
FAQ – AHM Verdun Girl's League (2025-2026 Season)

Welcome to the FAQ section of the AHM Verdun girl's League. We hope these answers will help you better understand how our program works and answer your questions.

Questions about Team Organization and Age Categories

Q1: What girl's teams are planned in Verdun for the 2025-2026 season?

A1: For the 2025-2026 season, AHM Verdun is committed to offering girl's teams in categories where the number of players allows. We have a good chance of having a team in the **U9 Girl's** category. For the **U12 Girl's** category, the formation of a team will depend on the number of registrations. We strongly encourage parents to register their daughters as soon as possible to help us assess the number of players and confirm the creation of teams in all possible age categories.

Updates will be regularly communicated via our website and social media.

Q2: What are the age categories for the AHM Verdun girl's league for the 2025-2026 season?

A2: The age categories for girl's hockey have been adjusted by Hockey Québec to better organize the development of young players. For the 2025-2026 season, here are the main categories and associated birth years that will apply to the AHMVerdun girl's league:

- **U7** (formerly Pre-Novice): Players born in **2019 and 2020**
- **U9** (formerly Novice): Players born in **2017 and 2018**
- **U12** (combining the former Atom and Pee-Wee categories): Players born in **2014, 2015, and 2016**
- **U15** (formerly Bantam): Players born in **2011, 2012, and 2013**

The AHMVerdun will follow these new names and birth year associations for all its girl's teams, thus ensuring consistency with the regulations of Hockey Québec and Hockey Lac St-Louis.

Q3: Can my daughter, who plays in a mixed league, sometimes join the girl's team's games? And vice versa?

A3: The regulations of Hockey Québec and Hockey Lac St-Louis are quite strict regarding affiliations and upgrades/downgrades to ensure fair play and player development.

- From mixed to female: If your daughter is registered on a mixed team, she cannot occasionally join a girl's team games. Registration is specific to a league and category.
- From female to mixed: The same principle applies. A player registered on a girl's team cannot occasionally play on a mixed team.

The goal is to ensure that each player progresses in the right environment and that teams adhere to the established rosters for the season.

Q4: What happens if there are no girl's teams in my daughter's age group in Verdun?

A4: If the number of registered players does not allow for a full girls' team in a specific age group in Verdun, several options are generally considered by the AHMVerdun, in collaboration with Hockey Lac St-Louis:

1. Merger with another association: The most common solution is to combine Verdun players with those from a neighboring association such as Westmount or Outremont to form a girls' team. This allows the girls to play specifically in a girls' league, even if they train and play partly outside of Verdun.

2. Mixed League Play: As a last resort, if no regrouping option is viable or if the family prefers, the player could be referred to a team in the AHMVerdun **mixed** league in her age category.

AHMVerdun will make every effort to provide a quality girls' hockey experience for your daughter. We will quickly contact the parents concerned if this situation should arise.

Q5: How many girls' teams would my daughter play against in U9 or U12?

A5: The number of opposing teams depends on the total number of girls' teams formed in the Hockey Lac St-Louis region for these categories.

- In **U9 and U12 Girls**, teams generally play in regional leagues within the Hockey Lac St-Louis structure. It is common to see leagues comprised of 4 to 8 teams in these categories. The schedule is then designed to allow each team to play each other several times during the regular season, in addition to playoff games and tournaments. The exact number of teams is confirmed once all regional registrations are completed and the associations have formed their teams.

Questions about logistics and the playing experience

Q6: Are the games far away?

A6: The games of the AHM Verdun girl's teams, particularly the U9 and U12 teams, are mainly played within the **Hockey Lac St-Louis region**. This region covers the West Island of Montreal, Île Perrot, Vaudreuil-Dorion, and the surrounding area. While most games are held in arenas within a reasonable distance of Verdun (e.g., Lachine, LaSalle, Dorval, Pointe-Claire, Dollard-des-Ormeaux), it is possible that games may be held in a slightly further-flung city within this region (such as Vaudreuil-Dorion or Saint-Lazare). The league generally tries to optimize travel, but the distribution of arenas and teams can sometimes require longer trips.

Q7: Does the association offer carpooling?

A7: The AHM Verdun does not offer an official, structured carpooling service. However, it is very common for team parents to arrange carpooling among themselves. It's a great way to build bonds within the team and reduce travel for everyone. At the beginning of the season, we encourage you to discuss carpooling arrangements with other parents on your daughter's team, especially for away practices and games. Team managers can often help facilitate these discussions.

Q8: Are there special practices for girls?

A8: Yes, in addition to regular team practices, AHMVerdun strives to offer specific development clinics for female players when resources and ice time permit. These sessions may include skill-specific workouts or sessions led by female coaches. The goal is to create an environment conducive to the development of all players and to strengthen a sense of belonging to the women's league. Details of these clinics, if applicable, will be communicated at the beginning of the season.

Q9: I'm worried that my daughter won't progress as well playing only with girls, especially if she's a goalie.

A9: This is an understandable concern for some parents, but experience with girls' hockey has consistently shown that it's an excellent environment for player development.

- For all players: Playing only with girls creates an environment where players can develop at their own pace, without the pressure or sometimes different dynamics of a co-ed league. This often promotes greater self-confidence, increased on-ice communication, and stronger team spirit.
- For goaltenders: Goaltenders in girl's hockey receive the same quality of training and face shots of increasing power and accuracy with age and level of play. In addition, there are often specific goaltending clinics within the Hockey Lac St-Louis region, open to all goaltenders, whether they play in the women's or mixed leagues. These clinics focus on developing goaltending techniques, ensuring they receive the necessary coaching to excel.

