



Parents Meeting

Selection Camp

M13 AAA/AAA ELITE

M15 AAA/AAA ELITE

2025-2026

Agenda



Parents

- Structure – Franchise Technical Director (DTF) (Hockey Quebec)
- Mentors & coaches
- Programs
 - Quebec Hockey League of Excellence (LHEQ)
 - Hockey Outaouais
- Integrated Structure - Phase I (selections)
 - Selection criteria
 - Physical contact training (Body-checking 1): M13 AAA/AAA élite
 - Progressive Body-checking (Body-checking 2): M15 AAA/AAA élite
- Outaouais Hockey Guidelines
- Financial Aspects
- Q & A

Structure – Franchise Technical Director (DTF)



Glenn Durand
Franchise Technical Director



Claude Dubuc
Regional Operations Director

Coaching Mentorship



Luc Dugas



Frank Cyr*



JP Charbonneau
(gardiens)



Pierre Desjardins



Dominic Jalbert



Laurence
Morissette (HF)

Specialised Clinics



JP Charbonneau
Goalies



Félix Cloutier
Off-Ice



Guy Desjardins
« Skills »



Maxime
Villeneuve-Ménard
Defense

Structure – Franchise Technical Director (DTF)



Hockey Outaouais

Franchise Technical Director (DTF)

- Coaches' selection process
- Selection camp process
- Training camp process
- Establishing annual plans
- Organization of specialized clinics
- Monitoring the use of tools (Assistant-coach and TPE)
- Supervise the delivery of HQ evaluations
- Coaches exit interviews
- Parent Complaints
- Participate in regular DTF meetings

Coaching Mentorship

- Regular presence at practices and games (Mentorship)
- Player usage and versatility policy

Specialised clinics (M13/M15)

Goalies: JP Charbonneau
Forwards "Skills": Guy Desjardins
Defensemen: Maxime Villeneuve-Ménard

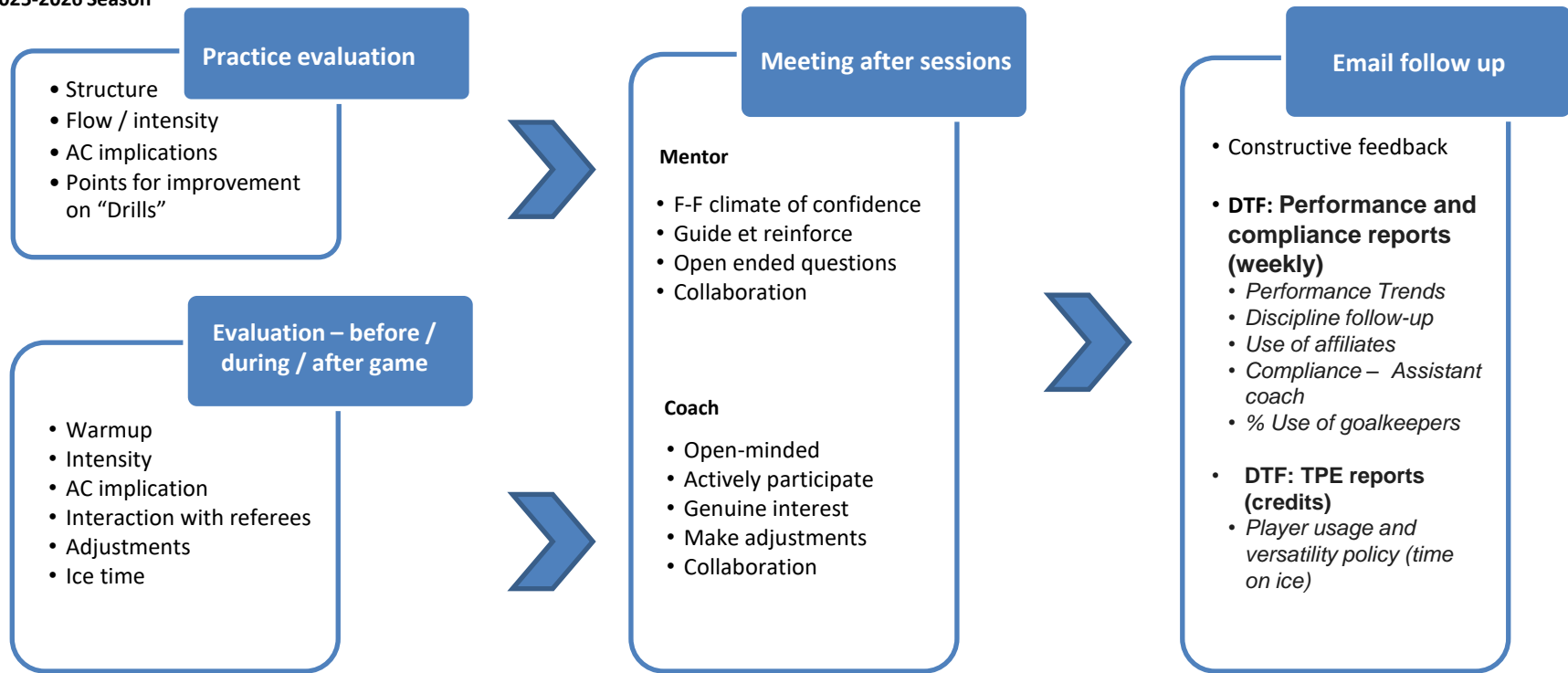
Regional Operations Director (DOR)

