



Canadian Player Pathway

GOALTENDING



2018 - 19

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How a player gets that first experience of goaltending in hockey is crucial.

If a beginner has fun while developing the fundamental skills and building confidence in their ability to perform those fundamental skills, there is a strong probability that player will go on to enjoy goaltending and hockey for many years.

INTRODUCTION

LEAD, DEVELOP AND PROMOTE POSITIVE HOCKEY EXPERIENCES

Hockey is Canada and Canada is hockey.

Let's face it – hockey is a touchstone of Canadian life. It is Canada's national theatre and it is the chatter of the country. Hockey is more than a sport for Canadians, it is a part of the country's heart and soul.



TOM RENNEY
President & Chief
Executive
Officer, Hockey
Canada



Whoever said those words took the pulse of a nation that has had a long and storied love affair with hockey

VISION: WORLD SPORTS LEADERS



Goaltending Pathway

WHAT IS THE GOALTENDING PATHWAY?

- ❖ **Goaltending is a critical aspect of team play and requires direct & consistent unique coaching skills.**
- ❖ **As forwards and defenders get specific coaching for their respective positions, goalies require the same attention and guided skill development.**



The main goal is to make the beginner's first impression of goaltending a good one! When Players get started on a positive note they automatically enjoy the game and usually go on to have fun playing hockey for many years

WHAT IS THE GOALTENDING PATHWAY?

The Hockey Canada Goaltending Development program consists of 3 levels:

- ❖ **Community**: Introducing players and coaches to the position of goaltending
- ❖ **Developmental**: Formalizing instruction for players that have committed to the position and coaches that specialize in teaching the position
- ❖ **High Performance**: Refining the skills and teaching methods for High Performance Goaltending



THE OBJECTIVES OF THE PROGRAM

- ❖ To learn the basic skills required to play the position of goaltender.
- ❖ To develop an understanding of the basic skills to become a goaltender
- ❖ To create and refine basic motor patterns and athleticism to have success as a goaltender
- ❖ To develop self-confidence and experience personal achievement within a positive team atmosphere.



WHAT IS THE GOALTENDING PATHWAY?

Recommendations

❖ U9

Minor Hockey Associations to offer “ Try Goaltending “ sessions to give players a chance to try the position

❖ U12

Minor Hockey Associations to have an association goaltending coach offer goaltending instruction through small group training sessions to coaches and players

❖ U14 – U17

An Association goaltending coach to guide the developmental process of goaltenders. Teams could have their own goaltending coaches through the association or an association goaltending coach would over see the development of all rep level goaltenders



THE OBJECTIVES OF THE GOALTENDING PATHWAY

- ❖ Introduce players to the position
- ❖ Introduce fundamental goaltending skills to coaches and young goaltenders
- ❖ Develop an enhanced goaltending program through the use of trained / qualified goaltending coaches.





WHAT IS THE GOALTENDING PATHWAY?

It is recommended that minor hockey associations offer “ Try Goaltending ” sessions to give players a chance to try the position

Minor Hockey Associations should have "Try Goaltending" Sessions

FUNDAMENTAL (INITIATION & NOVICE ALL CONSIDERED FUNDAMENTAL)

INITIATION: AGE 5-6

DEVELOPMENT PHASE

12 WEEKS | 24 ICE SESSIONS | 0 FORMAL GAMES

REGULAR SEASON PHASE

14 WEEKS | 20 ICE SESSIONS | 10 MODIFIED GAMES

PLAYOFFS

No playoffs
End of season March 31

TOURNAMENTS

3 Festivals/ Jamborees
12 modified games

TOTAL PRACTICES: 35 - 45 | TOTAL GAMES: 15-25

CONSIDERATIONS:

- Blue 4 Oz pucks
- Cross Ice / Half Ice-Games
- No full time goalies (no goalie equipment)
- Multiple station work
- Jamborees / Festivals – 3 on 3 / 4 on 4 / 5 on 5 cross ice or half ice - Everyone plays goal
- Ideally 2 Practices per week
- Agility / Balance / Coordination skating skills all benefit future goalies

RECOMMENDATIONS:

- Small Nets
- Ball hockey / Floor hockey as additional activities

NOVICE: AGE 7-8

DEVELOPMENT PHASE

10 WEEKS | 20 PRACTICES | 4 GAMES (MODIFIED)

REGULAR SEASON PHASE

16 WEEKS | 32 PRACTICES | 16 GAMES
(modified games first half / full ice second half)

PLAYOFFS

No playoffs
End of season March 31

TOURNAMENTS

3 tournaments
12 games

TOTAL PRACTICES: 45 - 55 | TOTAL GAMES: 30 - 40

CONSIDERATIONS:

- Blue 4 Oz pucks first half / Regulation 6 oz black pucks in second half
- No full time goalies – Everyone takes turn playing goal

- Multiple station work
- Jamborees / Festivals for Tournaments – 3 on 3 / 4 on 4 / 5 on 5 cross ice or half ice in first half - Everyone plays goal
- Regular game tournaments in second half

RECOMMENDATIONS:

- Small Nets / Regular Nets
- Ball Hockey / Floor Hockey / Floor Ball – as additional activities
- Ideally 2 Practices per week - play goal the practice before the game

- Rotate all players through all positions – no early specialization

Players will begin thinking about becoming a full time goaltender graduating into Atom





WHAT IS THE GOALTENDING PATHWAY?

