



OMGHA U12 HOCKEY

TRAVEL INFORMATION
2025-2026

WELCOME TO OMGHA U12 TRAVEL HOCKEY!

OMGHA MISSION

The members of OMGHA will strive to provide a positive environment that promotes the development of hockey skills, good sportsmanship, competitive play, and fun for all players.

OMGHA GOALS

- Quality program at a reasonable price
- Quality training for all players
- Consistent skill development
- Positive community representation
- Promote personal growth and positive attitudes
- Fun for all

WEBSITE

Tryouts: [OMGHA U12 Tryout Info](#)

Teams: [U12 \(omgha.com\)](#)

2025-2026 Age Eligibility Classifications

Squirt/10U	06/01/2014 - 05/31/2016
Peewee/12U	06/01/2012 - 05/31/2014
Bantam/15U	06/01/2009 – 05/31/2012
Junior Gold/19U	06/01/2006 - 05/31/2010

This document provides an outline to starting an exciting season as an OMGHA U12 travel hockey family.

It answers major questions regarding registration, costs, tryout process, team formation and travel player expectations.

Questions? Reach out to our OMGHA Board members who are here to help.

VP of Girls Traveling, Brandon Erickson - Vpgirls@omgha.com

U12 Travel Director, Tina Reid – U15@omgha.com

Girls Skills Director, Pete DeMuth – GirlsSkills@omgha.com

Girls Goalie Director, Brandon Wicklund – Girlsgoalie@omgha.com

Registrar, Lindsey Johnson - Registrar@omgha.com



OMGHA TRAVEL PLAYER FEES AND EXPENSES

Costs for the travel hockey season are broken into two primary categories:

- **Player fees** (aka registration): covers costs related to jerseys/socks, tryouts, practice ice (up to a budgeted amount per level), games, tournaments, District 3 fees and administrative costs of OMGHA.
- **Roster fees** are collected after tryouts and team placements are made to cover costs for additional ice time and tournaments for certain teams.

In addition to the player and roster fees, it is important to understand a few additional expenses:

- **USA Hockey Membership** is required before registration with OMGHA. Additional information on USA Hockey Membership can be found [HERE](#).
- **Team Funds** cover team-specific costs such as parties, banquets, additional ice/scrimmages, player gifts, coach gifts, etc. OMGHA has established limits for the per player contribution to team funds.
- **Other costs** such as equipment, away tournament hotel rooms, team apparel, etc. will be incurred directly by player families.

Payment Options? Goalie Discounts? Click [HERE](#) for additional details about 2025-2026 registration information.

U15 2025-2026 Fees

Player Fee: \$1,865 per player

Roster Fee:

U12A: \$372

U12B1: \$234

U12B2: NA

USA Hockey Membership:

2007 – 2012: \$79

2013 – 2016: \$69

+ \$10 MN Hockey Affiliate Fee

Team Fund: \$300

**Amounts are per player and do not include the other costs noted above (i.e. equipment, team apparel, etc.)



Our goal is to ensure all OMGHA children who want to play hockey can do so. If you believe you are going to have difficulty affording hockey this season, we encourage you to consider [applying for a scholarship](#) for the registration fee or develop payment plans that will work with your financial situation.

10 HABITS ALL PLAYERS CAN DO

1. Be on time
2. Strong work ethic
3. Put in effort
4. Be positive
5. Be passionate
6. Be teachable
7. Be prepared
8. Do extra
9. Be supportive
10. Be kind

OMGHA COACHING FOCUS POINTS

- Coach all players to their ability
- Engaged coaching staff
- Explain the 'how' and the 'why'
- Active practices
- Fun for all

OMGHA PLAYER TEAM EXPECTATIONS

- **Time Commitment:** U12 averages 4-5 ice plus 1-2 dryland sessions each week.
- **Attendance:** Players are expected to be at practices and games. Coaches plan practices and game lineups to maximize player development based on a full team. Communicate with your head coach and manager if your player will be absent.
- **Tournaments:**
 - Out of Town: Each team will have at least one out town tournament during the season. This will involve travel and hotel expenses.
 - Local: Each team will have two-three local tournaments.
 - District Tournament: B2 teams will participate in a district tournament.
 - State: A and B1 teams will attempt to earn an opportunity to play in the U12 state tournament.
- **Parent Volunteer Duties:** Parents are necessary to support a variety of team needs ranging from locker room parent, clock/scoring/penalty box duties, dryland coordinator, tournament volunteer roles, and year-end party coordination. This support is critical for a successful and fun season.
 - LRMs: Be sure your USA Hockey Volunteer registration (every year), background check (every 2 years) and SafeSport (every year) requirements are current.
- **DIBS:** OMGHA requires travel families to complete volunteer hours in support of the association. This is in addition to your team volunteer duties. DIBS opportunities can be found [here](#).



