



## Hockey sur Mesure – Frequently Asked Questions

### **PROGRAM OVERVIEW & ELIGIBILITY**

#### **Who is Hockey sur Mesure for?**

Hockey sur Mesure is a community-based recreational hockey program for players in the U9 to U17 age categories.

Designed for families seeking a different hockey experience—not a lesser one—Hockey sur Mesure emphasizes fun, development, teamwork, and a love of the game in a flexible and supportive environment. Whether balancing other sports, family commitments, or simply looking for a community-focused approach, players benefit from a rewarding hockey experience tailored to their needs.

Hockey sur Mesure recognizes that there is more than one path in hockey, and every player deserves the opportunity to thrive.

#### **Why was Hockey sur Mesure created?**

Hockey sur Mesure was created in response to changes introduced by Hockey Québec that require associations to field more teams within a new league structure. These changes would result in increased use of Saturday ice and less flexibility for local associations to manage schedules and game adjustments.

Rather than simply adapting to those constraints, Hockey sur Mesure was developed as a purposeful alternative for families seeking a more predictable, once-per-week hockey experience. The program remains focused on player development, regular game play, community, and a positive environment where players can enjoy and grow in the game.

#### **Is this replacing the regular hockey program?**

No. Hockey sur Mesure is an additional option within Côte Saint-Luc Minor Hockey. Families may choose EITHER Hockey sur Mesure OR the competitive stream, depending on their child's interests and goals. **PLAYERS MAY NOT DO BOTH.**

#### **Is this program part of Côte Saint-Luc Minor Hockey?**

Yes. Hockey sur Mesure operates within the broader hockey structure of the Côte Saint-Luc Hockey Minor Association, alongside other development streams.

### Is this program open to families outside Côte Saint-Luc?

Yes. While priority may be given to local residents, the program is open to external participants depending on availability.

Families residing outside Côte Saint-Luc must first register with their home association and obtain a player release. We currently have agreements in place to facilitate this process for families from Montreal West and Hampstead.

### Can a 6-year-old join?

Not at this time. Families are encouraged to register their U7 children in the MAHG program. This program is for children M9 and up.

### What is the difference between Hockey sur mesure and the competitive stream?

FEATURE	HOCKEY SUR MESURE	COMPETITIVE STREAM
<b>Schedule</b>	Consistent weekly schedule	Multiple practices and games per week
<b>Scheduled Days of Play</b>	No Friday night or Saturday Scheduling	Seven-day-per-week scheduling potential, heavily weekend based
<b>Travel</b>	No travel outside Cote Saint Luc	Travel outside the community required for league games
<b>Competition</b>	Friendly league play within CSL	League play against other associations
<b>Additional Games</b>	Exhibition games against other EHL teams	Regular competitive league schedule
<b>Tournaments</b>	Potential in-house round-robin tournaments (if registration numbers allow)	Team by team basis
<b>Time Commitment</b>	Lower overall commitment	Higher overall commitment
<b>Attendance</b>	More Flexible	80% attendance required

## **SCHEDULE & SEASON FORMAT**

### **When does the season run?**

The 2026–2027 season runs from September 20 through February 21, but is subject to extension if necessary.

### **What does the program layout look like?**

The program is structured with equal weeks of skills development and games play.

### **What does the schedule look like?**

From September through Mid-December, the program runs with one consistent ice time per week. This provides a stable foundation for players to build skills early in the season.

If ice becomes available, we aim to add a second weekly ice time, either weekly or every second week, depending on scheduling opportunities. This may be in the form of a pickup game, or an additional skills session. All dependent on registration and ice availability.

Starting mid-December, once the outdoor annex ice is available, the program will move to two consistent ice times per week for all participants.

### **Will my child get enough ice time to improve?**

Absolutely. Hockey sur Mesure is built around player development, combining structured skill sessions with regular game play to maximize learning and growth.

Unlike many programs that rely primarily on parent volunteers, our sessions are led by trained coaches with experience developing young players. This ensures consistent instruction, age-appropriate teaching, and a positive environment where every child has the opportunity to improve and build confidence throughout the season.

### **What days are sessions scheduled?**

M9–M13: Sunday afternoons, and potentially an additional week night (Monday through Thursday)

M15–M17: Monday nights at 9:00 p.m., and potentially an additional week night (Monday through Thursday)

### **Are there any dates with no sessions?**

There will be no sessions on September 13, September 27, or October 4.

## **PLAYER GROUPINGS**

### **How are players grouped?**

Players are initially grouped by age category and evaluated during the development phase. Final team placement will be determined following evaluations to ensure balanced and competitive teams.

Current groupings include:

- M7–M9
- M11–M13
- M15–M17

### **Will stronger players be challenged?**

Yes. Evaluations help ensure players are placed appropriately, allowing all participants to develop and compete with peers of similar ability.

### **Is the program suitable for developing players?**

Absolutely. Hockey sur Mesure is designed to support a wide range of skill levels and provide an environment where players can build confidence and improve throughout the season.

## **EQUIPMENT & UNIFORMS**

### **What equipment is required?**

Full hockey equipment is required for all participants.

### **Will players receive a jersey?**

Yes. Personalized jerseys are yours to keep as part of the program experience!

## **ATTENDANCE & COMMITMENT**

### **What if my child misses a session?**

We understand that families occasionally have conflicts. While regular attendance is encouraged to maximize development and team participation, occasional absences are expected.

### **Is attendance mandatory?**

No minimum attendance requirement is enforced. However, consistent participation helps players develop and contributes to a positive experience for everyone.

### **Is there flexibility for scheduling conflicts?**

The program maintains a consistent weekly structure, it is designed with more flexibility than traditional competitive hockey. There will not be any makeup sessions offered however for missed classes.

### **What happens if the program does not reach capacity?**

The Hockey sur Mesure program is still being refined based on feedback from families and registration demand. As registrations come in, adjustments may be made to *further enhance* the player experience, including securing additional ice time or adding more professional trainers. Should these enhancements be implemented, program fees may be adjusted accordingly.

In the unlikely event that minimum participation levels are not met, families will be notified promptly and alternative options within the hockey association will be provided.

## **REGISTRATION FEES**

### **What does registration include?**

Registration includes:

- 18-week season
- Equal weeks of skills development sessions and games
- Personalized jersey (yours to keep!), and socks
- Practice jersey
- Helmet stickers
- Holiday party and year-end banquet
- End-of-season medals

### **Is there an early bird discount?**

Yes. Register before August 1 and save \$180!

### **Are spaces limited?**

Yes. Registration is subject to available space and may close once capacity is reached.