

# 2016-2017 Official Handbook

Fundamental skill development is integral to a player's development, no matter what age or skill level. It allows them to enjoy the game more while furthering their progress as an individual on and off of the ice. The Senators Junior Skills Challenge presented by Canadian Tire assists coaches in providing their players a fun, yet competitive format to promote and benchmark their development.

The following pages outline the individual skill challenges that players can perform as part of the Senators Junior Skills Challenge presented by Canadian Tire. This program is open to atom and peewee minor hockey teams who are registered with HEO, OWHA, or Hockey Outaouais. Teams are asked to perform the challenges during a practice and submit their scores to the Ottawa Senators for the opportunity to have their top performers invited to the Regional Finals.

## REGIONAL FINALS

|   |   |  |
|---|---|--|
| <p><b>Bell Sensplex</b><br/>November 8, 2016<br/>6:00 p.m. – 8:00 p.m.<br/>Kanata</p> | <p><b>Barbara Ann Scott Arena</b><br/>November 9, 2016<br/>6:00 p.m. – 8:00 p.m.<br/>Ottawa</p> | <p><b>Richcraft Sensplex</b><br/>November 10, 2016<br/>6:45 p.m. – 8:45 p.m.<br/>Orleans</p> |
|---|---|--|

Top participants from each Regional Finals will earn the chance to compete at the Championships.

## CHAMPIONSHIPS CANADIAN TIRE CENTRE\* NOVEMBER 14, 2016\*

\*(date / location subject to change)

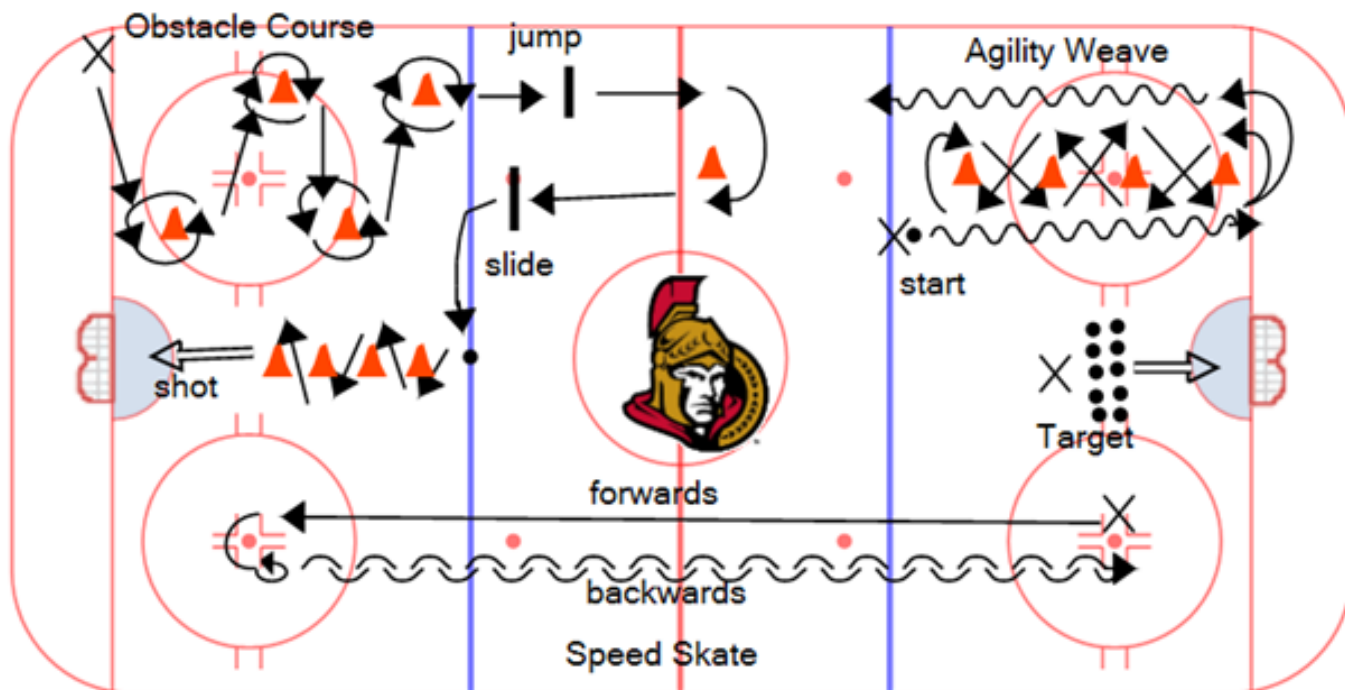
*Winners from the Championships at Canadian Tire Centre will get the opportunity to compete alongside the Ottawa Senators during Sens Skills presented by Sport Chek (December 30, 2016).*

