



# OMGHA SQUIRT HOCKEY

TRYOUT INFORMATION

## 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

Our goals as members of OMGHA are as follows:

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

**WEBSITE** [www.omgha.com/squirt](http://www.omgha.com/squirt)

## WELCOME TO OMGHA TRAVEL HOCKEY!

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Seeing your players' growth to travel hockey is an exciting time for hockey families. It can also be confusing to start the season because there are so many *new* moving parts that happen quickly right at the start of the season.

Our hope is this document **will answer major questions regarding the tryout process, team formation and travel player expectations.**

There is a lot that goes into planning for a new travel season – both from an association and family standpoint. If your family has any questions as you start your journey as a travel family, please do not hesitate to reach out to our OMGHA Board members who are here to help.

VP of Boys Traveling, Jason Rogowski- [Vptraveling1@omgha.com](mailto:Vptraveling1@omgha.com)  
Squirt Travel Director, Dustin Brooks - [Squirt1@omgha.com](mailto:Squirt1@omgha.com)  
Squirt Skills Director, PJ Martin– [Squirt2@omgha.com](mailto:Squirt2@omgha.com)



## **OMGHA SQUIRT TRYOUTS**

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Squirt Tryouts will consist of five (5) skater sessions. The first session will be a pre-skate allowing all players to work through and practice the drills for Day 2. The pre-skate will have no evaluators and will not be scored. After the Day 1 pre-skates, scored player evaluations will be Days 2-5. After pre-skates, your player will be randomly assigned to initial skill sessions and 3v3 scrimmages on day 2 and 4v4 and 5v5 scrimmages on day 3. The results from day 2 and day 3 will be used to group players for day 4. After day 4, your player may move up or down between groups heading into day 5. Our goal is to appropriately group players in tryout groups by like ability 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.

### **Player Tryout Jersey**

All players will be provided with a reversible tryout jersey and tryout number at check-in. This jersey should be worn to each session by your player. The tryout jerseys must be returned the last night of tryouts. Failure to return the tryout jersey will result in a \$50 fine to be paid by December 31st of the season.

### **Tryout Attire**

Players should wear *either black or white hockey socks, with no mismatched pairs*. OMGHA hockey socks are also an approved alternative. No stickers will be allowed on helmets; please have them removed prior to attending your first session.



# OMGHA SQUIRT TRYOUTS

## Daily Tryout Session Assignments

Daily session assignments will be posted to the **OMGHA website** [Squirt tryout page](#) the night before each tryout day. It is your responsibility to monitor the website and understand which session you must attend based on the session your players tryout jersey number is listed. Tryouts are closed for viewing; parents may enter to tie the skates of a Squirt skater but must exit immediately after.

1. Tryout jersey numbers will be assigned at check-in on Day 1. Use this number all week when looking for session assignments.
2. Tryout jerseys are reversible – black and grey. Jersey color will be noted on each days posting.
3. A PDF will be placed on the Squirt tryout page, like below, detailing daily assignments.

Bantam A-C Check In List 9/28/20; 6:15 - 7:15 PM @ MGCC West Tryout #1; Group #1		Bantam A-C Check In List 9/28/20; 7:30 - 8:30 PM @ MGCC West Tryout #1; Group #2		Bantam A-C Check In List 9/28/20; 8:45 - 9:45 PM @ MGCC West Tryout #1; Group #3	
Jersey #	Color	Jersey #	Color	Jersey #	Color
31	Black	29	Grey	115	Grey
34	Grey	30	Black	117	Grey
122	Grey	32	Black	124	Black
131	Black	33	Grey	128	Black
133	Grey	121	Grey	130	Black
135	Grey	125	Black	134	Black
140	Grey	126	Black	143	Black
142	Black	132	Grey	146	Grey
149	Grey	136	Grey	148	Grey
150	Black	137	Black	152	Grey
154	Grey	139	Grey	153	Black
156	Black	147	Black	157	Grey
158	Grey	151	Grey	161	Grey
163	Grey	155	Black	162	Grey
168	Black	159	Grey	164	Black
170	Black	160	Black	167	Grey
171	Grey	166	Grey	169	Grey



## OMGHA PLAYER EVALUATION

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During each tryout session a panel of independent evaluators will score skaters on a preset scale, following a common scoring structure. Evaluators are chosen for their hockey knowledge and are trained on the process to consistently evaluate the participants. Evaluators look for complete hockey players with strengths balanced across: Skills, Hockey Sense, and positive contribution to team play.

