



Program of Excellence Event Guide

Boys U15 Preparation Program
Girls U16 Spring Evaluation Camp

Event Details:

April 24-26, 2026

Hockey for All Centre, Winnipeg MB.



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Program Philosophy, Principles of Play & Evaluation Framework

The Program of Excellence (POE) is a **high-performance development program** designed to support the long-term growth of athletes, coaches, and officials within a structured competitive environment. The focus of this program is on **learning, development, and preparation for future high-performance opportunities**, rather than game results alone.

The **U15 Boys and U16 Girls POE programs are intended to be educational in nature**, preparing athletes, coaches, and officials for interprovincial competition.

- **Purpose:** Prepare athletes, coaches, and officials for interprovincial competition.
- **Goals:** Educate participants on all aspects of high-performance competition.
- **Objectives:** Support the ongoing development of participants toward high-performance readiness.

This program is designed to provide athletes with meaningful competitive experiences that support growth, confidence, and long-term development.

Program Philosophy

The POE is built on the belief that athlete development is best achieved through **exposure to high-level competition, structured learning environments, and equitable opportunity for participation**. Competition is used as a developmental tool to support learning, growth, and long-term athlete progression.

Fair play is a foundational principle of the program and is reflected in how the event is delivered. The intent is to ensure athletes receive **meaningful participation opportunities within a balanced and development-focused environment**, allowing for consistent engagement and growth throughout the event.





Program Pathway & Development Context

The POE is designed to support athlete progression toward future high-performance opportunities, including subsequent Program of Excellence stages such as **U16 Boys and U18 Girls programs**.

Progression within the program is based on a combination of development, potential, and readiness for future stages of the pathway.

It is important to recognize that **athletes develop at different rates and not all participants will advance to the next phase of the program**. This does not reflect a lack of ability or value as a hockey player, but rather the natural competitiveness of high-performance selection and the ongoing development opportunities available through their teams, leagues, and future experiences.

The POE represents one stage in a broader, long-term athlete development journey.

POE Principles of Play: Relentless - Speed - All In

Relentless

We attack the puck in all zones – Never stop fighting – Never be out-worked – We feed off of loose pucks – capitalize on our puck possession to create scoring chances – We dictate the pace of play.

Speed

We keep our feet moving at all times and sprint to pucks everywhere on the ice – We are quick in transition – quick back to pucks – aggressive on the back check – we use our defensive positioning and our speed to beat the opposition to the net – We make sure that we understand our role and our responsibility in all three zone of the ice – we execute those roles with pace.

All In

We are All In as a group and there are no individuals – when one of our teammates commits to a battle we all commit to that battle by executing proper support – We are committed to the small things – We defend our net and our zone like it's our home – We get in the way of pucks, bodies, sticks and anything that the opposition throws at us.





Keys to Success

- Play the game with your head and your eyes up
- Read and react to situations on the ice and think the game at a high speed
- Be smart with the puck, but don't be afraid to take chances
- Be loud and communicate constantly with your teammates
- Support your teammates in all three zones of the ice
- Engage in 1-on-1 battles all over the ice
- Accept your role and thrive in it knowing that your role may change.
- Figure It Out – Be creative and find space and solutions.

Defensive Principles:

- Own the middle of the ice – Track back through the middle of the ice and pick up the opposition
- Tight gap at all times – Force a dump – No easy zone entries for the opposition
- Keep your head on a swivel – Read the play – No locking onto the puck or "puck watching"
- Disrupt opposition – Attack loose pucks without hesitation – Win 50/50 races
- Physical with the opposition on wall and in front of the net – Body on Body – Stick on Puck

Offensive Principles:

- Maintain possession when entering the zone – Dump the puck with a purpose
- We attack with speed – Be an outlet or a passing option – Find a soft spot and play with purpose
- Mid lane drive EVERY SINGLE TIME and the driver needs to stop at the net
- Puck possession on the perimeter MUST translate into chances in the scoring area
- Strong net front presence – When pucks go to the net, we crash HARD





Evaluation Principles: Player Development Framework

The following principles outline the key areas of focus used to support player development and guide observation with the Program of Excellence. These principles are intended to reflect **what high-performance habits and behaviours look like in game situations**, with an emphasis on learning, growth, and long-term development.