Additional questions parents may have

Q10: What are the registration costs for the girl's league, and are there any financial assistance programs?

A10: Registration fees range from \$360 (U7) to \$410 (U15) depending on the age category and will be announced on our website (ahmverdun.com) when registration opens for the 2025-2026 season.

U7-Junior Registration (born 2004-2020) | AHM DE VERDUN

AHMVerdun recognizes that registration fees can be a challenge for some families. Information on available financial assistance programs (e.g., scholarships through partner organizations or city programs) will be provided along with the registration details. Please do not hesitate to contact our administration for more information.

Q11: What are the registration deadlines for the 2025-2026 season?

A11: The precise opening and closing dates for the registration periods will be announced on our website and social media in spring/early summer 2025. We strongly encourage parents to register their daughters as early as possible, as this greatly helps us plan the number of teams, reserve ice time, and ensure a good start to the season. For additional information regarding registration, please refer to: 2025-26 Registrations | AHM Verdun

Q12: What equipment is required, and does AHM Verdun provide it?

A12: For safety and compliance with Hockey Québec regulations, your daughter must have a complete set of hockey equipment in good condition, including: a helmet with a full-face shield, neck guard, shoulder pads, elbow pads, hockey gloves, hockey pants, shin guards, skates, hockey stick, and a mouth guard. The player must also wear a cup or jockstrap. AHMVerdun can loan seasonal equipment. Please contact AHMVerdun directly for more information. For equipment loans, please contact: info@ahmverdun.com

Q13: How is team selection carried out in the girl's categories?

A13: Team selection aims to create balanced groups to promote development and athletic fairness. Generally, initial on-ice evaluations are held at the beginning of the season for categories where player numbers permit, allowing coaches to assess each player's skills. The category directors, in collaboration with the coaches, then form the teams. For the younger categories (U7, U9), the emphasis is on participation and learning, with increased flexibility in team composition.

Q14: What is the emphasis on player development in the girl's league?

A14: The AHMVerdun girl's hockey program emphasizes holistic player development. This includes:

- **Individual skill development:** Skating, puck handling, passing, shooting.
- **Understanding the game:** Basic tactics, positioning.
- **Sportsmanship and teamwork:** Respect for teammates, opponents, and officials, communication, perseverance.

- **Fun and passion:** Creating a positive and motivating environment where girls enjoy coming to the arena.

We encourage a progressive and positive approach, adapted to different age groups.

Q15: Are there opportunities for players to participate in tournaments or special events?

A15: Yes, AHM Verdun girl's teams are encouraged to participate in Hockey Québec-sanctioned tournaments throughout the season. Tournaments are a great opportunity to play against new teams, travel a bit, and strengthen team bonds. Special events, such as open houses, additional clinics, or friendly games, may also be organized by the AHM Verdun or in collaboration with other girl's associations in the Lac St-Louis region.

Q16: How are the coaches for the girl's teams selected and trained?

A16: Coaches for the girl's teams are generally volunteers, often parents or hockey enthusiasts, who apply to the AHM Verdun. They are then selected based on their experience, knowledge of hockey, and ability to work with youth. All coaches must complete mandatory training from Hockey Canada and Hockey Québec (certifications in coaching, sports ethics, concussion management, etc.) and pass a criminal background check to ensure safe and quality coaching.

Q17: How often do practices and games occur for girls' teams?

A17: The frequency of practices and games varies slightly depending on ice availability, age group, and level. In general, girls' teams can expect:

- **U7/U9:** Often 1-2 practices and 1 game per week.
- **U12 and up:** Typically, 1-2 practices and 1-2 games per week.

Practices are usually held on weekdays and games on weekends, but exceptions may occur.

Q18: Are the schedules fixed, or can they vary? Is there a tentative schedule available?

A18: Ice times for practices can be fixed once they are assigned for the season, but they can sometimes change at the beginning of the season or due to special events. Game schedules are established by the Lac St-Louis Hockey League and vary from week to week depending on the game schedule and arena availability. A provisional schedule will generally be available a few weeks before the start of the regular season and will be updated regularly by the team manager.

Q19: How does the AHMVerdun ensure a positive and inclusive environment for all players?

A19: The AHMVerdun is committed to creating a healthy, respectful, and inclusive environment for all players. We focus on:

- **Coach training:** All coaches undergo training on sports ethics, bullying prevention, and creating a positive environment.
- **Code of conduct:** Clear codes of conduct are established for players, parents, and coaches, promoting respect and fair play.
- **Open Communication:** We encourage parents and players to openly communicate their concerns with coaches or AHMVerdun management to quickly resolve any potential issues.
- **Valuing Effort:** The emphasis is on personal development and effort rather than winning alone, to foster each player's self-confidence.

Q20: Are there opportunities for parents? Are you interested in getting involved as a volunteer?

A20: Absolutely! The AHMVerdun is a volunteer-run association, and parent involvement is essential to the success of our programs. There are many ways to get involved, whether as:

- **Coach or assistant coach** (with required training)
- **Team manager** (administrative management of the team)
- **Volunteer for tournaments or events**
- **Member of the Board of Directors**
- **Volunteer in the AHMV Women's Hockey Development Program**
- **Occasional assistance** (for carpooling, fundraising, etc.)

We strongly encourage interested parents to contact us at the following email address: hockeyfeminin@ahmverdun.com

Your involvement makes a real difference in the hockey experience of our young players.