Scores from each evaluator are recorded, averaged and used for subsequent tier assignment and final team selection. Keep in mind that scores from each session are added together to create a final score for final team selection. In addition, each player can move up or down based on each night's performance. Therefore – each session matters.

### Scoring

Skaters will be scored on a scale of 1 through 7 during each drill and scrimmage session. The higher number equates to a better score. For example, a player receiving a score of 5 completed the drill more proficiently with what the evaluators are looking for compared to a player who scored a 2. Daily scores will be weighted equally

In general, evaluators will be looking 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 you are too sick or injured to participate in tryouts, a parent is responsible for contacting the Level Director, Dustin Brooks [Squirt1@omgha.com](mailto:Squirt1@omgha.com) BEFORE tryouts begin. See [OMGHA handbook](#) for Injury and Sickness policy.



## OMGHA GOALIE EVALUATION

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Goalies will participate in individual skill and drill sessions the first two days of evaluations and then participate in the scheduled scrimmage sessions with skaters. Goalies will rotate on and off the ice in a pre-determined rotation schedule. Evaluators are looking for core fundamentals including quickness, ability to track the puck, overall positioning and angling, rebound control, footwork, and ability to use both stick and glove and recover for the next shot.

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



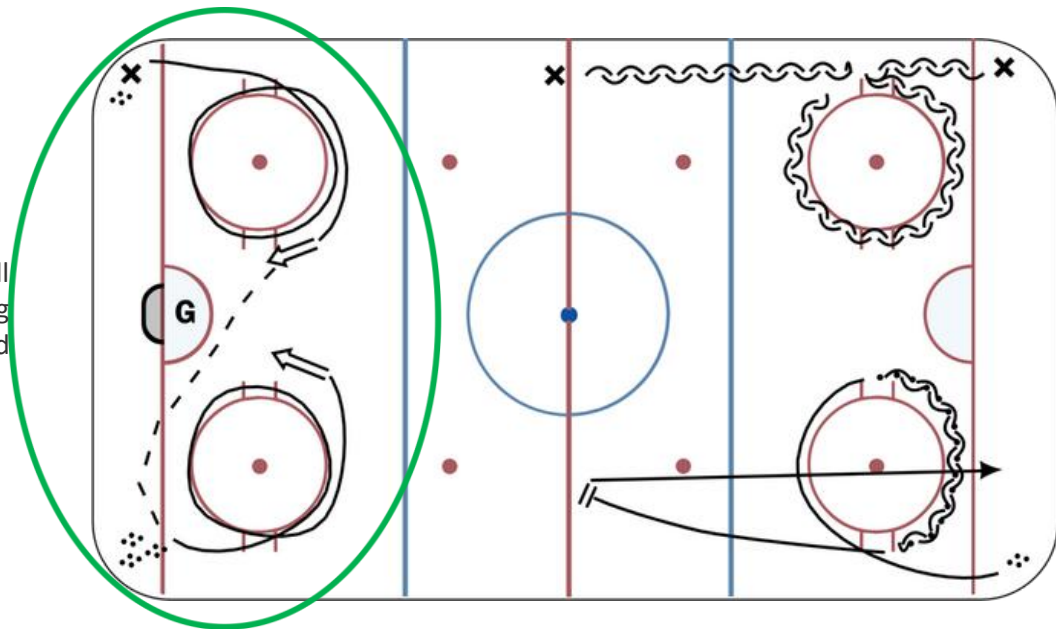
# OMGHA SQUIRT PLAYER EVALUATION

## Day 1 & 2 – Drills & Cross-Ice 3V3

**Drill #1: Two Circle Shooting** - player starts in corner with puck, completes a full circle with crossovers then shoots on net. Player proceeds to corner to pick up second puck, completes a full circle with crossovers and finishes with shot on net from high slot.