It is recommended that minor hockey associations have an association goaltending coach offer goaltending instruction through small group training sessions or a coach assigned on a team to assist and develop the goaltenders.

ATOM: AGE 9-10

COMMUNITY

DEVELOPMENTAL

IT IS RECOMMENDED THAT MINOR HOCKEY ASSOCIATIONS HAVE AN ASSOCIATION GOALTENDING COACH OFFER GOALTENDING INSTRUCTION THROUGH SMALL GROUP TRAINING SESSIONS OR A COACH ASSIGNED ON A TEAM TO ASSIST AND DEVELOP THE GOALTENDERS.

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFFS Mar 15 - 30 Playoff Tournaments March 31 end of season
6 WEEKS	6 PRACTICES	2 EXHIBITION GAMES	22 WEEKS	22 PRACTICES	16 GAMES	TOURNAMENTS 3 tournaments 12 games

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFFS Mar 15 - 30 Playoff Tournaments March 31 end of season
6 WEEKS	12 PRACTICES	2 EXHIBITION GAMES	22 WEEKS	32 PRACTICES	20 GAMES	TOURNAMENTS 4 tournaments 16 games

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

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

- CONSIDERATIONS:**
- Tryouts - 5 skates then evaluate / 3 practices / 2 Inter-squad games
 - Small Area Games in Practice
 - Skill based practices
 - Full time goaltenders - Goalie not playing in games plays out
 - Rotate all players through all positions - no early specialization
 - Goaltenders are beginning to take on the role of goaltender Full Time.
 - If 2 Goaltenders on the team, the back up goaltender should consider playing out vs sitting out
 - Goaltenders should be splitting the games or alternating equally

- CONSIDERATIONS:**
- Tryouts - 5 skates then evaluate / 3 practices / 2 Inter-squad games
 - Small Area Games in Practice
 - Skill based practices
 - Full time goaltenders - Goalie not playing in games can still play out
 - Rotate all players through all positions - no early specialization
 - Establish equal playing time for all goaltenders at this level.
 - A predictable alternating schedule is recommended
 - It is recommended at this stage to choose your position of Goaltender if you are entertaining the Rep Level.





WHAT IS THE GOALTENDING PATHWAY?

It is recommended at this level an association goaltending coach guide the developmental process of goaltenders. Teams could have their own goaltending coaches through the association or an association goaltending coach would over see the development of the rep level goaltenders through separate practice sessions

PEEWEE: AGE 11-12

COMMUNITY

COACHES THROUGH THE ASSOCIATION OR AN ASSOCIATION GOALTENDING COACH WOULD OVER SEE THE DEVELOPMENT OF THE GOALTENDERS THROUGH SEPARATE PRACTICE SESSIONS.

DEVELOPMENT PHASE 4 WEEKS 8 PRACTICES 2 EXHIBITION GAMES	REGULAR SEASON PHASE 24 WEEKS 24 PRACTICES 18 GAMES	PLAYOFFS Mar 15 - 30 Playoff Tournaments March 31 end of season TOURNAMENTS 3 tournaments 12 games
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TOTAL PRACTICES: 30 - 35 | TOTAL GAMES: 25 - 35

- CONSIDERATIONS:**
- Prep Camp: 2 Weeks 8 - 10 sessions
1 60 minute session per day
 - Tryouts: 5 skates then evaluate
2 practices / 3 Inter-squad games
 - Multiple station work
 - Skill Based Practices
 - Small Area Games in practice
 - Tournament style playoffs vs rounds

- Goaltenders should be splitting time in goal with the option of splitting games or playing Defence or Forward Position
- If there are 2 full time goaltenders they should be splitting the games or alternating with a predictable schedule.

DEVELOPMENTAL

DEVELOPMENT PHASE 4 WEEKS 12 PRACTICES 4 EXHIBITION GAMES	REGULAR SEASON PHASE 24 WEEKS 48 PRACTICES 24 GAMES	PLAYOFFS April 1 - 15 Playoff Tournaments April 16 end of season TOURNAMENTS 4 tournaments 16 games
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TOTAL PRACTICES: 55 - 60 | TOTAL GAMES: 45 - 50

- CONSIDERATIONS:**
- Prep Camp: 2 Weeks 8 - 10 sessions
1 60 minute session per day
 - Tryouts: 5 skates then evaluate
2 practices / 3 Inter-squad games
 - Multiple station work
 - Skill Based Practices
 - Small Area Games in practice
 - Tournament style playoffs vs rounds

- Established equal playing time for all goaltenders at this level.
- A predictable alternating schedule is recommended and to be communicated





WHAT IS THE GOALTENDING PATHWAY?

This is the beginning stage of the High Performance Goaltending Development Model

COMMUNITY

DEVELOPMENT PHASE

4 WEEKS 8 PRACTICES 2 EXHIBITION GAMES

REGULAR SEASON PHASE

24 WEEKS 24 PRACTICES 20 GAMES

PLAYOFFS
Mar 15 - 30 Playoff Tournaments
March 31 end of season
TOURNAMENTS
3 tournaments
12 games

TOTAL PRACTICES: 30 - 35 | TOTAL GAMES: 35 - 40

CONSIDERATIONS: Prep Camp: 2 Weeks
8 - 10 sessions - 1 60 minute session per day
Tryouts: 5 skates then evaluate
2 practices / 3 Inter-squad games

- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)
- Tournament Style Playoffs vs rounds

- Established equal playing time for all goaltenders at this level.
- A predictable alternating schedule is recommended and to be communicated