OMGHA FALL CAMP

Get prepared for tryouts and the upcoming season with age and ability-based training run by our experienced skills team.

Sessions are limited to approximately 30 players on the ice. This allows for maximum skill and confidence development through increased puck touches and reps. Skills to reinforce good hockey habits are the focus. Trainers create training that allows players to learn in a game-like environment that will improve hockey awareness and passion for the game.

OMGHA coaches and skills committee members strongly encourage participation for all players, especially if a player hasn't been on skates much – or at all – following the completion of the prior winter season.

OMGHA Preseason Development Camps take place just before tryouts. Registration for the camps aligns with registration for the winter season.

Additional information and registration can be found [Fall Camp \(omgha.com\)](https://www.omgha.com).

Goalies: OMGHA Fall Camps are for skaters and goalies. It is a great chance for goalies to get lots of shots from friends at the same level.



GETTING IN THE ZONE FOR A SUCCESSFUL TRYOUT

PLAYERS

1. Be well-rested and eat healthy so you're feeling good.
2. Focus on one thing at a time (i.e. the drill, the play).
3. Let go of mistakes...focus on what's next.
4. Look and be confident.
5. Be kind – putting others down does not make you better.
6. Communicate and be supportive to show your team ethics and leadership.
7. Be coachable.
8. HAVE FUN!

If you feel overwhelmed by tryouts, talk it out.

Parents, coaches, and friends are all a great sounding board.

PARENTS/GUARDIANS (aka The Fans)

Your words and actions have an impact on your player and their mindset. If you are anxious or stressed, they may feel that extra pressure on top of their own anxiety. If they sense positive energy, that may help them go into tryouts confident and excited.

A few things you can do as their biggest fan:

- Make sure they are well-rested and eating healthy, so they feel good.
- Help make sure equipment is in order (skates sharpened, gloves in the bag, things fit, etc.)
- Remain positive.
- Remind them that mistakes will happen. Coaches look for how they handle those moments.
- Don't compare them to other players – focus on what your player does well and how they add value to any team.
- Reinforce that success is doing their best and having fun.
- HAVE FUN by playing their favorite song on the way to the rink, making their favorite meal or simply smile to shake off any anxiety.



OMGHA U12 TRYOUTS

Tryout Attire

- **Helmets:** *No stickers will be allowed on helmets*; please have them removed prior to attending the first session.
- **Socks:** *Black or white hockey socks, with no mismatched pairs*. OMGHA hockey socks are also an approved alternative.
- **Tryout Jersey:** reversible tryout jerseys with tryout numbers will be provided at check-in. This jersey must be worn to each session. Tryout jerseys must be returned the last night of tryouts. Failure to return it results in a \$50 fine to be paid by December 31st.

Daily Tryout Session Assignments

Session assignments will be posted to the [OMGHA U12 tryout page](#) the night before each tryout day.

Players are randomly assigned to one of two groups for tryout day 1. The results from day 1 will be used to group players for day 2. The results from days 1 and 2 will be used to group players for day 3.

Results from Days 1-3 are used to identify players that will participate in the Extended Practice and Scrimmage.

Our goal is to provide every player the chance to put their best effort forward, enjoy the tryout process and enter the season with confidence and excitement for a new hockey season.

Groups may change each tryout day. It is your responsibility to monitor the website to understand which session to attend and jersey color to wear based on the information listed for your players assigned tryout jersey number.



U12 Check In List				
9/25 at 7:30 pm @ Osseo West			9/25 at 8:45 pm @ Osseo West	
Tryout #1: Group #1			Tryout #1: Group #2	
Jersey #	Color		Jersey #	Color
8	Red		25	White
14	White		41	White
32	White		57	Red
56	Red		62	Red

OMGHA U12 TRYOUT SCHEDULE

***ALWAYS** refer to the [OMGHA U12 tryout page](#) for official dates, times and location information.

Tryouts are closed for viewing. The only exception is the Extended Scrimmage which is open for fans.

