



**RECREATION
PROGRAM**

**U11, U13, U15
2025/2026**





Program Overview 2025/2026

This is a recreational level of hockey that is open to a variety of skill levels for all ages. This program is designed for players to be part of a team, have fun, develop their skills and build lasting friendships.

Recreation hockey requires less time commitment and less travel than the more competitive rep programs. There is minimal travel, in the form of occasional exhibition games and tournaments. There is no travel required for league games. Each team can attend up to two out of town tournaments per season.

There is a competitive element to the league with playoffs being played at the end of the season. The two top teams in each division will finish their season by facing off in the Night of Champions.

U11 – 2015 & 2016 birth years

U13 – 2013 & 2014 birth years

U15 – 2011 & 2012 birth years



Seasonal Structure

**Sept 15th –
Oct 15th**

Preseason

Evaluations and team
placement

**Oct 15th –
Feb 22nd**

Regular Season

Development and competition

**Feb 23rd –
March 4th**

Playoffs

Road to the Night of
Champions



Evaluations & Team Selection

Players in the recreation program will begin their season with player evaluations. The evaluations are used to help create balanced teams. Evaluations will begin in mid-September with each player receiving a minimum of two evaluation ice times.

Teams will be formed by the recreation committee and coaches using a draft process. Players will be placed on teams based on their evaluation score with the goal to make the teams as balanced as possible.

There could be player movement following the initial team formation. Once the initial teams are formed. There will be exhibition games to ensure that the teams are balanced.

Teams will not be finalized until October 15th

KMHA will not respond to requests of player movement following the initial team formation or the finalization of teams.



Practices & Games

PRACTICES

- Weekday half ice practices, 1-hour sessions
- Consistent schedule throughout the season
- Sessions run by the team's coaching staff with strict direction from KMHA staff on player development
- Team option to have power skating and/or skills coaches attend practices. Must be covered with team fees

GAMES

- Generally, teams will play one game per week. Weekend games, 1.5 hours
- Saturdays and Sundays from 6:30am-9:00pm. Could be Friday evenings if needed
- Minimum of 14 regular season games
- Preseason games September 27th – October 12th to ensure balanced teams

Due to tournaments and other events, there may be weekends where teams don't play a game. This could also result in some weekends where teams play multiple games. League play will take place in Kamloops with other Kamloops teams. Teams will know their league schedule for the season by mid-October.



Team Fees

Each team will have a team budget to cover expenses for the season. Team fees can be up to a maximum of \$400 per player to pay for tournaments, team apparel, and anything else that the team decides. Teams are encouraged to fundraise to offset the team fees.

Tournaments

Every team will have one home tournament. Parents are expected to volunteer at the home tournament to support the event. This event can be used as a fundraising opportunity for the teams.

Teams can also attend up to two away tournaments during the season.

Team Fees & Tournaments



Playoffs



Recreation playoffs will be a single elimination tournament played at the end of the season. Teams will not be able to travel on the playoff weekend. The season will conclude with the Night of Champions.

Playoff Schedule

Quarter Finals: Friday February 27th & Saturday February 28th

Semi Finals: Sunday March 1st

Night of Champions: Wednesday March 4th.

Playoff Format

- 6 Teams: First and second place teams receive a bye into the semi finals
- 7 Teams: First place team receives a bye into the semi finals
- 8 Teams: Quarter finals and semi finals for all teams
- 9+ Teams: Play in games on Friday between the lowest seeds to determine the 8 teams in the quarter finals