DEVELOPMENTAL

DEVELOPMENT PHASE

4 WEEKS 12 PRACTICES 4 EXHIBITION GAMES

REGULAR SEASON PHASE

24 WEEKS 60 PRACTICES 28 GAMES

PLAYOFFS
April 1 - 15 Playoff Tournaments
April 16 end of season
TOURNAMENTS
4 tournaments
16 games

TOTAL PRACTICES: 65 - 75 | TOTAL GAMES: 50 - 55

CONSIDERATIONS: Prep Camp: 2 Weeks
8 - 10 sessions - 1 60 minute session per day
Tryouts: 5+ skates then evaluate
2+ practices / 3+ Inter-squad games

- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)
- Tournament Style Playoffs vs rounds

- Established equal playing time for all goaltenders at this level.
- A predictable alternating schedule is recommended and to be communicated
- Introduction of the Starter and Back Up Roles should be established in preparation for Midget, Junior and Beyond.

BANTAM: AGE 13-14





WHAT IS THE GOALTENDING PATHWAY?

This is the Second stage of the High Performance Goaltending Development Model

MIDGET: AGE 15-17

COMMUNITY

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFFS Mar 15 - 30 Playoff Tournaments March 31 end of season		
4 WEEKS	8 PRACTICES	2 EXHIBITION GAMES	24 WEEKS	24 PRACTICES	20 GAMES	TOURNAMENTS 3 tournaments 12 games		

TOTAL PRACTICES: 30 - 35 | TOTAL GAMES: 35 - 40

- CONSIDERATIONS:**
- Prep Camp: 2 Weeks
 - 8 - 10 sessions - 1 60 minute session per day
 - Tryouts: 5 skates then evaluate
2 practices / 3 Inter-squad games
 - 1 Dedicated Skill Practice per week
 - 2 Seasonal Breaks (School Breaks)
 - Tournament Style Playoffs vs rounds

- Established equal playing time for all goaltenders at this level.
- A predictable alternating schedule is recommended and to be communicated

DEVELOPMENTAL

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFFS April 1 - 15 Playoff Tournaments April 16 end of season		
4 WEEKS	16 PRACTICES	4 EXHIBITION GAMES	24 WEEKS	72 PRACTICES	32 GAMES	TOURNAMENTS 3 tournaments 12 games		

TOTAL PRACTICES: 80+ | TOTAL GAMES: 50 - 55

- CONSIDERATIONS:**
- Prep Camp: 2 Weeks
 - 8 - 10 sessions - 1 60 minute session per day
 - Tryouts: 5+ skates then evaluate
2+ practices / 3+ Inter-squad games
 - 1 Dedicated Skill Practice per week
 - 2 Seasonal Breaks (School Breaks)
 - Tournament Style Playoffs vs rounds

- Established equal playing time for all goaltenders at this level.
- A predictable alternating schedule is recommended and to be communicated
- Starter and Back Up Roles in full swing in preparation for Junior and Beyond



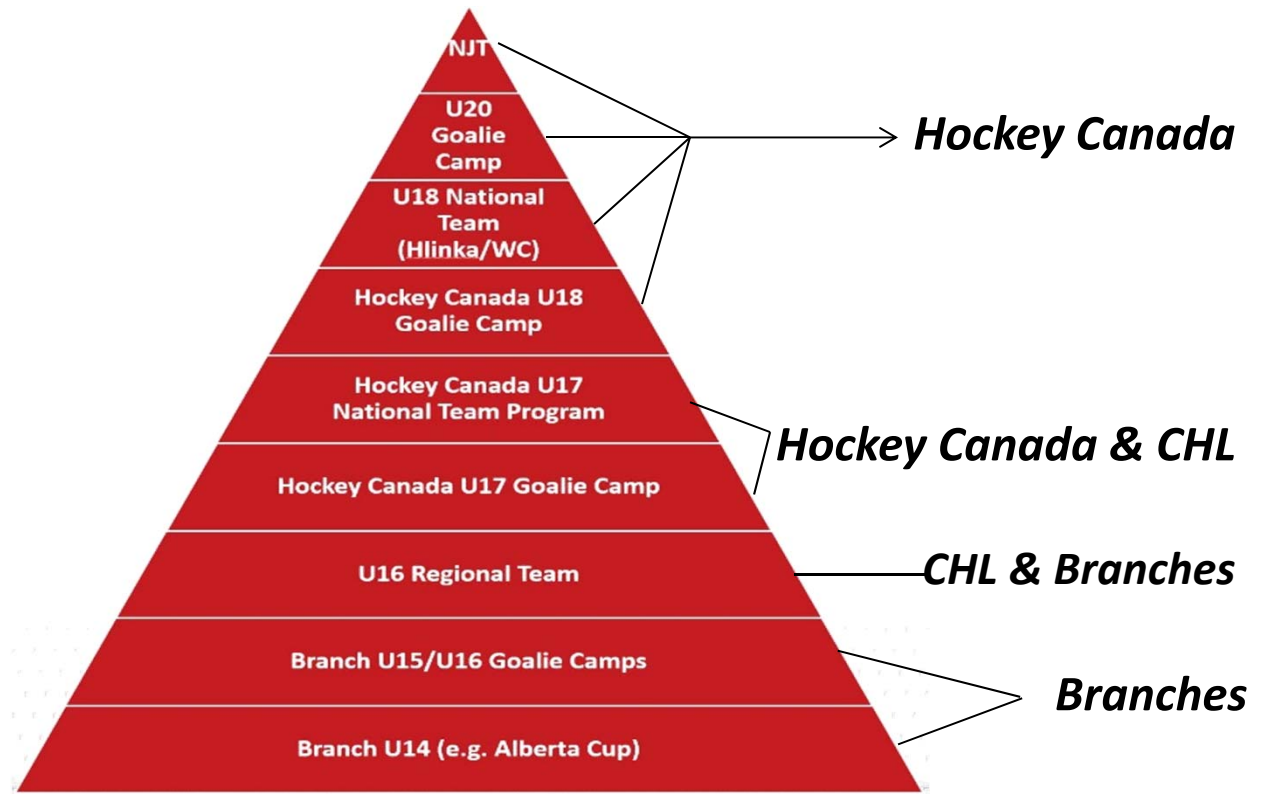
WHAT IS THE GOALTENDING PATHWAY?