- Administrative operational support for franchise (ice hours, coordination, etc.)
- Application of regional guidelines
- Monitoring and administrative supervision of the franchise
- Coaches' certification clinics
- Training (Physical contact, Progressive checking)

Coach (certifications)

Mentorship Process

2025-2026 Season



Coaching staff – 2025-2026



M13AAA	M13 Élite	M15AAA	M15 Élite	M17AAA
Martin Fréchette	Steven Malo	Nicolas Lafontaine	Guillaume Couillard	Eric Labelle



Entraîneurs-adjoints

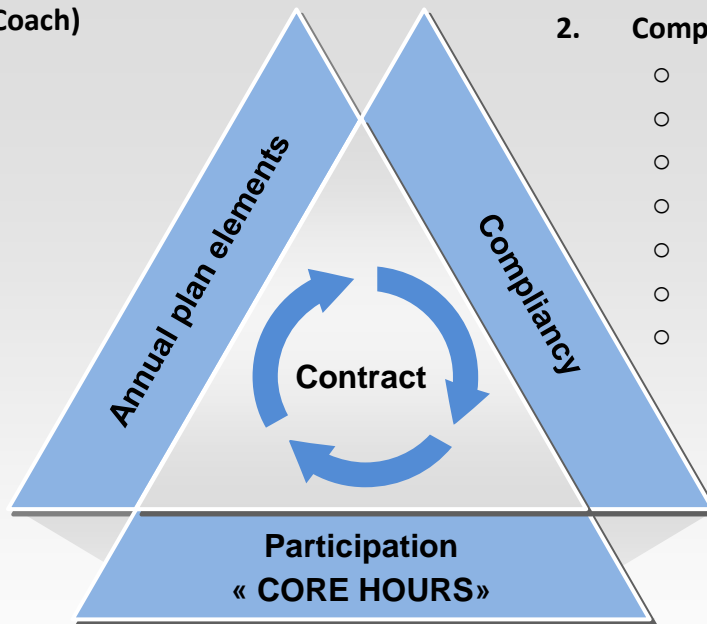
Sam Lauzon	Gabriel Pigeon	Ugo Villeneuve	Yves Dagenais	Julien Arruda
A déterminer	Joey Simoneau	Sylvain Crêtes	Jonathan Courville	A déterminer
Gardien+	Gardien+	Gardien+	Gardien+	Gardien+

Coach contracts



1. Annual plan – due dates (Head Coach)

- Plan / RASCI
- Video sessions
- Parent Meetings
- Team Building activities
- Itineraries
- Evaluation scorecards



2. Compliance

- Hockey Outaouais guidelines
- Discipline (Fair Play %, suspensions)
- Assistant Coach (Practice plans)
- TPE credit utilisation
- % goalie utilisation
- Fair ice time
- Specialised clinic participation

