he’s competitive with the top players in his division, then there is no reason why not to try out – especially if your child wants to.

However, your evaluation of your child’s competitiveness does not mean that they will make a team. Your evaluation of their competitiveness and any feedback from coaches past that have encouraged it will only give you an idea if your child will get a positive experience out of rep tryouts.



If my child wants to play rep, how will I know if they are ready to try out?

The experience of the additional ice time and competing against skilled players can be a very good experience, regardless of the outcome of the tryout process.

Many 'C' players who have tried out for rep for the experience, have reported back that even if they didn't make a team, they felt it better prepared for the 'C' evaluation skates. That being said, the rep try out process should not be considered as a 'C' league prep camp, and we encourage parents to register their children for the pre-season camps if that is what your intention is for attending these tryouts.



If my child wants to play rep, how will I know if they are ready to try out?

Rep tryouts are competitive and have a fast pace with aggressive play. If your child is a weak skater it may be a difficult experience, and your child may not be permitted to continue in the tryouts if the Rep Committee for your division assesses that your child is in danger of being hurt.



I've heard that if you don't get "on the rep track" early, you'll never get on and you'll play catch up forever. Is that true?

No – this is False.

The development for each child is as different as any other type of development. Reading, math, science - all kids learn and develop at their own pace.

There are some kids who in Initiation have been ranked or looked at as top players, who make rep in Atom and Pee Wee, but then in Bantam when hitting starts, they disappear.



I've heard that if you don't get "on the rep track" early, you'll never get on and you'll play catch up forever. Is that true?

There are other players who just click in to some drills and development early on, yet their desire to continue fades.

Other players may develop later and go farther in their personal hockey pursuits. Each kid is different.

The rep option will still be there if you decide that it is not the right fit for your child right now.



Is your family ready for
the costs?



I've heard rep is expensive. How bad is it?

Hockey is expensive. Parents with kids on a top team in CMHA pay more than just for registration.

Your Rep Try-Out Fee is an additional fee, which fully funds the tryout ice and evaluators for the tryout process.

If your child makes a rep team, there is also a Rep Carding fee that is paid, which covers the extra costs associated to additional game ice and refs associated to rep hockey.



I've heard rep is expensive. How bad is it?

Rep team fees usually range from \$500 to \$1000

Your team fees usually include: team gear (dryland, tracksuits, sweaters, jackets, whatever your team decides to do), tournaments, dryland gym fees, and extra ice.

Additionally, some rep teams (usually A1 and sometimes A2) require all players to have the same helmet, gloves and pant shells. Some coaches pick up a lot of extra ice, and if the ice is not free those costs add up. All of the extras are decided as a team.



I've heard rep is expensive. How bad is it?

However, costing does not stop there. For example, if your team decides to do an out of town tournament, your travel expenses will be in addition to your team fees, and usually teams will also cover the travel costs for any Independent Coaches.

Very few teams fund-raise enough money to cover their team costs, but usually only a fraction. Each team's costs are different depending on your team level and desire to travel and compete in tournaments.



Is your family ready for
the commitment?



How bad is the time commitment?

Rep tryouts start in the third or fourth week of August, and ramp up from there. CMHA also hosts optional Rep prep camps the week prior to tryouts.

During the season, expect two games and two practices a week on average. Some weeks will have a much heavier schedule, especially when you factor in tournaments, dryland, and extra ice.



How bad is the time commitment?

Rep teams in Cloverdale will be assigned two weekly ice times for practices. Most rep teams continually pick up additional ice. Some teams can be upwards of an additional 80 ice sheets over a season, others 20-none. This depends on your coach and the wants of your team. If your child is making A1, be prepared to skate a lot.

For games, each week on average there will be one home game and one away game. But due to conflicts with the schedule you may have 3 or 4 games per week.



How bad is the time commitment?

You will be expected to be at the rink at least an hour before the game. The games can be anywhere from Chilliwack to Whistler (depending on your division and also depending on what Tier you are in).

Do not panic- many players car pool or parents drop off and come back later. Juggling your obligations for your rep kid is able to be done. It takes a village!



Keeping hockey in
perspective



How can parents help out the process?

It has to be fun for the kids. If it's not fun, nothing good will come of it. There are lots of AA teams that will be a better fit for your player – and more successful in general – than AAA teams.

Making a team is only the first step. During the process to make the team, you are filled with all sorts of different types of beliefs amongst parents. The most important thing you can tell your child is to work hard and have fun. If it is a job ALL the time, there will be no enjoyment for your child.



How can parents help out the process?

For parents, BE KIND. You may feel that your Johnny Sunshine is the next coming of Syd the Kid but keep that to yourself.

No one, I mean NO ONE wants to hear you beat down other children to make your own child's 'short comings' more bearable in your own eyes.

Parents can make or break the experience for your child. Remember, they listen and hear EVERYTHING you say, including how you talk smack about teammates! Keep it fun, this is not "The Show".



What if I decide Rep is not right for my kid?

As part of our policies, players have until **June 30th** to declare and register for Rep try outs.