High Performance Goaltending Development Model

Development Pyramid - Male

“Holistic Development”

- Mental
- Physical
- Technical
- Tactical

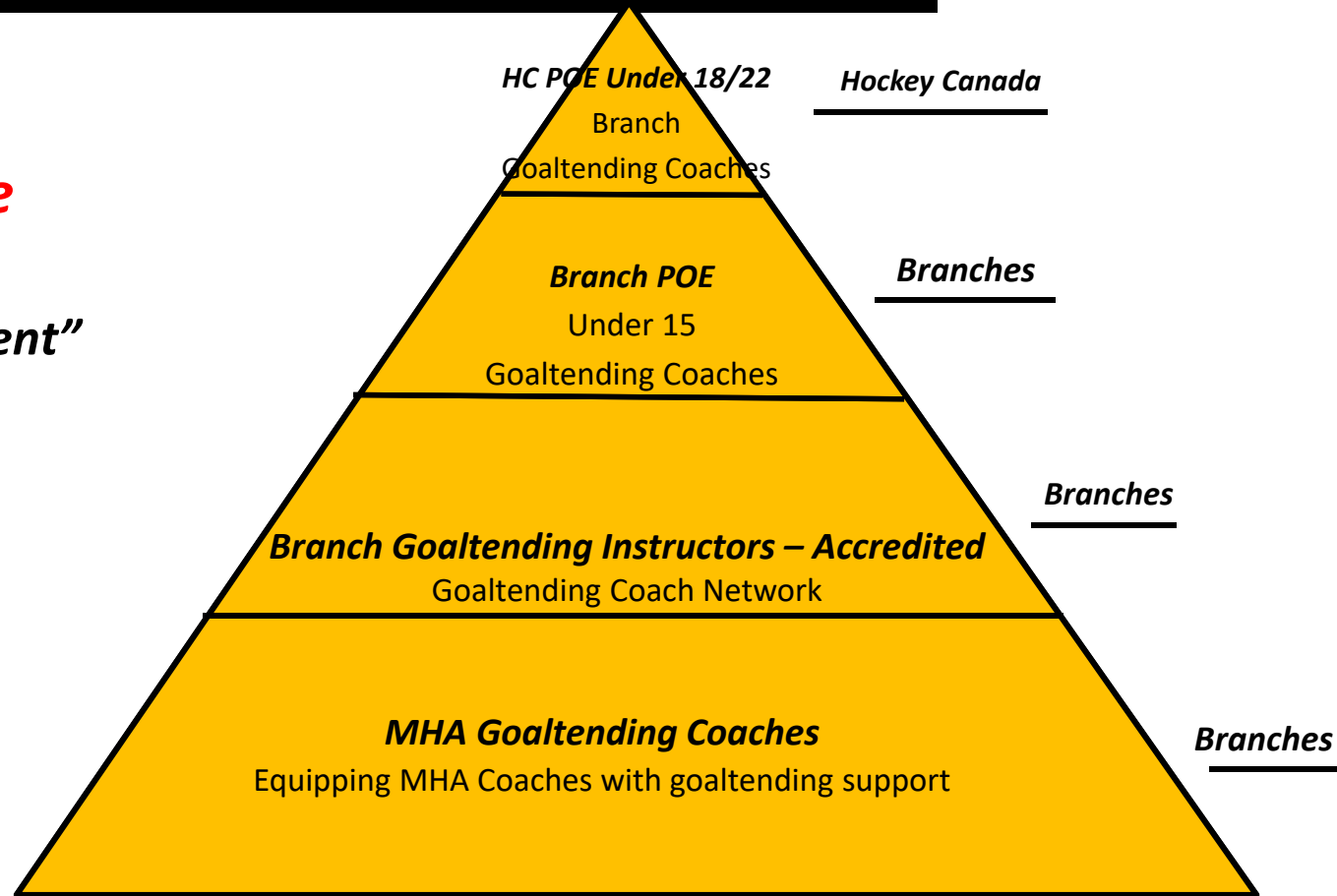


WHAT IS THE GOALTENDING PATHWAY?