3. Presence and Involvement – Prorated %

- Practices / Games / Tournaments
- HC: Monthly participation report

Program – LHEQ / Hockey Outaouais



Program - LHEQ

- Pre-season Exhibition games: Maximum 8
- Season : Sept 23rd , 2025 - March 22nd 2026
- Holiday Break : December 21st , 2025 - January 9th 2026
- Playoffs: March 26th – April 5th, 2026
- Chevrolet Cup (Masculin): 16th – 19th April 2026 – Laval / Montreal

Practices: Wed-Fri (16h30-18h00) / Tuesday (18h00-19h30)

Games : 30 (Weekends)

Tournaments: 3

Saguenay - November

St-Hyacinthe – January

Lévis – February

Off Ice : Once a week (Athletik)

Specialised Clinics: 6/Year – 4/by position

Practices: Mon-Wed-Fri (15h00*-17h00)

Games : 30 (weekend)

Tournaments: 3

Trois-Rivières – November

Waterloo – January * Challenge

Levis – February

Off Ice : Sports-Études (Nic-Gat)*

Specialised Clinics: 6/Year – 4/by position

Practices: Mon (17h30-19h00) /

Tues-Thurs (15h00*-17h00)

Games : 30 (weekend)

Tournaments: 3

Sherbrooke – November

Granby – February

Saguenay – February

Off Ice : Sports-Études (Nic-Gat)*

Specialised Clinics: 6/Year – 4/by position

Practices: Mon-Wed (16h15-17h45) /
Thurs (18h00-19h30)

Games : 30 (weekend)