These are not statistical measures, but rather foundational principles that help define effective play at the high-performance level.

Forwards: Development Principles

- **Communication:** Are you effectively talking on the ice, calling for the puck, and directing teammates?
- **Support:** Are you providing passing options, creating space, and supporting both offensive and defensive plays?
- **Battles:** Are you engaged physically, competing for loose pucks, and maintaining effort in all zones?
- **Skating & Mobility:** Are you strong, balanced, agile, and able to accelerate and change direction effectively?
- **Offensive Skills:** Can you protect the pucks, make smart plays, keep possession under pressure, and get quality shots on net?

Defense: Development Principles

- **Communication:** Are you clear with partners, forwards, and goaltender? Are you calling plays and alerting teammates to threats?
- **Support:** Are you positioned as a passing outlet and helping teammates in both offense and defense?
- **Battles:** Are you physical, engaged, and winning 1-on-1 situations while maintaining positioning?
- **Skating & Mobility:** Are you strong, balanced, and able to transition in all directions quickly?
- **Defensive Skills:** Do you control space effectively, maintain tight gaps, read the play, retrieve loose pucks, make smart passes, and contribute to offensive opportunities when appropriate?





Goalie: Development Principles

- **Stance:** Are you maintaining a balanced, layered stance with good head, hand, hip, knee, and foot positioning? Are you relaxed yet ready for the shot?
- **Positioning:** Are you square to the puck and adjusting your depth to match the threat?
- **Movement:** Are your movements in the crease quick and controlled? Are your feet set before each shot?
- **Compete & Battle:** Are you tracking the puck through traffic, fighting through screens, and making second-save or rebound efforts.
- **Mental Game:** Are you confident, maintaining strong body language, controlling your emotions, and resetting quickly after each play?

Key Principles for All Players

- **Keep Your Feet Moving:** Stay engaged and active on every shift.
- **Effort Counts:** Always compete hard, even in loose or recovering situations.
- **Awareness & Hockey IQ:** Read the play, anticipate, and make smart decisions.
- **Resilience:** Bounce back quickly from mistakes and stay focused.
- **Team Mindset:** Support your teammates, communicate clearly, and help make the game easier for those around you?

Evaluation Process

- Athlete evaluation will take place throughout the event as part of the Program of Excellence development pathway.
- Evaluations will be conducted by designated Hockey Manitoba staff, including coaches, program evaluators, and scouts
- Assessments are based on overall performance, habits, and application of the program's development principles within game situations.
- Individual statistics are not used as the primary evaluation tool.

This evaluation process is intended to support athlete development and identify players for potential progression within the POE pathway.





U15 Boys & U16 Girls POE: Technical Guide

Program Date: April 24 - 26, 2026

Location: Hockey for All Centre, Winnipeg Manitoba

Registration & Check-In

Friday April 25, 2026 | Hockey for All Centre - Main Lobby

(Registration tables located at the WMGT & PCL arena entrance)

- Separate registration tables:
 - **Boys U15:** Located in front of the WMGT arena
 - **Girls U16:** Located in front of the PCL arena
- Players must check in prior to first gam
- At check-in players will:
 - Confirm attendance
 - Receive **jersey & socks**
- Jerseys available **75 minutes prior to first game**
- Do not arrive earlier than 75 minutes before game time
- Must complete check-in before proceeding to dressing rooms.

Facility Access & Arrival

- Teams and participants must enter through the main lobby of the Hockey for All Centre.
- Please follow all posted signage and event staff direction upon arrival.
- Spectators must remain in designated viewing areas at all times.





Pre-Game Procedures

Dressing Rooms

Players will not have access to dressing rooms earlier than **75 minutes prior to game time.**

On Ice Warm-up

- Five (5) minute on-ice warm-up
- Clock starts at 5:00 minutes
- Warning buzzer at 1:00 minute remaining
- Pucks must be cleared at buzzer

Game Format

- **Periods:** three 15 minute periods
- **Floods:** one flood after each game
- **Timeouts:** no time outs permitted in this tournament
- **Overtime:** five (5) minute three (3) on three (3) run time.

