



# OMGHA

## U10 HOCKEY

TRAVEL INFORMATION

2025-2026

## WELCOME TO OMGHA U10 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

[www.omgha.com/U10](http://www.omgha.com/U10)

#### 2025-2026 Age Eligibility Classifications

<b>Squirt/10U</b>	<b>06/01/2014 - 05/31/2016</b>
Peewee/12U	06/01/2012 - 05/31/2014
Bantam/15U	06/01/2010 - 05/31/2012

**This document provides an outline to starting an exciting season as an OMGHA U10 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](mailto:Vpgirls@omgha.com)

U10 Travel Director, Aaron Tofte – [U10@omgha.com](mailto:U10@omgha.com)

Girls Skills Director, Pete Demuth – [GirlsSkills@omgha.com](mailto:GirlsSkills@omgha.com)

Girls Goalie Director, Brandon Wicklund – [Girlsgoalie@omgha.com](mailto:Girlsgoalie@omgha.com)

Registrar, Lindsey Johnson - [Registrar@omgha.com](mailto: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.**

### U10 2025-2026 Fees

**Player Fee:** \$1,785 per player

**Roster Fee:**

U10A: \$200

U10B1: \$159

U10B2: \$159

**USA Hockey Membership:**

2014-2016: \$61

+ \$10 MN Hockey Affiliate Fee

**Team Fund:** \$200

\*\*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.

## OMGHA PLAYER TEAM EXPECTATIONS

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### 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

- **Time Commitment:** U10 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 one out town tournament during the season. This will involve travel and hotel expenses.
  - Local: Each team will have three local tournaments.
  - Districts: each team will participate in a local year-end District 3 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. Raise your hand to help, there's always someone available to help you learn something new at the rink.
  - 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 PRESEASON DEVELOPMENT 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 [here](#).

**Goalies:** OMGHA Preseason Development 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

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### 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 U10 TRYOUTS

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### 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 31<sup>st</sup>.

### Daily Tryout Session Assignments

Session assignments will be posted to the [OMGHA U10 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.

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.



U10 TRYOUT: DAY 1 - SUNDAY, OCTOBER 13, 2024			
10/13/2024 - 10:30 AM @ OSSEO WEST		10/13/2024 - 11:45 AM @ OSSEO WEST	
GROUP 1		GROUP 2	
Jersey #	COLOR	Jersey #	COLOR
20	RED	25	WHITE
11	WHITE	27	WHITE
12	RED	26	RED
75	RED	41	RED
31	WHITE	36	WHITE

## OMGHA U10 TRYOUT SCHEDULE

\***ALWAYS** refer to the [OMGHA U10 tryout page](#) for official dates, times and location information.

### Tryouts are closed for viewing.

Parents are not allowed in locker rooms. If a player needs assistance (i.e. tying skates), they may ask the LRM for assistance or exit the locker room to have a parent help. Parents may assist their player but must exit immediately.

Session	Who	Date	Time	Location
Goalie Pre-skate	Goalies	Tuesday, October 7, 2025	7:30 – 8:30 pm	Osseo West
Goalie Only Tryout***	Goalies	Wednesday, October 8, 2025	6:00 – 7:15 pm	Osseo West
Day 1 Tryout	Skaters Only	Saturday, October 11, 2025	Group 1: 2:45 pm – 3:45 pm Group 2: 4:00 pm – 5:00 pm	MGCC – TCO
Day 2 Tryout	Goalies & Skaters	Sunday, October 12, 2025	Group 1: 2:45 pm – 3:45 pm Group 2: 4:00 pm – 5:00 pm	MGCC – TCO
Day 3 Tryout	Goalies & Skaters	Monday, October 13, 2025	Group 1: 5:15 pm – 6:15 pm Group 2: 6:30 pm – 7:30 pm	MGCC West - Kottemann
Team Formations	Goalies & Skaters	Tuesday, October 14, 2025	No later than end of day	<a href="#">OMGHA U10 tryout page</a>

**\*\*IMPORTANT:** Players will be placed into two groups. Groups may change each tryout day. Daily session assignments will be posted to the OMGHA website [U10 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

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### 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 (Aaron Tofte - [U10@omgha.com](mailto:U10@omgha.com)) *BEFORE* tryouts begin. See [OMGHA handbook](#) for Injury and Sickness policy.