U12 TRYOUT SCHEDULE*

DATE	DAY	START	END	LOCATION	TRYOUT	WHO
9/22/2025	Mon	5:00 pm	6:00 pm	Osseo - West	Goalie Pre Skate	Goalies Only
9/23/2025	Tue	7:30 pm	8:45 pm	Osseo - West	Goalie Only Tryout	Goalies Only
9/24/2025	Wed	5:00 pm	6:00 pm	MGCC - Kotteman (West)	Day 1 - Group 1	Goalies & Skaters
9/24/2025	Wed	6:15 pm	7:15 pm	MGCC - Kottemann (West)	Day 1 - Group 2	Goalies & Skaters
9/25/2025	Thu	5:00 pm	6:00 pm	Osseo - West	Day 2 - Group 1	Goalies & Skaters
9/25/2025	Thu	6:15 pm	7:15 pm	Osseo - West	Day 2 - Group 2	Goalies & Skaters
9/29/2025	Mon	5:15 pm	6:15 pm	MGCC - TCO	Day 3 - Group 1	Goalies & Skaters
9/29/2025	Mon	6:30 pm	7:30 pm	MGCC - TCO	Day 3 - Group 2	Goalies & Skaters
10/1/2025	Wed	8:00 pm	9:30 pm	MGCC - Kottemann (West)	Extended Practice	Extended Goalies & Skaters
10/2/2025	Thu	6:45 pm	8:00 pm	MGCC - Kotteman (West)	Extended Scrimmage	Extended Goalies & Skaters
10/3/2025	Fri	By 8:00 pm		U12 Tryout Page	Team Formations Posted	



****IMPORTANT:** Groups may change each tryout day. Daily session assignments will be posted to the OMGHA website [OMGHA U12 tryout page](#) the night before each tryout day. **Check the session assignment for the exact time of your player session.**

*****GOALIES:** For more information on individual drills, visit the [Goalie Tryout page](#).

OMGHA PLAYER EVALUATION

Evaluators

A panel of independent evaluators are chosen for their hockey knowledge. They are trained on the process to fairly and consistently evaluate players.

Scoring

Players receive one score per drill and one score per scrimmage session from each evaluator. Scores from each evaluator are recorded, averaged and used for subsequent tryout assignment and final team formation.

Evaluators look for complete hockey players with balanced strengths. In general, evaluators look for a combination of skill proficiency during individual sessions to appropriately group skaters for scrimmages days. During the scrimmages evaluators are looking for overall hockey knowledge, quickness, understanding of open ice, hustle, teamwork and ability to move the puck. Goalie evaluators are looking for quickness, ability to track the puck, overall positioning, rebound control, footwork, and ability to use both stick and glove while never giving up on the play.

Player Tryout Absence

If a player is too sick or injured to participate in tryouts, a parent is responsible for contacting the Level Director (Janna Bross at U12@omgha.com) *BEFORE* tryouts begin. See [OMGHA handbook](#) for Injury and Sickness policy.



OMGHA U12 PLAYER EVALUATION

Day 1 – Two Drills + 5 on 5 Scrimmage Full Ice

Drill #1: Retrieval Agility Shot

Drill start with the coach dumping puck in corner as player skates backwards, player turns forward and retrieves the puck. Player skates around the circle with the puck and takes a shot on the net. After the shot, the player gets a puck from the opposite corner and skates up the wall. At the hash mark, player turns time to the wall and drives to the net and takes a shot on the net.

What Evaluators Are Looking For:

Evaluators are looking for a shoulder check when retrieving the puck, player shouldn't stop to pick the puck up. Tight turns while controlling the puck. Hard accurate shot without over stickhandling the puck.

Note: Players will get multiple reps at each drill station. If a player loses the puck or falls during a drill, do not panic. Retrieve the puck and complete the drill as outlined.