*What Evaluators Are Looking For:* Evaluators are looking for players with a strong powerful start, good balance, chest up, overall quick foot speed with good knee bend and full leg extension during the cross-under to create speed as they come out of the turns. Finish with a strong shot and follow to 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 just retrieve the puck and complete the drill as outlined.



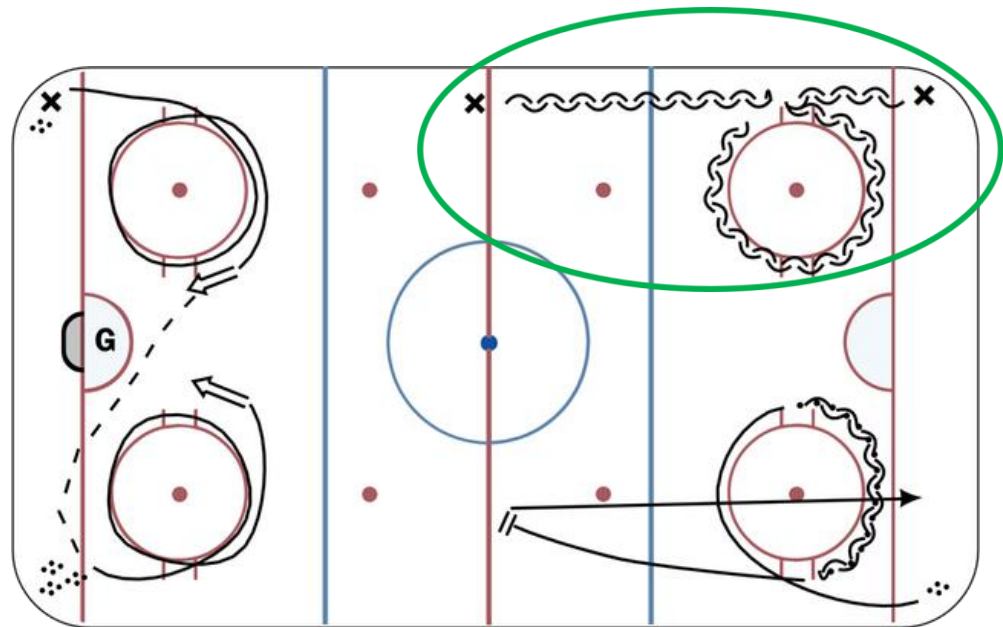
## OMGHA SQUIRT PLAYER EVALUATION

### Day 1 & 2 – Drills & Cross Ice 3V3

**Drill #2: Backwards Skating** - without puck, player will start in corner and skate backwards up wall, around complete circle and in a straight line stopping at red line. Drill will then be reversed for second round, ending in corner. Players will get the chance to complete the circle in both directions.

*What Evaluators Are Looking For:* Evaluators are looking for players with a strong powerful start, good balance, chest up, overall quick foot speed with good knee bend and full leg extension and backwards crossovers during the stride and around the turns. Finish with a strong backwards stop facing the evaluators.