*Teams need to submit their scoresheets by Tuesday, November 1, 2016 to qualify their top players for one of the Regional Finals.*

**[ottawasenators.com/juniorskills](http://ottawasenators.com/juniorskills)**



On the following pages, please find instructions on how to host your own Senators Junior Skills Challenge presented by Canadian Tire. A list of required equipment can be found on the next page and the scoresheet that needs to be completed and sent in by November 1, 2016 can be found on the last page. If you have any questions or concerns, please feel free to contact Matthew Wason at [wasonm@ottawasenators.com](mailto:wasonm@ottawasenators.com) or 613-599-0156.



### Obstacle Course

1. Player starts on the goal line and skates through the pylons doing 360s tight-turns around every pylon.
2. Player then must jump over a stick, skate around the far pylon, slide under a stick on pylons, than pick up a puck at the blue line.
3. Carrying the puck the player must stick handle through the pylons and take a shot on the net from the hashmarks. If the shot is missed, the player must retrieve their puck and shoot again from the hashmarks.
4. Once the puck goes in the net, the time is stopped.

*Execution Tips – add 1 second to the player's time for each disrupted pylon or stick.*

### Weave

1. Player starts at the blue line with a puck and skates to the far pylon.
2. Player weaves through the 4 pylons carrying the puck on their stick, then back through and then race back to the blue line.
3. The time is stopped when the player reaches the blue line.

*Execution Tips – make sure the player skates through the blue line, not just the puck.*

### Target Shooting

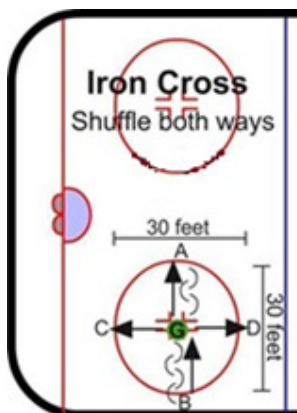
1. Player shoots 10 pucks one at a time lined up 18 feet from the net. The net will be covered by a shooter tutor.
2. No time limit.
3. Maximum score is 10. All targets have the same value.

*Execution Tips – place barrier along the ice in front of the shooter tutor to force the players to raise the puck for the bottom corners; could use a couple hockey sticks or a 2x4 piece of lumber.*

### Speed Skate

1. Player skates forward from one zone face off dot to the far end face off dot, pivots around the dot and skated backwards back to the face off dot where they started.
2. Time stops when player crosses the face off dot.

*Execution Tips – players can pivot to whichever side they prefer.*



### Goalie Exercise – Iron Cross

**Goalies are to perform the Iron Cross instead of the Target Shooting station.**

1. Using a standard faceoff circle, the goalie starts at dot in centre of the circle, and skates forward to top of circle then back to bottom of the circle, forward to centre dot again and then to one side then sideways back through the dot to the other side of the circle and back to the centre dot.

2. Once the goalie returns to the starting dot, the time is stopped.

*Execution Tips – make sure the goalies touch the top and bottom of the circle both ways; same with side to side of circle.*

Upon completion of the challenges, a team official should submit your team's scoresheet (attached to this manual) to the Ottawa Senators by email to [wasonm@ottawasenators.com](mailto:wasonm@ottawasenators.com) or fax: 613-599-4974.

A Senators representative will contact you regarding the players qualifying for the Regional Finals.

Scoresheets must be received by November 1, 2016.