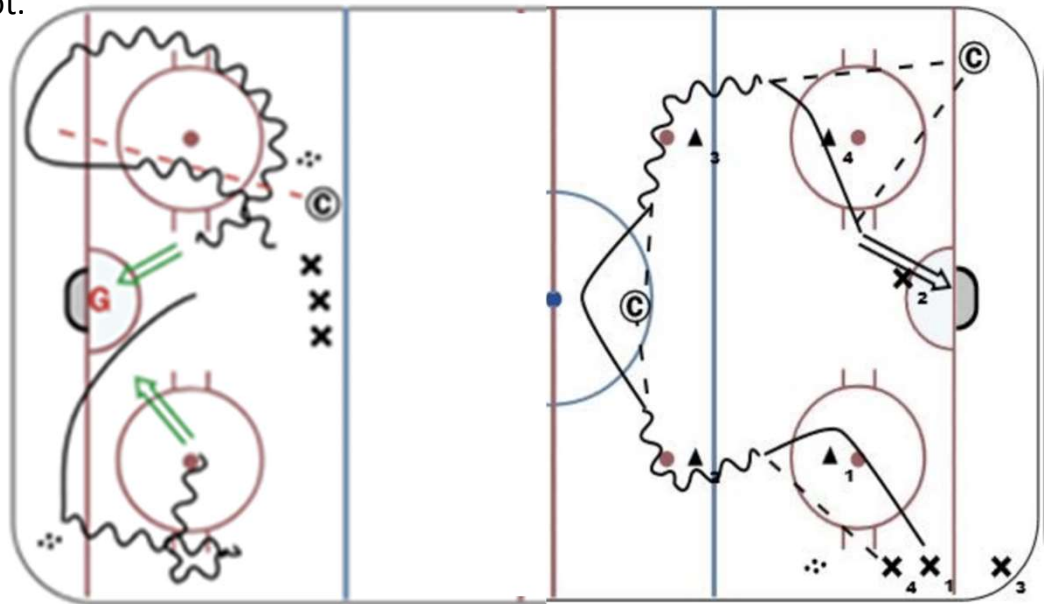


Drill #2 Cullen Give and Go

Players will leave from corner cutting towards dot, receive a pass from the next player in line, then cut wide around the next cone and perform a give and go with the coach at the blue line, when they receive the pass from the coach they cut wide and pass to the player in the corner, they then cut to the slot for a pass reception and quick release shot. After the player shoots, they will go to the corner to be a passer for the next repetition. Drill will be run out of both corners.

What Evaluators Are Looking For:

Players put themselves in good position to receive the three passes, have sticks in ready positions to receive the passes, ability to control puck and make passes quickly after receiving the puck. The ability to catch and release quickly with a hard shot from the slot. The players who pass from the line and out of the far corner will also be evaluated. Players must make the first pass accurately to forehand or backhand depending on handedness, players passing out of far corner must lead their target on their forehand to easily conduct a catch and release shot from the slot.



OMGHA U12 PLAYER EVALUATION

Day 1 – Two Drills + 5 on 5 Scrimmage Full Ice

5 on 5 Scrimmaging: full ice format. Both skaters and goalies will be evaluated. Players will rotate in and out based on a predetermined rotation schedule. Goalies will rotate on and off the ice in a predetermined rotation schedule.

What Evaluators Are Looking For

Forward: Skating ability (speed and quickness), creative team play, smart accurate passing, hockey IQ, accurate shooting, puck protection, work ethic, and willingness to back-check and defend with good (inside) position. Evaluators will also look for good communication with each other and the defense while giving maximum effort every shift.

Defenseman: Skating ability (speed and quickness), ability to control the play, make good decisions and move the puck up to forwards, smart angling/checking ability, hard accurate shot, creativity and willingness to join the play and get back to defend with good inside body position, ability to defend and protect the goalie. Evaluators will also look for good communication with your defensive partner, forwards and goalie, while giving maximum effort every shift.

Goalies: quickness, ability to track the puck, overall positioning and angling, rebound control, footwork, and ability to use both stick and glove while never giving up on a play. Evaluators will also look for good communication with their defense and forwards and maximum effort.

TIP:

Have Fun. This is often when we do our best.