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



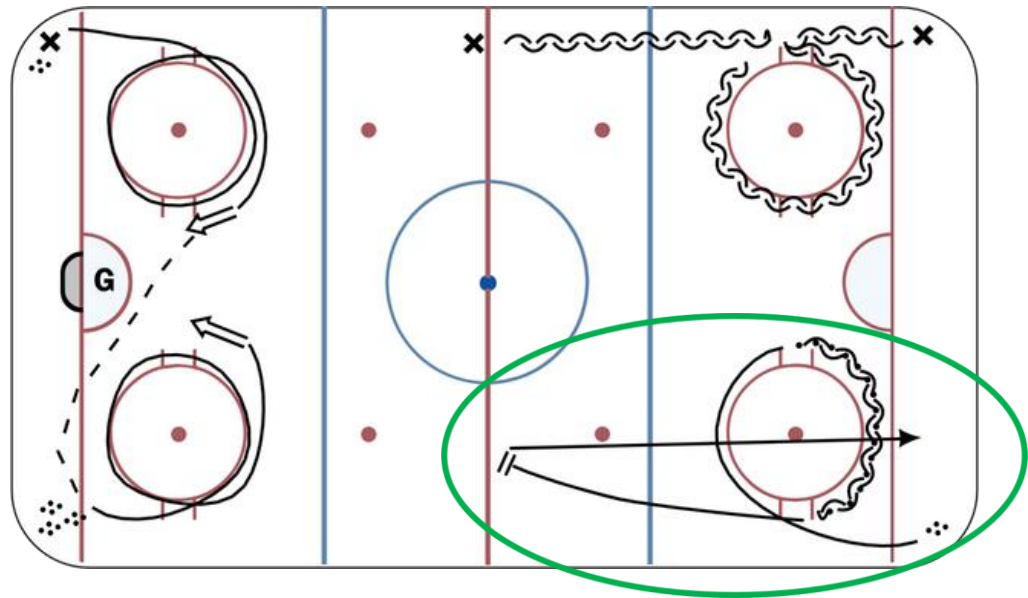
# OMGHA SQUIRT PLAYER EVALUATION

## Day 1 & 2 – Drills & Cross Ice 3V3

**Drill #3:** *Forward/Backward Crossovers, Stop/Start with Puck* - player starts in corner with puck, completes a full circle with crossovers, transitioning at the hash marks - then proceeds to sprint to red line with puck, come to a complete stop, and sprint back to goal line with puck.

*What Evaluators Are Looking For:* Evaluators are looking for players with a strong powerful start, good balance, chest up, overall quick foot speed with good knee bend and full leg extension during the stride and around the turns. Ability to transition efficiently in both directions while handling a puck. Finish with a strong hockey stop facing the evaluators.

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



## OMGHA SQUIRT TRYOUT DRILLS

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### Day 3 – 4v4 & 5v5 Full Ice

4V4 and 5v5 scrimmaging will take place on full sheet of ice with goalies in each net. Both skaters and goalies will be evaluated. Players will rotate in and out based on a pre-determined rotation schedule. Goalies will rotate on and off the ice in a pre-determined rotation schedule.

### What Evaluators Are Looking For

*Skaters:* Evaluators are looking for skaters who can handle the puck in small areas, using quickness and hockey sense to find open

teammates while making good passing decisions (i.e., give-and-go, getting to the front of the net) all while playing good two-way hockey and trying to get into good inside position. Evaluators are looking for players that are willing to work hard at both ends of the ice (offensive and defensive).

*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.



## OMGHA SQUIRT TRYOUT DRILLS

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### Day 4 –4v4 & 5v5 Full Ice

4V4 and 5v5 scrimmaging will take place on full sheet of ice with goalies in each net. Both skaters and goalies will be evaluated. Players will rotate in and out based on a pre-determined rotation schedule. Goalies will rotate on and off the ice in a pre- determined 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.



## OMGHA SQUIRT TRYOUT DRILLS

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### Day 5 – 5v5 Scrimmage – Full Ice

5 on 5 scrimmaging will take place on full sheet of ice with goalies in each net. Both skaters and goalies will be evaluated. Players will rotate in and out based on a pre-determined rotation schedule. Goalies will rotate on and off the ice in a pre-determined 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.



## **OMGHA SQUIRT TEAM FORMATION**

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After all tryouts have been completed and evaluators scores finalized, team formation will occur. Tryout Scores will be used to make 1 top A team, a 2<sup>nd</sup> A team, balanced B1, B2 and C teams. Team selections will be made in accordance with OMGHA tryout policy and are final. After team selections are complete, you will be able to check the OMGHA website to find your team assignment for the season.

You will also be contacted by coaches and/or managers providing information regarding team assignment and date of first practice or team meeting.