## OMGHA U10 TRYOUTS

### Day 1 – Skills Day (25% weighting overall)

Skaters Only Day 1

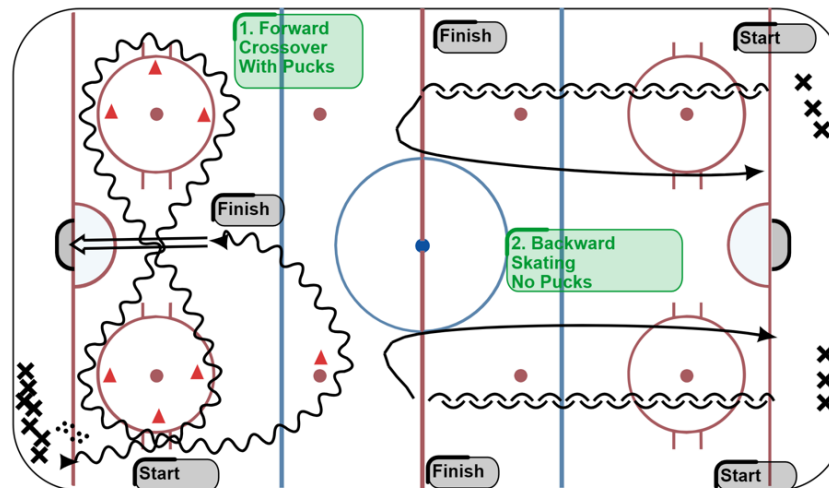
#### Drills #1/2:

**1. Forward Cross Over with Pucks:** Skaters start in the corner with a puck and skate a figure 8 around the cones on each face-off circle, around the cone in the NZ, and in for a shot on goal.

What Evaluators Are Looking For – skating skill, puck control, shooting skill

**2. Backwards Skating– No Pucks:** Skaters start at the goal line and backwards power start to backwards skate to red line, transitions to forward and skates back to the line.

What Evaluators Are Looking For – backward skating ability



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

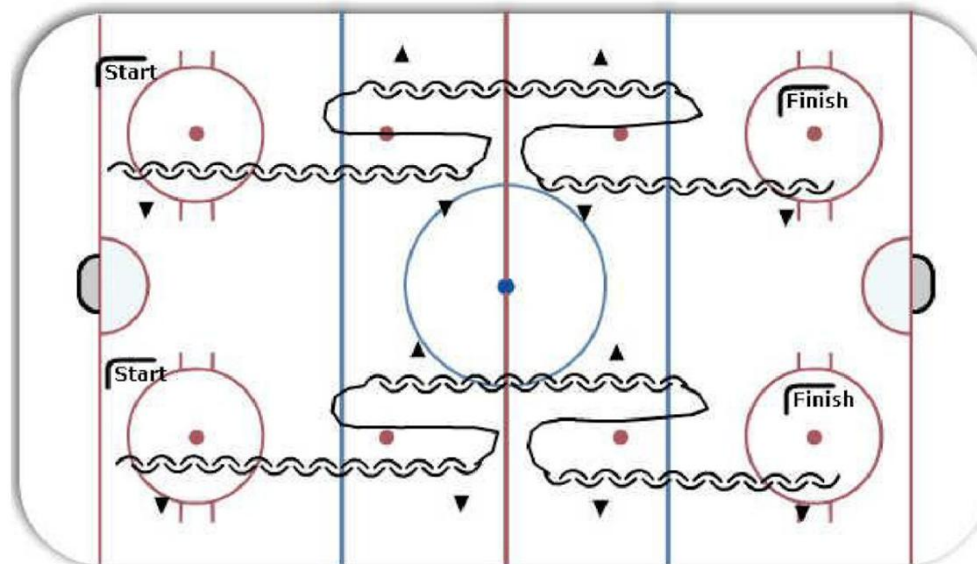
## OMGHA U10 TRYOUTS

### Day 1 – Skills Day (25% weighting overall)

Skaters Only Day 1

**Drill #3: Transitional Lightning Drill – No Pucks:** Skaters start at the goal line and backwards power start. Face the evaluators on the first stop and transition. Facing away from the evaluators on the 2<sup>nd</sup> stop and transition. Complete the drill on the far goal line.