Tournaments: 3

Drummondville – November

St-Foy – January

Granby – February

Off Ice : Sports-Études (Nic-Gat)*

Specialised Clinics: 6/Year – 4/by position

M13AAA

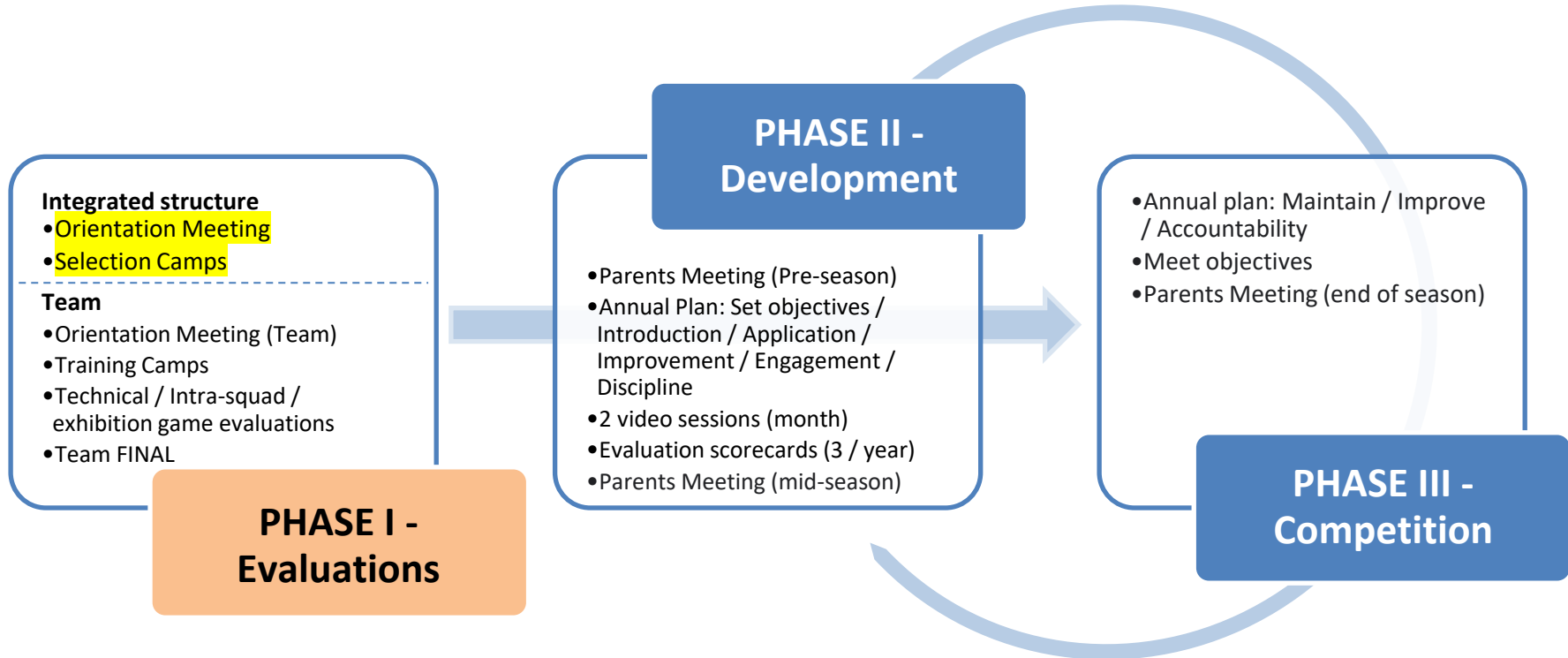
M13 AAA
Elite

M15 AAA

M15AAA
Elite

Scholastic Sports

Program – Integrated Structure



Program - Phase I

DTF Structure					Teams			
15-31 march	21 April	22 April 11 May	12 May	Coach Meetings	Aug 19-27	Aug 27th	Aug 28th / Sept 12th	Sept 13th
Registration Selection Camp	Parents Orientation Meeting	Selection Camps M13 2 sessions – Physical contact M15 2 sessions – Progressive Checking 2 technical sessions (Goalies) Intra-squad teams - 4 sessions (80 minutes)	Eligibility Lists Confirmations M13Élite – 80% M15AAA – 80% M15Élite – 80% M13AAA - 100% Structure 12-8-3* 100% participation required* Announcement method On-line HO website	Selection camp preparation (24 april) Preparation – Annual plan, Objectives & expectations (29 th may) Preparation – Training camps (15 th Aug)	Training Camps Parent Meeting Evaluations Technical Tactical Exhibition Games	Final Selections Structure 9-6-2 M15 Elite (10-6-2) * Teams finalised at home Affiliation	Parents Meeting Annual Plan Team Meeting Objectives Team Building	Start of Season

Selection Criteria - Players

Skating	Passing	Puck Control	Shooting	Positional Play	Competitor
<ul style="list-style-type: none"> • Acceleration • Speed • Mobility • Agility • Balance • Stride • Cross Overs • Pivots • Acceleration out of corners • Quick Feet • Controlled skating • Change of Pace 	<ul style="list-style-type: none"> • Passing • Receiving • Passing choices • On backhand • Unselfish with the puck • Presents a good target • Receives and retains control • Touch passing 	<ul style="list-style-type: none"> • Head up • Smooth and quiet • Good Hands • Protection in tight spaces, in traffic 	<ul style="list-style-type: none"> • Power • Accuracy • Quick release • Can shoot in motion • Scoring • Rebounder • Variety of shots 	<ul style="list-style-type: none"> • Ability to see the play develop both offensively and defensively and moves to support • 1v1 situations • Judgement and anticipation 	<ul style="list-style-type: none"> • Attitude • Compete at every appearance • Intensity and awareness • Work Ethic • Disciplined

Legend: 1 – Not good 2 – Below average 3 – Average 4 – Above average 5 - Exceptional

Selection Criteria - Goalies



6 basic elements

1. Basic skating skills
2. Position-specific movement skills
3. Positional/Save movement skills
4. Rebound Control/Recovery/Tactical
5. Transitional play
6. Advanced positioning

Beginner

- Basic Skating
- Lateral Movement
- Forward/Backward Movement
- Net Movement
- Angle Positioning
- Depth Positioning
- Lower Body Save Movement
- Upper Body Save Movement

Intermediate

- Net Movement
- Positioning and Save Movement
- Net Play
- Rebound Control
- Basic Tactics
- Intermediate Positioning
- Basic Transition
- Movement while down

Advanced

- Intermediate Position Specific Movement
- Basic Positioning
First save Control
- Shot Preparation
- Advanced Positioning while up
- Positioning and Movement while down
- Intermediate tactics
- Intermediate Transition

Physical contact / Progressive Checking

M13AAA – Physical Contact

- The player and one of the parents must follow the online training - physical contact (checking 1)
- All players (except goaltenders) must follow physical contact training on ice (2 sessions)

M15AAA – Progressive Checking

- The player and one of the parents must complete the online training - progressive checking (checking 2)
- All players (except goaltenders) must complete the 2 on-ice sessions of progressive checking training.

