



WELCOME TO THE 2025-26 SEASON

The PSMHA Executive would like to welcome parents and players to the 2025-26 season. We are looking forward to a successful year! For families and players new to hockey with questions feel free to contact myself, Regina Martyn, Director of Initiation Program Development. I can be reached at initiation@psmha.com or 647-982-2612.

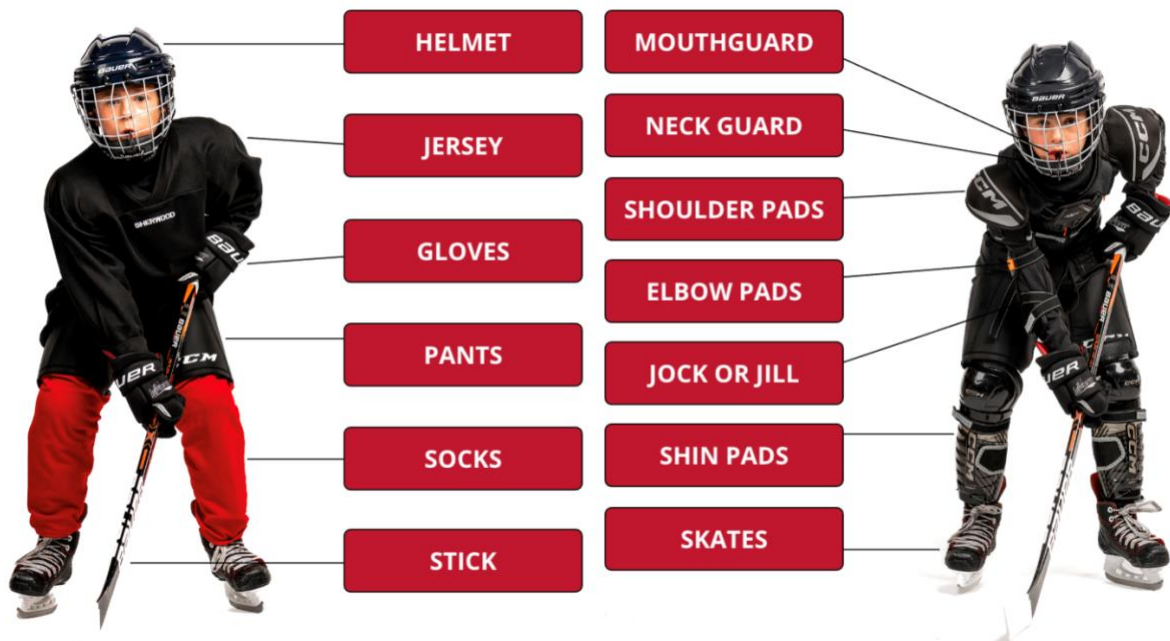
The U7 PSMHA hockey season begins Monday, September 8, 2025 at 5 pm. The U5/New to Hockey first skate begins September 28, 2025, and first skate times will be posted soon. Please regularly check our [PSMHA website](#) for your age group's calendar, which is regularly updated with ice times as they become available.

You are invited to find me at the arena at U5 and U7 first skates where I can try to answer questions or direct you to someone who can.

FAQ

Q: What gear does my child need for hockey?

A: Below is a diagram showing the various pieces of equipment that your child will need before they are allowed on the ice. For more info on equipment, visit the [OMHA website](#)





Q: How do I put hockey equipment on my child?

A: When you are new to hockey, putting on all of the equipment in the right order can be daunting! We have all been there. Please feel free to ask a coach or board member for help at any time; they will be happy to assist in showing you the proper steps and fit of the equipment.

Q: Can my child play without a mouth guard/neck guard/etc.?

A: All children must wear a full set of gear to be allowed on the ice, including mouth guards and neck guards. There is a no-tolerance policy regarding equipment at PSMHA - children without a full set of equipment will not be allowed on the ice, as we have strict liability and insurance requirements.

Q: How often do I need to sharpen my child's skates?

A: It depends on frequency of use. Some families sharpen skates every 5-6 practices/games.

Q: Can a player registered in U5/New to Hockey move to U7?

A: If you registered your child for U5/New to Hockey and paid the applicable registration fee, we ask that you wait until September 28, when we will determine if any movement of players is required.

Q: Why do U5s and U7s skate/play half ice instead of full ice?

A: At U5 and U7, Hockey Canada emphasis is on skill development that is age-appropriate. Half-ice play is appropriate for the skill levels and athletic abilities of our younger players. Half-ice play is directed by our governing bodies and is not decided by PSMHA.

Q: What is U7 Select?

A: For the 2025-26 Season, PSMHA has two U7 teams plus a U7 Select team, which will be made up of players from U7 after tryout skates later in September. The intention is that the U7 Select team will have more ice time and game play opportunities, including Jamborees, during the season. Stay tuned for more information or contact Preston Kivell, Director of Coaching at coaching@psmha.com, if you think your child may be interested in trying out for U7 Select.

Q: How can I get involved with PSMHA?

A: Talk to your Coach and consider becoming a Parent Rep. Each team has 1 volunteer Parent Rep that is responsible for liaising between your team and the PSMHA Executive. Parent Reps attend the monthly Executive meetings throughout the season to give updates and bring any team concerns to the attention of the Executive. Also, certain positions on the Executive will become available each year and nominations/elections will be held at the PSMHA Annual General Meeting, held each year following the end of the hockey season. Joining the Executive is a great way to contribute to the ongoing success of PSMHA!

Q: What does PSMHA require for bench staff/on-ice volunteers?

A: Talk to your Coach if you are interested in assisting in an on-ice capacity. Depending on your role, there are different online courses you must take, in addition to obtaining a Vulnerable Sector Screening from your local police force. Your Coach, with the assistance of our Registrar, will help you to determine exactly what you will require and how to get it.



Q: How will I receive information from my team and PSMHA?

A: Please regularly check our website for updated information throughout the season. You can also subscribe to your team's practice and game schedule via the PSMHA website so that your phone's calendar app is always up to date. In addition, PSMHA will send out emails with important information, and also post updates on its Instagram and Facebook pages, so please also check your email inboxes and socials regularly. Each team will also typically set up a communication group (for example, by email, text, or WhatsApp) for everyday team communication with parents.

Q: Is there a parent or volunteer group at PSMHA?

A: PSMHA had an active volunteer group run by parents for the 2024-25 Season called "The Crew". However, The Crew not currently active for this season. If you are interested in volunteering in any capacity, or interested in getting a group together to get The Crew up and running again, contact the Director of Initiation Program Development, who can put you in touch with past active Crew members.

Q: Where can I buy Sailors gear?

A: PSMHA partners with [Teamworks](#) where you can purchase swag. Each team and level may have different PSMHA swag. There will also be a swap of used PSMHA jerseys and gear in the Fall 2025. Check the website and social media for dates.

Q: Can my business support PSMHA by becoming a sponsor?

A: If anybody has a business looking to contribute, please let your Team Manager know or contact our Director of Sponsorship at sponsorship@psmha.com.

HAVE A GREAT SEASON!