June 30th is also the deadline to withdraw from try outs. The only extension to this date may be for medical injuries, and will need to be approved by the Executive.

Lastly, if for some reason the Executive determines that the pools are not sufficiently full to support the original number of planned teams, players will be notified and given a timeframe where they can opt to withdraw from tryouts.



What if my kid decides to change the declared position?

Players have until the lists are posted of how many players are trying out for each spot to change their position declaration.

Usually this date is near the beginning of August, so as a rule no changes to positions a child wants to try out for will be looked at after July 31.



Policies for tryouts



Preparation for tryouts



How should my player prepare?

A coach needs players for a variety of roles, aggressive D, quick forwards, a sharp shooter, a shot blocker, a rebounder, rushing D, stay at home D, positional players and so forth. Each coach has a style of hockey they like to play, as does each player.

Know what type of player YOU are and showcase that. No one can be everything. NO ONE!

Coaches are searching for players that will fit into the systems with the skills to be successful. Show YOUR skills!



How should my player prepare?

First and foremost, GET ON THE ICE BEFORE TRY OUTS. There are many kids who hang their skates up after the previous fall season and strap on a new pair the night before try outs. This is not ideal for your child to show his or her best abilities. BE PREPARED!

There are many Rep Prep camps out there, so I am not saying this to push our camps, but if you are not skating until the day of try outs you are setting yourself up for failure. Many kids (agree with it or not) practice most of the year. It is important to come as prepared as possible.



How should my player prepare?

Secondly, be mentally prepared to do what you do best. As a player you need to be comfortable playing your game, and not try to be something or somebody you are not.

If you have great hockey sense and passing skills, be a play maker; make others around you better players. If you have great hands and have an ability to score and snipe the puck, then be a goal-scorer. If you are big and physical, then go out there and play tough, grind in the corners and win battles and let your compete shine.



How should my player prepare?

Coaches understand that not everyone is a goal scorer, and coaches need to fill many roles on a team. Having a team full of goal scorers might seem like a nice idea, but the reality is teams require role players to be truly successful.

Your child needs to know what their hockey identity is so that you showcase their abilities, not their limitations.



Some tips:

Compete hard in every single drill and every second of every shift.

It is okay to make aggressive mistakes.

Pay attention and listen to instructions.

Do the little things -- block shots, screen the goalie, be the first to a loose puck.

Communicate with your teammates. Coaches love players who talk on the ice.



Some tips:

Be polite.

Don't be a 4 minute shifter during games. You look like a selfish player and eventually you look tired and not at your best. Short quick shifts giving 110% will yield better results!

Don't quit, don't slam your stick on the ice, don't come to the bench sulking, don't yell at teammates. Coaches want character players.

Don't be a drill buster.



Some tips:

Don't assume you are already on the team.

Don't try and do too much.

Don't turn the puck over (blind passes, stickhandling in traffic).

Don't let parents ruin your chances 😊



How can you help your child succeed?

Unrealistic expectations and unnecessary pressure have the biggest impacts on kids during tryouts. Most of this pressure comes from us as parents.

The most beneficial thing you can do for your child is support them. This may include supporting them at a level lower than you feel they should play in order to give them the best opportunity to develop.

Not all kids can make the team, so be prepared to support them in a positive manner if they don't



How can you help your child succeed?

As parents being prepared and having your child be prepared is the greatest thing you can do for them in this process. Know what the process is, make sure they know what the process is.

Help out if help is needed. Run a bench (not your kids) during the scrimmages. Being involved in the process makes the process run smoother for all involved.

Be a good parent. No one wants to hear the negative, mostly your child. If there is an issue, solve it in a professional and respectful manner.



How can you help your child succeed?

Your attitude reflects your child's attitude. Not everyone ends up being happy with the decisions made at try outs. Learn the process, that way you trust the process.

If you have questions, ask your division director NOT THE COACHES or EVALUATORS.

They are not there to answer your questions, your director is. In addition to no questions to the coach, this 100% includes no "how is my kid doing" or "what does he need to improve on".



How can you help your child succeed?

It does not reflect well upon you when others see this take place, and it also breeds gossip that you have an inside track.

Best practices to follow are: **LEAVE THE COACHES AND EVALUATORS ALONE!**

Hockey tryouts can be both mentally and physically challenging for young athletes. Your kid's future on a team depends on how they perform during tryouts.



How can you help your child succeed?

Kids may feel nervous, unsettled, or feel more pressure to play their best. Young athletes may experience excitement or nervous jitters before and during tryouts. Athletes who feel jitters are the players who may underperform in tryouts.

If your child has a bad skate, keep your cool. Your pressure will only make them more nervous! Remember this is not about YOU; rather it is about your child.



Below are seven mental game tips to help sports kids perform their best in competition:

1. Let Go of Fear
2. Play Freely instead of Holding Back
3. Focus on Self not Others – Make No Comparisons.
4. Play for Yourself, not Others.
5. Play Functionally – Don't try to be Perfect.
6. Be Confident.
7. Focus on the Process, not Results.