M13AAA Elite – Physical Contact

- Players who have already completed online training (physical contact) are exempt
- All players (except goaltenders) must follow physical contact training on ice (2 sessions) even if they have completed it
- If a player has never done online physical contact training, the player and one of the parents will have to follow the training (theory and videos) on the HCR (Hockey Canada) website.

M15AAA Elite – Progressive Checking

- Players who have already completed the online training (checking 2) are exempt
- All players (except goaltenders) must follow the progressive checking training on ice (2 sessions) even if they have completed it
- If a player has never done online progressive checking training, the player and one of the parents will have to follow the training (theory and videos) on the HCR (Hockey Canada) website.

Guidelines



Injury Management

Case by Case

Medical certificate required

Evaluation for Non-participation / Absence: Previous season history / Additional information

Conflict of interest

Management and evaluations by Franchise Technical Director in collaboration with the head coach

Application – Entraîneur adjoint (M13 Élite)

Arrival

Physical contact and Progressive checking training be ready 10 min. before start

Technical evaluation (Goaltenders): 60 minutes before the scheduled time

Intra-squad evaluations: 60 minutes before the scheduled time

Guidelines



Please notify us as soon as possible: lynebond@videotron.ca

Refusals

Only players who participate in the selection camp will be eligible for affiliation with our integrated structure teams

Appeal tribunal in case of non- selection

None

Modifications to the invitation list

Refusal to participate in AAA/AAA elite training camp beginning the week of August 19

Enriched Programs - Hockey Québec



Prospect Challenge M13 (2012) 9 - 11 may 2025, Sherbrooke

- Invitation to identified players from the LHEQ and RSEQ.
- Each Season
- +/- 240 players selected
- 12-team tournament
- Evaluation for U14 Team Québec

Prospect Challenge M14 (2011) 2 - 4 may 2025, Sherbrooke

- Invitation to identified players from the LHEQ and RSEQ.
- Each Season
- +/- 160 players selected
- 8-team tournament
- Evaluation for U15 Team Québec

Team Québec M15

- +/- 80 players selected at the development and evaluation camp in July
- +/- 80 players selected for the LHEQ M17 AAA Challenge competition (2 Team Québec) in December and February

Team Québec M16

- +/- 44 players selected for development camp in July.
- Grouping: evaluations, training and preparatory matches
- Competition

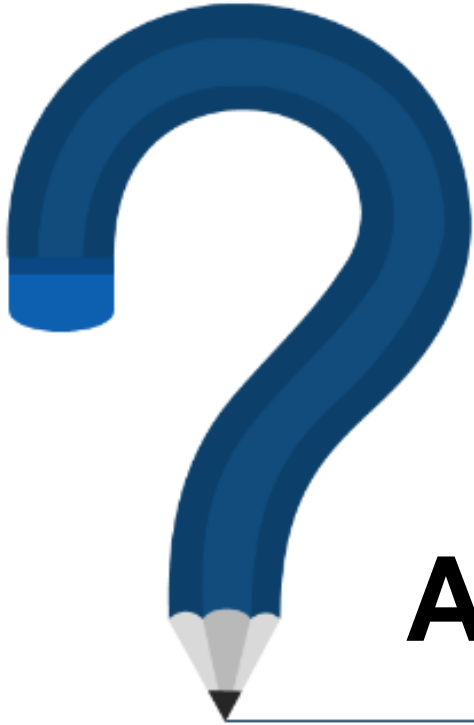


Financials – Parent contributions



Elements (examples)	M13AAA	M13 Élite	M15AAA	M15 Élite
Hockey Outaouais expenses <ul style="list-style-type: none"> • Referees / Timekeepers • Jerseys / Socks • LHEQ contributions • Insurance • Coaches • DTF Structure • TPE platform.... 	\$5409	\$5910	\$6010	\$6100
Team expenses <ul style="list-style-type: none"> • Tournaments • Transportation • Specialised clinics • Hockey intrepide inc. • Team apparel • Equipment..... 				

Questions / Answers



Any Questions
