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Cc: [Chris Collard](#)
Subject: GVMHA U18 Recreation Assessments
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Dear U18 Families,

Thank you for registering for the 2023-24 hockey Season.

The U18 Assessment Schedule is as follows

Date	Time	Location	Event	Skill Group (by last name)
Wednesday Sept 27	8:45-10:00pm	KTPN	Skill Testing	A-L
Thursday Sept 28	6:30pm-7:45pm	PV	Skill Testing	M-Z
Monday Oct 2	9:30-10:45pm	KTPN	Scrimmage	A-De vs Dr-L
Wednesday Oct 4	9 :00-10 :15pm	KTP	Scrimmage	M-R vs S-Z

**Note: Goaltenders will receive their own email with Goalie Skills assessment and scrimmage assignments! Email to follow in the next 24 hours*

The assessment process will include the following:

1. Forward skating without and with a puck
2. Backward skating without and with a puck
3. Agility without and with a puck
4. Transition Skating with and without a puck
5. Shooting accuracy.

GVMHA uses Hockey Canada's National Skills and Standards Tests as our test protocols. Test protocols can be found here:

https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Players/Skills-Testing/Downloads/nsst_handbook_e.pdf

Following the assessment process, integrated players will be divided into 4 balanced teams. Balancing games will take place October 6-7-8.

The season schedule for the U18 Recreation group is as follows:

Day	Time	Location	Notes
Tuesdays	9:00-1015pm	KTP	Half Ice
Wednesdays	9:00-1015pm	KTP	Half Ice

We also require a number volunteers at U18:

- Assistant Coach
- Team Manager

- Treasurer
- Safety Person

Finally, we will require a significant amount of help on the ice for the above assessment ice times. If you are able to help, please let us know.

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