



NSWC 2025-2026 Minor Hockey Tryout Process and Schedule

U7 Integrated

U7 players will be split into three groups alphabetically. Each group will have access to an optional (non-evaluated) free skate, one evaluated skills skate and two evaluated games.

Following this process, players will be assigned to a U7 minor or major team, based on their evaluation scores.

The U7 free skate and evaluation schedule is as follows:

Thurs Sept. 11 (not evaluated)		
Group	Time	Ice
A, free skate	4:15pm	HTC
B, free skate	5:30pm	HTC
C, free skate	6:45pm	HTC

Sat Sept. 13		
Group	Time	Ice
A, skills evaluation	10:30am	HTC
B, skills evaluation	1:00pm	HTC
C, skills evaluation	3:30pm	HTC

Sun Sept. 14		
Group	Time	Ice
A vs. B	10:30am	HTC
B vs. C	1:00pm	HTC
A vs. C	3:30pm	HTC

If your U7 skater has their own jersey, please bring it out for the free skate!

Full hockey equipment is mandatory. Any U7 skaters without a neck guard or other protective equipment will be removed from the ice. Please check your skater's gear before arriving.

If your U7 player does not wish to take part in the evaluations, please let the hockey department know in advance - hockey@nswc.ca