Game Play Rules

All games will be played under the standard Hockey Canada rules with the following additions:

- **Icing:** The offending team will not be permitted to change on an icing call.
- **Face-Offs:** Following a penalty call, the face-off will take place in the offending teams offensive zone.

Overtime Procedure

If the score is tied at the end of regulation. There will be five (5) minute run-time, three (3) on three (3) overtime period. If the game is still tied after five (5) minute overtime, the game will be recorded as a tie.

Overtime Notes:

- No line changes during stoppages (icing/offside)
- Change on the fly only





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- If a penalty is assessed:
 - Play continues four (4) on three (3) until the penalty expires,
 - Then continues four (4) on four (4) until the next whistle,
 - Play then returns to three (3) on three (3).

Penalties & Discipline

- **Minor:** Players receiving a minor penalty will be penalized for 60 seconds regardless of whether the opposing team scores.
- **Double Minor:** Players receiving a double minor penalty will serve 120 seconds. The first 60 seconds must be fully served. The second 60 seconds may expire if the opposing team scores.
- **Major:** Players receiving a major penalty will be assessed a five (5) minute penalty and removed from the game. An incident report will be submitted to Hockey Manitoba for review.
- **Suspensions:** Any penalties resulting in suspension will be handled in accordance with Hockey Manitoba bylaws and forwarded to the appropriate suspension personnel for review and further action.

Equipment & Supplies

- **Pucks:** Provided by Hockey Manitoba and will be distributed by and returned to timekeepers/officials at each game.
- **Water Bottles:** All players/teams must supply their own water bottles.
- **Neck Guards:** All players must wear neck guards at all times with no modifications (taped/cut)

Game Administration

- **Gamesheets:** Gamesheets will be provided by Hockey Manitoba. All games will use a single-copy format.
- **Home & Away Designation:** The team listed on the left side of the Hockey Manitoba schedule will be designated as the Home team and will have last change. The team listed on the right side of the schedule will be designated as the Away team.
- **Game Stats:** Official game results will be posted on the Hockey Manitoba website following each game. Individual player statistics will not be tracked or made available as part of this event.





Bench & Game Operations

- Only rostered players and team staff are permitted on the bench.
- Teams are responsible for maintaining appropriate bench conduct at all times.

Injury & Emergency Procedures

- Certified on-site personnel will respond to all injuries.
- Play will be stopped at the discretion of officials and/or medical staff when required.
- All emergency procedures will follow facility protocols and Hockey Manitoba guidelines.

Player Conduct

- Players are expected to demonstrate respect toward officials, opponents, staff, and facilities at all times.
- Unsportsmanlike behaviour may result in penalties or removal from play at the discretion of event officials.

Fair Play & Goaltender Rotation

- This event is designed to support development and equitable ice time.
- All participating athletes should expect fair and balanced opportunities within their team environment.
- Goaltenders are expected to rotate games to ensure balanced participation throughout the event.
- Final decisions regarding rotation schedule remain at the discretion of each team's coaching staff.





Schedule Updates

- All schedules are subject to change
- Updates will be communicated through official Hockey Manitoba channels
- Players are responsible for confirming game times and any schedule changes prior to play.

Spectators

- Spectators are welcome in designated viewing areas only
- Access to dressing room and player areas is strictly prohibited
- All spectators are expected to maintain respectful behaviour toward participants, officials, and event staff.





Appendix A: Schedule, Team Rosters, Goalie Session

Boys U15: Preparation Program

- [Boys U15: Preparation Program - Schedule](#)
- [Boys U15: Preparation Program - Team Rosters](#)
- [Boys U15: Goalie Sessions - Goalie Assignments](#)

Girls U16: Spring Evaluation Camp

- [Girls U16: Spring Evaluation Camp - Schedule](#)
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