OMGHA U12 PLAYER EVALUATION

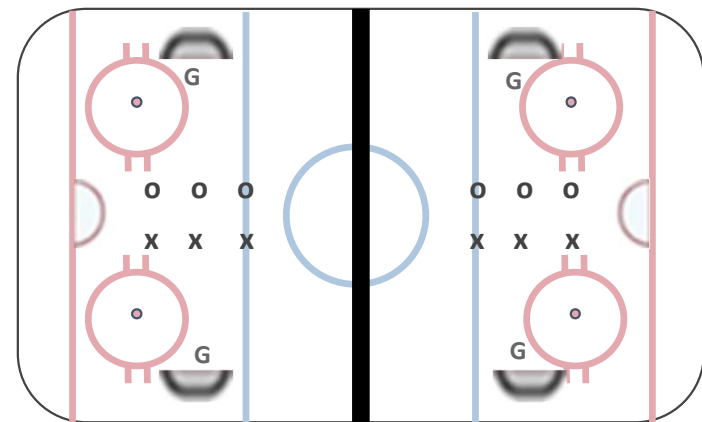
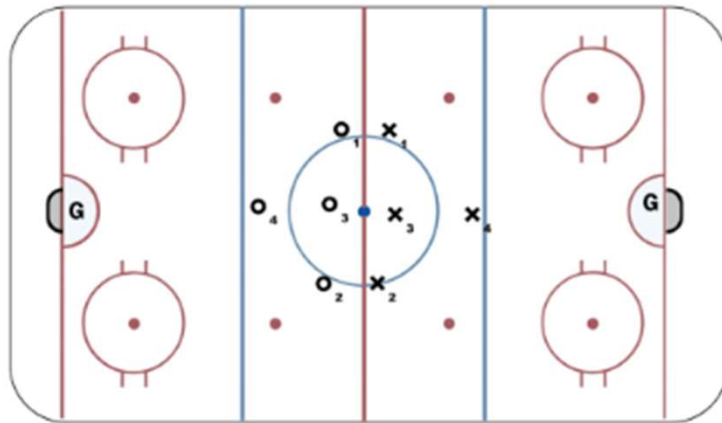
Day 2– 4v4 (Full Ice) and 3v3 (Cross Ice) Scrimmage

4 on 4 will take place on full sheet of ice and **3 on 3** will be cross ice in both ends with goalies in each net. Both skaters and goalies will be evaluated. Players will rotate in and out based on a predetermined rotation schedule. Goalies will rotate on and off the ice in a predetermined rotation schedule.

What Evaluators Are Looking For

Skaters: Evaluators are looking for overall hockey IQ including skating to open areas, moving the puck to open players and getting to the high scoring areas on offense and keeping the other team away from the net on defense. Evaluators will also be looking for players who communicate with their teammates and work hard on both ends of the ice (offensive and defensively) while giving maximum effort throughout the shift.

Goalies: Evaluators are looking for quickness, ability to track the puck, overall positioning and angles, rebound control, footwork, ability to use both stick and glove while never giving up on a play..



TIP:

Have Fun. This is often when we do our best.

Drills and scrimmage formats are subject to change during the tryout process. This format is to be used as a guide only.



OMGHA U12 PLAYER EVALUATION

Day 3 – Three Drills + 5 on 5 Scrimmage Full Ice

Drill #1: 1 on 1 Gap Control

D at center ice starts the drill, skates backwards along the red with puck, performs give and go pass with D line then opens up and skates toward the F line in corner. D gives pass to F just after the blue line and F takes off as soon as the pass is received. F then attacks D in full ice 1 on 1. Both sides will go simultaneously.

What Evaluators Are Looking For

Forward: Attack one on one with speed, confidence with puck, and ability to get a quality shot.

Defense: Proper gap control, aggressive stick pressure and ability to limit a quality chance.



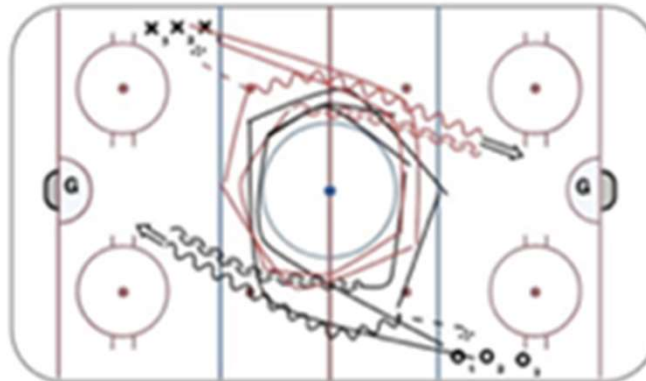
Drill #2: Hurricane 2 on 1

2 players leave and skate around the circle without a puck. The 2nd player receives a pass from the 3rd player in line and joins the rush. The 1st player transitions backwards and plays as the "D". The 2nd and 3rd player are the forwards to play out the 2 on 1.

