

Peninsula Eagles

Minor Hockey Association serving Saanich Peninsula & SGI



Getting ready for the '25/'26 season

The assessments for Rep teams are well on their way this weekend and we wish everyone the best of luck. The process of selecting Rep teams is quite simple, though often contentious because everyone has high hopes. There are independent assessors (non PMHA) who will score and rank various abilities of the players trying out. No parents or coaches are allowed to interact with the assessors. After scoring all players there are 3 groups of players; players that are definitely in, players that are "on the bubble", and players that have been cut. The decisions on which players in the bubble category will be selected to join the team will fall to the head coach, but choices must be clearly motivated by the coach to the VP-Operations of PMHA. Also remember that after the first selection, depending on the numbers, there may still be players cut from the team in the week(s) after initial selection. For any questions please reach out to the [VP-Operations Jono](#).

Rec players will play assessment games and will be "ranked" by independent assessors. Teams will be selected by a draft, done by all head coaches to ensure even teams.

TAKE CARE OF GEAR

Click [HERE](#) to find a video on cleaning hockey gear

STICK HANDLING

20 exercises you can do at home. Don't have a smooth floor? Try with a ball. Click [HERE](#)

NEW TOURNAMENT

PMHA will organize a new tournament this year called the "Eagles Nest Showdown"



VIAHA Calendar

Click [here](#) for the season's calendar by VIAHA



3rd Jersey

An announcement will come soon on social media about our 3rd jersey



Peninsula Panthers

Are looking for billet families to host a player.

First hockey season?

For some new-to-hockey parents the first year is a more intense one as there is a lot that is different from other sports. Depending on the age division your child is in, a lot is organized by teams. For instance; each team will have to be responsible for their own team budget, fundraising and expenses. These expenses can be tournament fees, extra ice time for practises or exhibition games, or fun things such as an end-of-year party or customized clothing. The parents of a team decide these things as a group, lead by a team manager. But hockey is also a very organized sport in terms of safety and each game/practise requires a designated safety person from the parent pool who has completed the appropriate courses. There are also game-time volunteers needed for timekeeping and scorekeeping, as well as music. So all-in-all hockey is a very involved sport for parents where participation from parents is expected. Without all these volunteers games can not happen. But it is also very rewarding as a team.



Safety and gear

For the new hockey season it is likely that your child has grown and might need new gear. It is important that they wear gear that fits properly, especially skates. Do not get skates that are too big and are "to grow into". This will significantly hold back their skating development as well as have negative influence on performance and safety. We understand hockey gear is expensive but well fitting gear is important. On Facebook you can find a PMHA Buy/Sell/Swap group where parents offer used gear that might be worth checking out if you are on the hunt for new gear. [Click HERE to go to that group.](#)

And while you are on social media, don't forget to follow the PMHA accounts there:

[Facebook](#)

[Instagram](#)



PENINSULA PANTHERS PLAYER OF THE WEEK

Peninsula Minor Hockey has close ties with the VIJHL team and current reigning champions Peninsula Panthers. For their home games they welcome a young player every time to be player of the week. Find out more or sign your child up to be player of the week by emailing jfletcher@pmha.bc.ca

