



**U18  
RECREATION  
PROGRAM  
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.

U18 – 2010, 2009, 2008 birth years



## Seasonal Structure

**Sept 15<sup>th</sup> –  
Oct 15<sup>th</sup>**

### **Preseason**

Evaluations and team  
placement

**Oct 15<sup>th</sup> –  
Feb 22<sup>nd</sup>**

### **Regular Season**

Competition

**Feb 23<sup>rd</sup> –  
March 4<sup>th</sup>**

### **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 15<sup>th</sup>**

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



## Practices & Games

### PRACTICES

- It is challenging for many players to attend a regular practice in this age group, so KMHA is going to offer a drop-in style practice for U18 recreation players on 25/26.
- Player will sign up for their choice of practice session on the Friday of the previous week.
- The interest will determine the number of weekly practices that are held.
- Head Coaches will rotate through running the sessions.

### GAMES

- Generally, teams will play one game per week. Weekday evening games, 1.75 hours
- Usually late evening ice times
- Minimum of 14 regular season games
- Preseason games September 27<sup>th</sup> – October 12<sup>th</sup> to ensure balanced teams

Due to tournaments and other events, there may be weeks where teams don't play a game. 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 27<sup>th</sup> & Saturday February 28<sup>th</sup>

Semi Finals: Sunday March 1<sup>st</sup>

Night of Champions: Wednesday March 4<sup>th</sup>.

### 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