Development Pyramid- Female

“Holistic Development”

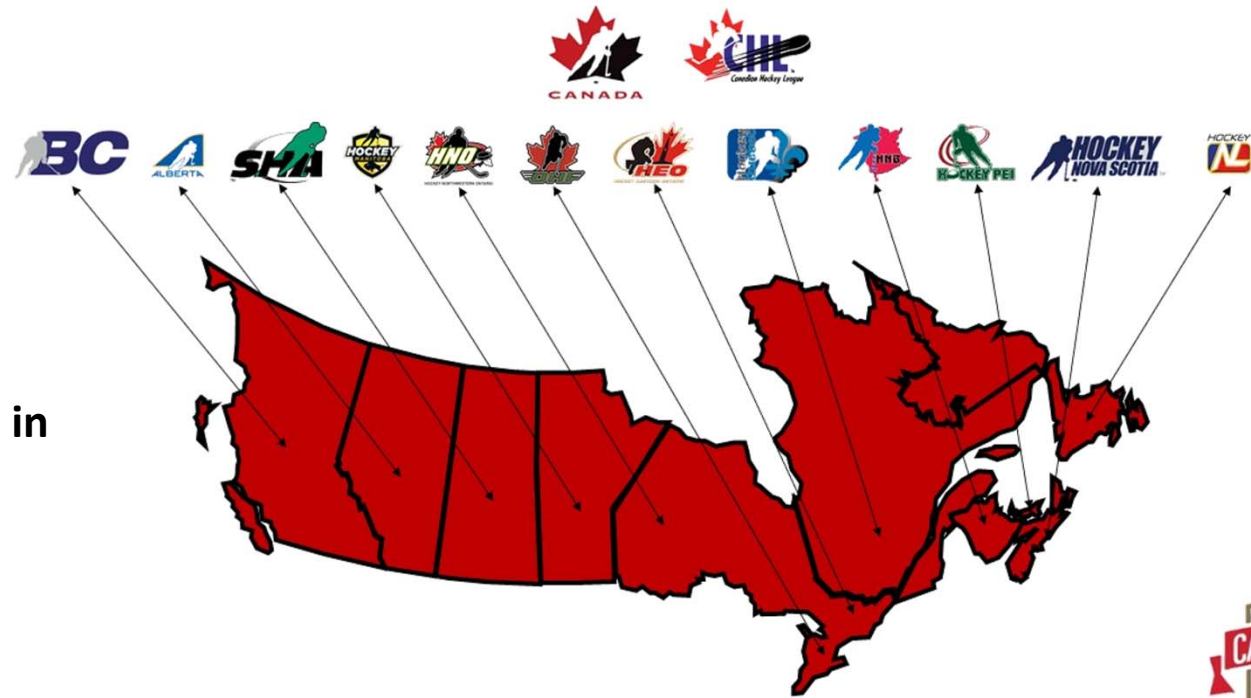
- *Mental*
- *Physical*
- *Technical*
- *Tactical*



WHAT IS THE GOALTENDING PATHWAY?

Role of the Member Branches

- ❖ **Appointment** of a Branch High Performance Goaltending Advisor
- ❖ **Training** of Branch Goaltending leads in each area of their province
- ❖ **Operate** U16/U15/U14 regional goaltending camps in their branch / province
- ❖ **Operate** a provincial goaltending development camp for U16 each season.



Hockey Canada Member Branch National Coverage





SEASONAL STRUCTURE

SEPTEMBER

-Technical Skills - Introduce

Skating

Stance (Athletic position, balance)

Moving Skills (T-Push, Shuffle, C Cut & Pivot)

Positioning (Angles, Square, Depth)

Save Selection (Basic Saves)

OCTOBER

-Technical Skills - Develop

Skating

Stance (Athletic position, balance)

Moving Skills (T-Push, Shuffle, C Cut & Pivot)

Positioning (Angles, Square, Depth)

Save Selection (Basic Saves)

NOVEMBER

-Technical Skills - Develop

Skating

Stance (Athletic position, balance)

Moving Skills (T-Push, Shuffle, C Cut & Pivot)

Positioning (Angles, Square, Depth)

Save Selection (Basic Saves)

Introduce

Basic Puck Control (Rebound Control)

Stickhandling

DECEMBER

Technical Skills – Refine

Skating

Stance (Athletic position, balance)

Moving Skills (T-Push, Shuffle, C Cut & Pivot)

Positioning (Angles, Square, Depth)

Save Selection (Basic Saves)

Develop

Basic Puck Control (Rebound Control)

Stickhandling

JANUARY

Technical Skills – Develop / Refine

Skating

Stance (Athletic position, balance)

Moving Skills (T-Push, Shuffle, C Cut & Pivot)

Positioning (Angles, Square, Depth)

Save Selection (Basic Saves)

Basic Puck Control (Rebound Control)

Stickhandling



SEASONAL STRUCTURE

FEBRUARY

Technical Skills – Develop / Refine

Skating

Stance (Athletic position, balance)

Moving Skills (T-Push, Shuffle , C Cut & Pivot)

Positioning (Angles, Square, Depth)

Save Selection (Basic Saves)

Basic Puck Control (Rebound Control)

Stickhandling

MARCH / APRIL

Technical Skills – Develop / Refine

Skating

Stance (Athletic position, balance)

Moving Skills (T-Push, Shuffle , C Cut & Pivot)

Positioning (Angles, Square, Depth)

Save Selection (Basic Saves)

Basic Puck Control (Rebound Control)