## REQUIRED SKILLS TESTING EQUIPMENT

|   |                  |                |            |
|---|------------------|----------------|------------|
| Stopwatches   | Marker (for ice) | Measuring Tape | Scoresheet |
| Pucks   | Pylons           | Hockey Sticks  |            |
| Shooter Tutor (available from the Ottawa Senators with a deposit, 613-599-0156) |                  |                |            |

## QUALIFYING RULES

- Teams must have 10 players/goalies participating to qualify their scoresheet.
- In the interest of providing as many minor hockey players the opportunity as possible, participants are ineligible to win the chance to participate in Sens Skills two years in a row.  
\* Player X participated in Sens Skills last year, they will still be recognized accordingly this year should they win again, but they won't able to participate on-ice during Sens Skills. The next ranked participant would be invited to compete on-ice during Sens Skills in-lieu.
- Players must wear full equipment.
- Timer stops when a first skate crosses the thresh line, not their hockey stick.
- Scoresheets must be received by November 1, 2016.

## TEAM ENTRY CONTESTS

Every team that submits their scoresheet by the November 1st deadline will automatically be entered into a draw to win one of the following team prizes:

1. One (1) suite (24 tickets) for the Binghamton Senators game at Canadian Tire Centre.
2. Opportunity to have a member of the Sens Alumni attend and participate in a practice.
3. Team set of Ottawa Senators practice jerseys.
4. Team set of Autographed 8x10 Cody Ceci photos.
5. Team set of Bobby Ryan bobbleheads.

Good luck,

Matthew Wason  
Fan & Community Development  
Ottawa Senators  
Ph.: (613)-599-0156  
Fax: (613) 599-4974  
[wasonm@ottawasenators.com](mailto:wasonm@ottawasenators.com)



# OFFICIAL SCORESHEET

(fax scoresheet to 613-599-4974)

(email scoresheet to [wasonm@ottawasenators.com](mailto:wasonm@ottawasenators.com))

scoresheets must be submitted by November 1, 2016



## Data Recording Sheet

| PERSONAL INFORMATION |                         |                   | TEST RESULTS          |                         |                                     |                         |                             |
|----------------------|-------------------------|-------------------|-----------------------|-------------------------|-------------------------------------|-------------------------|-----------------------------|
| PLAYER NAME          | POSITION<br>(F / D / G) | GENDER<br>(M / F) | SPEED SKATE<br>(secs) | AGILITY WEAVE<br>(secs) | SHOOTING ACCURACY<br>( / 10 points) | OBSTACLE RACE<br>(secs) | GOALIE IRON CROSS<br>(secs) |
|                      |                         |                   | -                     | -                       |                                     | -                       | -                           |
|                      |                         |                   | -                     | -                       |                                     | -                       | -                           |
|                      |                         |                   | -                     | -                       |                                     | -                       | -                           |
|                      |                         |                   | -                     | -                       |                                     | -                       | -                           |
|                      |                         |                   | -                     | -                       |                                     | -                       | -                           |
|                      |                         |                   | -                     | -                       |                                     | -                       | -                           |
|                      |                         |                   | -                     | -                       |                                     | -                       | -                           |
|                      |                         |                   | -                     | -                       |                                     | -                       | -                           |
|                      |                         |                   | -                     | -                       |                                     | -                       | -                           |
|                      |                         |                   | -                     | -                       |                                     | -                       | -                           |
|                      |                         |                   | -                     | -                       |                                     | -                       | -                           |
|                      |                         |                   | -                     | -                       |                                     | -                       | -                           |
|                      |                         |                   | -                     | -                       |                                     | -                       | -                           |
|                      |                         |                   | -                     | -                       |                                     | -                       | -                           |
|                      |                         |                   | -                     | -                       |                                     | -                       | -                           |
|                      |                         |                   | -                     | -                       |                                     | -                       | -                           |
|                      |                         |                   | -                     | -                       |                                     | -                       | -                           |
|                      |                         |                   | -                     | -                       |                                     | -                       | -                           |
|                      |                         |                   | -                     | -                       |                                     | -                       | -                           |
|                      |                         |                   | -                     | -                       |                                     | -                       | -                           |
|                      |                         |                   | -                     | -                       |                                     | -                       | -                           |

TEAM: \_\_\_\_\_  
 DIVISION / LEVEL: \_\_\_\_\_  
 DATE OF TEST: \_\_\_\_\_

COACH: \_\_\_\_\_  
 EMAIL: \_\_\_\_\_  
 PHONE: \_\_\_\_\_

REGIONAL FINAL DATE Nov 8 - Bell Sensplex - Kanata  
 PREFERRED Nov 9 - Barbara Ann Scott Arena - Ottawa  
 (PLEASE CIRCLE) Nov 10 - Richcraft Sensplex - Orleans