What Evaluators Are Looking For

Forward: Playmaking ability, offensive awareness and decision making, ability to make plays at high speed, leading quality passes..

Defense: Proper gap control, aggressive stick pressure and ability to limit a quality chance.



Drill #3: 2v2 Down Low

Play 2 on 2 below the dots. The coach dumps the pucks in the corner and the players compete.

What Evaluators Are Looking For

High compete level, ability to make plays in tight spaces, ability to get pucks to the net.



Note: Players will get multiple reps at each drill station. If a player loses the puck or falls during a drill, do not panic. Retrieve the puck and complete the drill as outlined.

OMGHA U12 PLAYER EVALUATION

Day 3 – Three Drills + 5 on 5 Scrimmage Full Ice

5 on 5 Scrimmaging: full ice format. Both skaters and goalies will be evaluated. Players will rotate in and out based on a predetermined rotation schedule. Goalies will rotate on and off the ice in a predetermined rotation schedule.

What Evaluators Are Looking For

Forward: Skating ability (speed and quickness), creative team play, smart accurate passing, hockey IQ, accurate shooting, puck protection, work ethic, and willingness to back-check and defend with good (inside) position. Evaluators will also look for good communication with each other and the defense while giving maximum effort every shift.

Defenseman: Skating ability (speed and quickness), ability to control the play, make good decisions and move the puck up to forwards, smart angling/checking ability, hard accurate shot, creativity and willingness to join the play and get back to defend with good inside body position, ability to defend and protect the goalie. Evaluators will also look for good communication with your defensive partner, forwards and goalie, while giving maximum effort every shift.

Goalies: quickness, ability to track the puck, overall positioning and angling, rebound control, footwork, and ability to use both stick and glove while never giving up on a play. Evaluators will also look for good communication with their defense and forwards and maximum effort.

TIP:

Have Fun. This is often when we do our best.



OMGHA U12 TRYOUTS

Extended Tryout Process

Up to 20 players will be invited to the extended practice and the extended scrimmage based on independent evaluator scores from Days 1-3.

Day 4 – Extended Practice

Explanation – Both skaters and goalies will be evaluated during practice by outside evaluators plus the head coach (if named). Players will follow a practice plan provided by the head coach or OMGHA Director.

What Evaluators Are Looking For -

Skaters: ability to listen and follow instructions, overall hockey knowledge, puck control, passing ability, shooting ability, teamwork, quickness, hustle, intensity, and ability to make others better around you.

Goalies: quickness, ability to track the puck, overall positioning, rebound control, footwork, and ability to use both stick and glove while never giving up on the play.



OMGHA U12 TRYOUTS

Day 5 – Extended Scrimmage

Outside scrimmaging will take place on full sheet of ice with official referees provided by OMGHA. Both skaters and goalies will be evaluated. Players will rotate in and out based on a predetermined rotation schedule. Goalies will rotate on and off the ice in a predetermined rotation schedule. Rotation schedule is subject to change by head coach, evaluators, or OMGHA Director.

What Evaluators Are Looking For

Forward: Skating ability (speed and quickness), creative team play, smart accurate passing, hockey IQ, accurate shooting, puck protection, work ethic, and willingness to back-check and defend with good (inside) position. Evaluators will also look for good communication with each other and the defense while giving maximum effort every shift.

Defenseman: Skating ability (speed and quickness), ability to control the play, make good decisions and move the puck up to forwards, smart angling/checking ability, hard accurate shot, creativity and willingness to join the play and get back to defend with good inside body position, ability to defend and protect the goalie. Evaluators will also look for good communication with your defensive partner, forwards and goalie, while giving maximum effort every shift.

Goalies: Quickness, ability to track the puck, overall positioning and angling, rebound control, footwork, and ability to use both stick and glove while never giving up on a play. Evaluators will also look for good communication with their defense and forwards and maximum effort.



OMGHA U12 TEAM FORMATION

Team formation occurs after all tryouts are complete and evaluator scores are finalized.

We are planning for 3 teams at the U12 level for the 2025-2026 season. This includes

- 1 U12A team
- 1 U12B1 team
- 2 Balanced U12B2 teams

Tryout Scores will be used for team formations in accordance with OMGHA tryout policy. Player placements are final.

Completed team formations will be posted to the [OMGHA U12 tryout page](#).

Team coaches and/or managers will also contact you with additional information regarding team assignment and date of first practice and team meeting.