Stickhandling

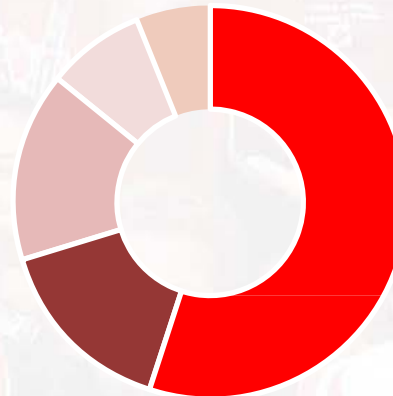
MAY / JUNE / JULY / AUGUST

Off season

Multisport Activities

Goaltending Specific Skill Instruction

SEASONAL STRUCTURE BREAKDOWN CHART

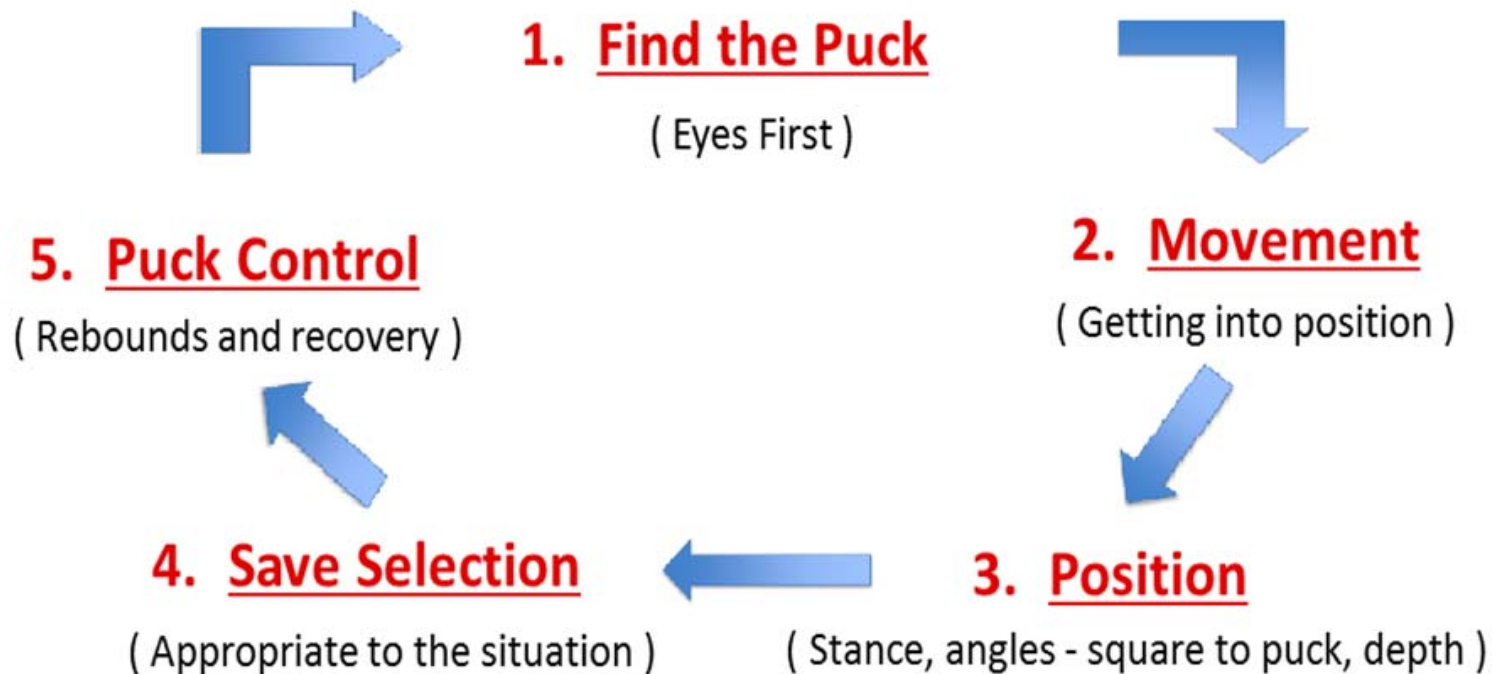


- 40% - Introducing Technical Skills
- 25% - Developing Technical Skills
- 20% - Refining Technical Skills
- 10% - Introducing Individual Tactics
- 5% - Developing Individual Tactics



GOALTENDING SKILL DEVELOPMENT?

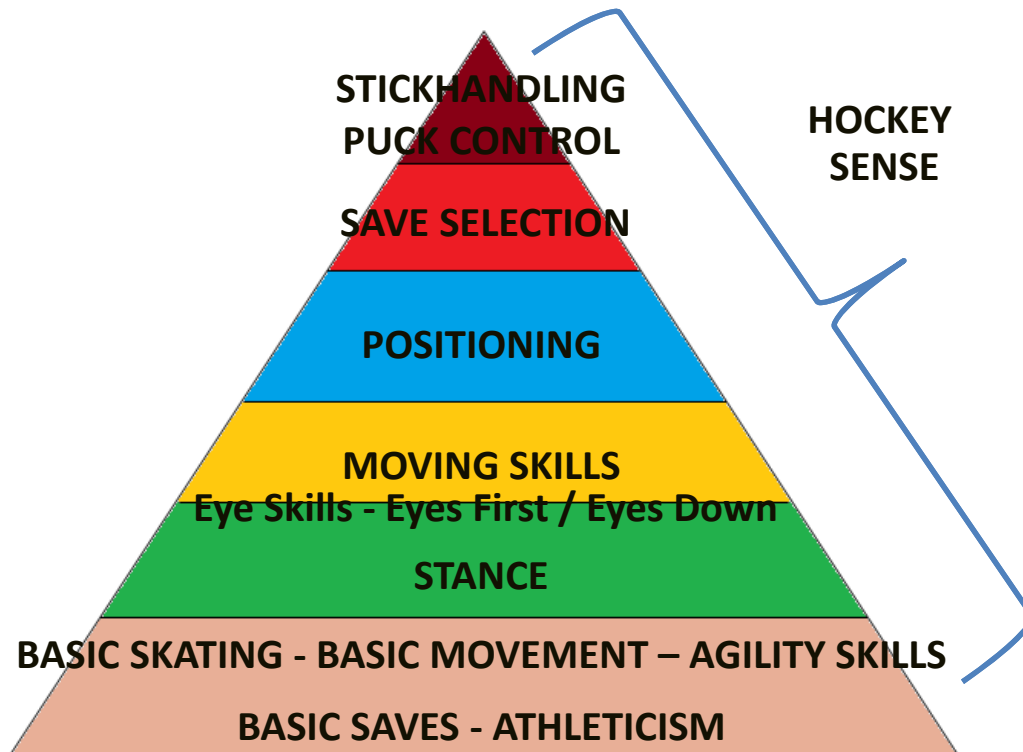
The Save Cycle is comprised of 5 key areas of focus for solid goaltending:



**The Save Cycle is the foundation for Goaltending
in Canada!**



GOALTENDING SKILL DEVELOPMENT



1. The Beginner Program recommends development be built on 75% movement and positional skills 20% on save movement and related issues and 5% on tactics.
2. The Intermediate Program recommends 50% movement and positional skills, 20% on save movement and related issues and 30% on tactics and transition.
3. The Advanced Program recommends 35% movement and positional skills, 10% on post-save consequences, 40% on tactics and transition and 15% on advanced positioning.



GOALTENDING SKILL DEVELOPMENT?

Level 1 Curriculum – Introduction to Basic Skills

1. Skating
2. Stance (Athletic position, balance)
3. Moving Skills (T-Push, Shuffle , C Cut & Pivot)
4. Positioning (Angles, Square, Depth)
5. Save Selection (Basic Saves)
6. Basic Puck Control (Rebound Control)
7. Stickhandling

Level 2 Curriculum – Advanced Skills and 10 Scoring Situations

1. Advanced Skating
2. Eye Skills
3. Advanced Hands
4. Advanced Puckhandling
5. 10 Scoring Situations



GOALTENDING SKILL DEVELOPMENT?

Level 2 Curriculum – Advanced Skills / 10 Scoring Situations

- ❖ The scoring situations are broken down to 10 categories to help the goaltender recognize the situation and select the best way to defend it
- ❖ Goaltenders have to be able to read both attacking players options and their own team mates defending position while processing the situation

The 10 scoring situations are:

- ❖ Clear Shots
- ❖ Entries
- ❖ Net Drives
- ❖ Breakaways
- ❖ Rebounds
- ❖ Low / High
- ❖ East / West
- ❖ Below the Goal Line
- ❖ Deflections
- ❖ Screens



GOALTENDING SKILLS



LEVEL 1

Balance and Agility	Moving Skills	Positioning	Save Selection	Basic Puck Control
<ul style="list-style-type: none"> • Basic Stance • Butterfly Stance 	<ul style="list-style-type: none"> • Shuffles • C-cuts • T-push • Pivot • Slides 	<ul style="list-style-type: none"> • Angles • Squareness • Depth • Tracking the puck 	<ul style="list-style-type: none"> • Stick Saves • Glove Saves • Blocker Saves • Body Saves • Breakaways 	<ul style="list-style-type: none"> • Basic Rebound Control • Freezing Pucks • Stickhandling

LEVEL 2

Advanced Skating	Eye Skills	Advanced Hands	Advanced Puck Handling	10 Scoring Situations
<ul style="list-style-type: none"> • Advanced C-cuts • Advanced Pivots into t-push / shuffles / butterfly / powerslides / recovery 	<ul style="list-style-type: none"> • Tracking the Puck 	<ul style="list-style-type: none"> • Moving fwd / bwd • Moving east / west 	<ul style="list-style-type: none"> • Setting Pucks • Outlet Passes • Rims 	<ul style="list-style-type: none"> • Clear shots / Entries / Net drives / Breakaways / Rebounds / Low to high / East – west / Below goal line / Deflections / Screens

LEVEL 3

Defensive Team Play	Offensive Team Play	Hockey Sense		
<ul style="list-style-type: none"> • D Zone • PK • Odd Man Situations 	<ul style="list-style-type: none"> • Breakouts • Rims 	<ul style="list-style-type: none"> • Communication • Developing Individual Plan 		

INSTRUCTORS / COACHES



Continuing Education Opportunities

- NCCP Instructional Stream
 - Goaltending Level 1
 - Goaltending Level 2
 - Goaltending Level 3
- Small Area Games Clinic

