



BODY CHECKING CLINICS

BACKGROUND:

At the 2013 Hockey Canada AGM, a decision was made to eliminate Body Checking at the U13 division and introduce it at the U14 divisions Rep hockey (where body checking is applicable). Along with the research and medical evidence relating to body checking, part of the rationale for this decision was based on the need to better prepare participants for body contact and eventually body checking as they progress through minor hockey and into the U14 and above divisions.

Checking is a critical skill in the game of hockey that when performed properly can create quality scoring opportunities or help a team regain control of the puck. Just like skating, puck control, passing and shooting there are key progressions to the skill of checking when taught effectively and can greatly enhance a player's enjoyment of the great game of hockey.

A common misconception is that the skill of checking begins at a certain age or age category of play. In fact, checking is a 4-step progression that begins the first time a young player steps on the ice. Body checking is the fourth and final step of a four-step teaching progression.

NCCP CHECKING PROGRESSION MODEL:

- Step 4. Body Checking
- Step 3. Contact Confidence and Body Contact
- Step 2. Stick Checks
- Step 1. Positioning and Angling

It is the expectation of ALLIANCE Hockey that AAA, Seeded (AA/A) and BB/B Coaches working with U9 through U13 teams incorporate the first three phases of the Checking Progression into their practices. The Teaching Checking manuals are provided at all clinics and are also available on the [Hockey Canada website](#).

8.64 ALLIANCE HOCKEY BODY CHECKING POLICY

.1 MANDATORY BODY CHECKING INSTRUCTION

All participants wishing to play in a League in their U14 season where body checking is permitted must participate in Body Checking instruction prior to their primary team's first scheduled regular season or tournament game (not including exhibition games).

.2 SUBSEQUENT MANDATORY BODY CHECKING INSTRUCTION

During their U14 season, all participants (competing in a League where body checking is permitted)

must participate in subsequent body checking instruction with their current team by December 1st of the current season. This instruction will provide a review and further instruction for those U14 participants and must include all affiliated players associated with that team.

.3 PARTICIPATION TRACKING

Member Associations shall be responsible for providing the ALLIANCE Hockey Office with a record of participation including at minimum, the participant's first name, last name, and HCR #.

CLINIC HOSTING

The responsibility to host Body Checking Clinics rests with the Member Associations.

Associations may host team body checking clinics using their own approved Instructors or Associations may book team body checking clinics through the ALLIANCE Hockey Office, using this [ONLINE FORM](#).

Member Associations who require ALLIANCE Hockey Facilitators must submit their body checking clinic applications a minimum of 14 days in advance of the clinic to allow for appropriate time to coordinate a clinic.

Associations must complete and submit a report with the team body checking clinic information and registrant list, including **first name, last name, and HCR #** within two (2) weeks of hosting the clinic(s). Please use the chart below to submit your list of clinics and attach a separate registrant list.

BODY CHECKING CLINIC REQUIREMENTS:

- 75 minutes class time
- 90 minutes ice time
- All participants are required to wear full equipment on-ice
- Goaltenders are included and are required to wear full equipment on-ice
- Coaches must participate in the classroom and on-ice sessions, CSA approved helmets are required for the on-ice sessions

HOST RESPONSIBILITIES:

- Host Association responsible to book the facility and ice
- Host Association responsible to submit clinic application within required timeframe
- Host Association responsible for covering all expenses incurred i.e. facility fee, etc.
- Host Association is responsible for administration at clinic
- Host Association is responsible for the room set up, including:
 - Table & Chairs for Facilitators
 - Table for projector and computer
 - Screen or white wall
 - Chairs for all players and coaches
- Host Association to provide a list of all participants (names and birth dates) following completion of the clinic to the Coordinator, Development & Programs in the ALLIANCE Hockey Office

ALLIANCE HOCKEY RESPONSIBILITIES:

- Coordinating and reimbursing the clinic Facilitator(s) (where applicable)
- Updating all player's profile that have completed the required clinic.

BODY CHECKING CLINIC SUBSIDIZATION

ALLIANCE Hockey will provide subsidization where possible for Team Body Checking Clinics as outlined below:

- ALLIANCE Hockey will provide a subsidization for all mandatory Team Body Checking Clinics (i.e. clinics for all current season U14 AAA, Seeded (AA-A), BB/B eligible players and coaches hosted prior to evaluations). (The subsequent clinics are not eligible for ALLIANCE Hockey subsidy)
- Subsidization will only be provided to those Associations who complete and submit their report and clinic participant lists to the ALLIANCE Hockey Office by the deadline of December 1st of the current season.
- Subsidization will be based on a percentage of allocated funds set aside by ALLIANCE Hockey and divided amongst all Associations who submit reports by the required deadline. Subsidization will be provided for ice time and facility rental costs only.
- When applying for subsidization, copies of the ice rental and facility rental receipts and the registrant list must accompany the report form (PAGE 4).

Team Body Checking Clinic - REPORT FORM



Name of Minor Hockey Association:

Submitted by:

#	Date of Clinic	Time of Clinic	Clinic Instructor(s)	Location/Facility of Clinic
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

- Please submit a copy of the registrant list, including **first name, last name, and HCR #** along with this report form.
- If applying for subsidy, please include copies of the ice rental, facility rental receipts and the registrant list with this report form.
- **Please submit all completed reports by December 1st current season to:**
Zach Mark: zmark@alliancehockey.com or Fax: 519-273-2114