

# OWHA Atom (U11) 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

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

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

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

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

**OFF-SEASON PHASE:** 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)

## DEVELOPMENTAL (competitive)

DEVELOPMENTAL PHASE		
4 weeks	8 practices	2 Exhibition games

REGULAR SEASON PHASE		
22 Weeks	22 Practice	16 Games

PLAYOFFS	
Playoff tournaments Mar 15-30 End of season Mar 31	
TOURNAMENTS	
3 tournaments 12 games	

DEVELOPMENTAL PHASE		
4 weeks	12 practice	2 Exhibition games

REGULAR SEASON PHASE		
24 Weeks	44 Practice	20 Games

PLAYOFFS	
Playoff tournaments Mar 15-30 End of season Mar 31	
TOURNAMENTS	
4 tournaments 16 games	

**TOTAL PRACTICES: 25 – 30 / TOTAL GAMES: 25 - 35**

**TOTAL PRACTICES: 45 – 55 / TOTAL GAMES: 35 - 45**

**REQUIREMENTS:**

- No tryouts from April to August. Tryouts begin the Tuesday following Labor Day
- Must provide a minimum of 4 skates before formal Tryouts. Tryouts must be a minimum of three sessions (full season, 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

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