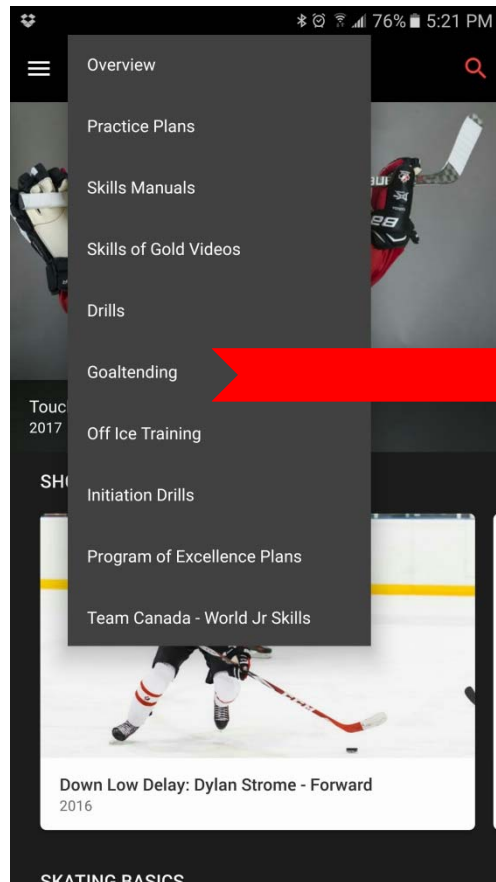


RESOURCES



RESOURCES

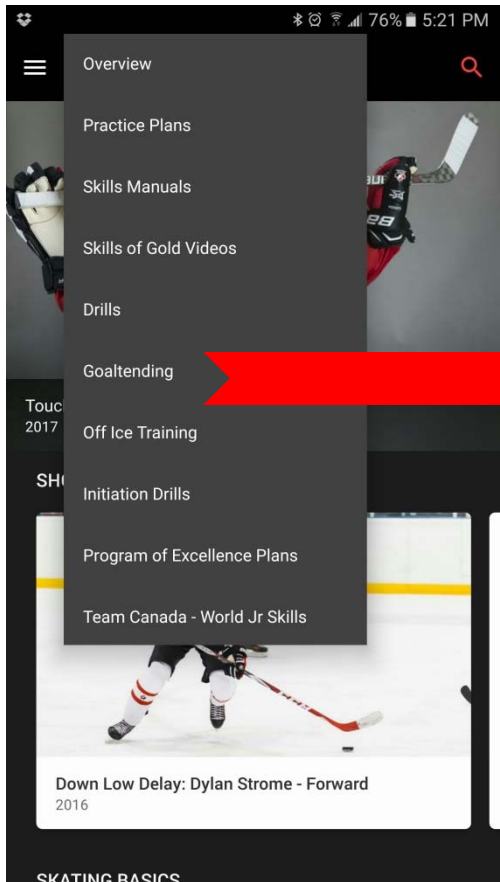
Skill Development - Goaltending



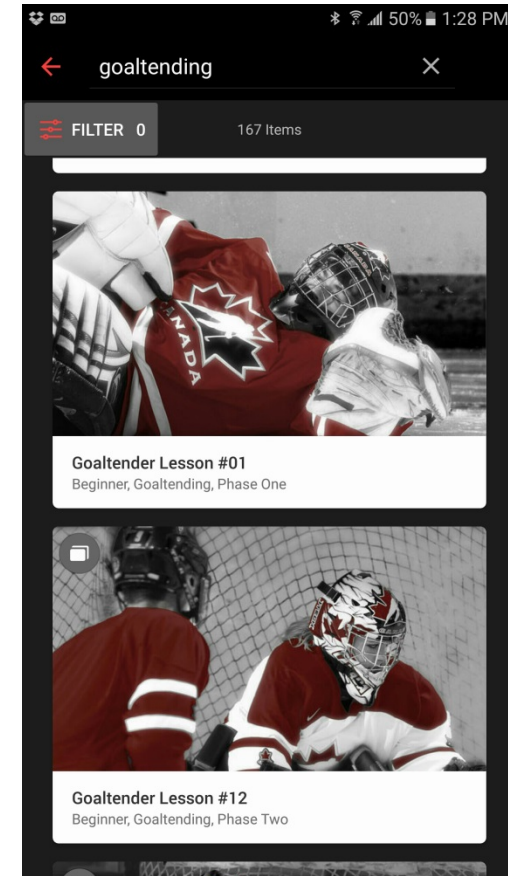
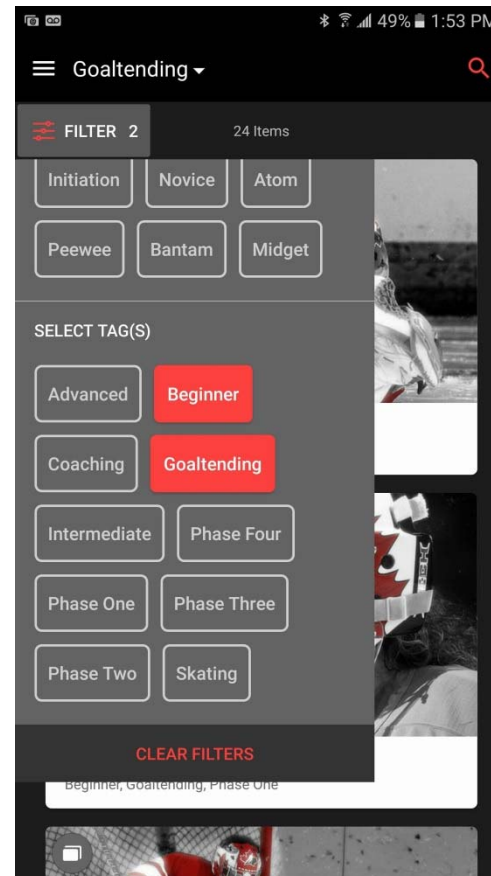
RESOURCES



Skills Manuals - Goaltending



The Hockey Canada Skills Development Goaltending Manual is broken up into 24 separate practice plans. Each individual drill can also be accessed. Favorite, download and share an entire practice plan or individual drill



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