What Evaluators Are Looking For – skating skill, transitions



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

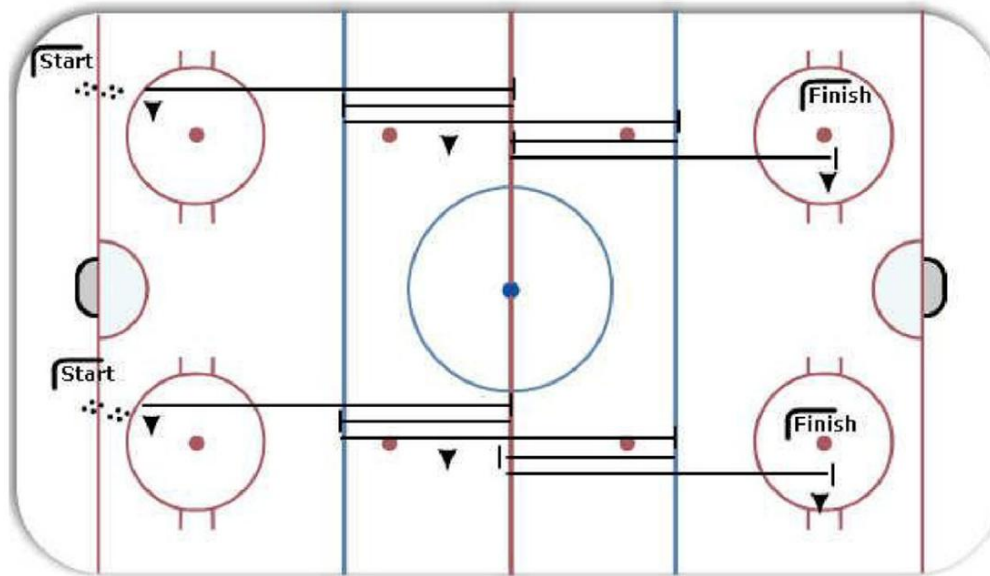
## OMGHA U10 TRYOUTS

### Day 1 – Skills Day (25% weighting overall)

Skaters Only Day 1

**Drill #4: Lightning Drill with Pucks:** Skaters start with a puck at the goal line and skate to each line and stop facing the evaluators during each transition down the length of the ice forming a lightning bolt pattern

What Evaluators Are Looking For– forward skating, stopping, changing direction with the puck



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

## OMGHA U10 TRYOUTS

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### Day 2 – Small Area Games (37.5% weighting overall)

**Drill #1: 3 on 3 Scrimmage:** (50% weighting on today's score) Scrimmage will take place in a cross-ice format in the offensive zone. Both skaters and goalies will be evaluated. Skaters will rotate in and out based on a pre-determined rotation schedule intended to mix line-mates and opponents.

Goalies will rotate on and off the ice in a pre-determined rotation schedule.

#### What Evaluators Are Looking For –

Skaters: handling 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) 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: 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.



## OMGHA U10 TRYOUTS

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### Day 2 – Small Area Games (37.5% weighting overall)

**Drill #2: 4 on 4 Scrimmage:** (50% weighting on today's score) Scrimmage will take place on full sheet of ice with goalies in each net. Both skaters and goalies will be evaluated. Skaters will rotate in and out based on a pre-determined rotation schedule intended to mix line-mates and opponents.

Goalies will rotate on and off the ice in a pre-determined rotation schedule.

#### What Evaluators Are Looking For –

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

Goalies: 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.



## OMGHA U10 TRYOUTS

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### Day 3 – 5v5 Scrimmage – Full Ice (37.5% weighting overall)

**Drill #1: 5 on 5 Scrimmage:** (100% weighting on today's score) Scrimmage will take place on full sheet of ice with goalies in each net. Both skaters and goalies will be evaluated. Skaters will rotate in and out based on a pre-determined rotation schedule intended to mix line-mates and opponents. Goalies will rotate on and off the ice in a pre-determined rotation schedule.

#### What Evaluators Are Looking For –

Skaters: overall hockey knowledge, quickness, understanding of open ice, hustle, teamwork and ability to move the puck. Evaluators will also look for players who communicate with teammates and work hard on both ends of the ice (offensive and defensive) while giving maximum effort throughout the shift.

Goalies : 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.



## **OMGHA U10 TEAM FORMATION**

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

We are planning for 4 teams at the U10 level for the 2025-2026 season. This includes

- 1 U10A team
- 1 U10 B1 team
- 2 Balanced U10 B2 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 U10 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.

