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Central York Panthers - Tryout Q&A – 2024/2025

1. Tryouts for the CYGHA 2024-2025 U9-U18 rep teams will take place in April 2024. The full tryout schedule will be available on the CYGHA website.
2. A tryout 'passport' will continue to be a mandatory part of tryout registration. The cost of each passport will be \$75 and covers attendance at as many tryouts as each player would like to attend (subject to players being invited back to subsequent tryouts for a given team).
3. The passport must be purchased prior to tryouts as part of the registration process through the CYGHA web site. Registration will require a credit card to purchase the tryout passport. Cash will not be accepted on-site during tryouts, and no player may participate in a tryout without having purchased a passport.
4. Each player will receive a tryout identifier at, or prior to, the first tryout that can then be used to check results after tryouts are complete. These unique identifiers will be emailed to you as part of the tryout registration process.
5. The CYGHA Coach Mentor will provide professional, unbiased input to coaches selecting teams based on skills session participation, game and practice observations, and data collected about your player from current and previous coaches. This data is maintained year over year to ensure players are dealt with fairly during the tryout process.
6. Every coach **MUST** provide the VP Rep with names of the individuals running their tryout sign-in tables. This list must be provided a minimum of 24 hours prior to the first team tryout.
7. Every coach **MUST** supply the VP Rep with a list of experienced, unbiased, third-party evaluators that will be present for their tryouts. This list must be presented for approval a minimum of 24 hours prior to the first team tryout.
8. Within approximately three hours of the completion of each tryout, coaches will post on their team web page the player IDs that are invited back to the next tryout. At the conclusion of the final tryout for each team, the coach will post the player IDs that are part of the final team selections.

Frequently Asked Questions

What policies do the Panthers have in place related to residency and tryouts?

All policies can be found on the CYGHA web site under the Forms and Policies menu. Sections 2 and 3 of the CYGHA Rep Policy deal with player eligibility and tryout policies.

Please note: Only “AA” teams are allowed to sign players outside of the residency area, to the limit specified in the current Rep policy, unless an exemption is requested and approved. All requests for an exemption to these residency requirements must be submitted by the head coach to the VP Rep no less than 24 hours before the final tryout for the team. These requests will be evaluated on a case-by-case basis, and a decision made before the end of the final tryout for that team.

What is a “Permission to Tryout” (PTT) form, and do I need one to attend Panther tryouts?

You do **NOT** need a PTT form if:

- You are currently a member of the CYGHA (Rep or HL).
OR
- You currently play for a boys’ hockey association (and were not rostered on another OWHA team).

You **DO** need a PTT form if you currently play for another women’s hockey association and want to tryout with the Panthers. You must request the PTT from **your current association**.

If you are currently a member of the CYGHA (Rep or HL) and want to attend tryouts for another girls’ association, you **DO** need a PTT **from the Panthers**. The request form for a PTT can be found on the Tryout Registration page of the CYGHA web site.

If you are currently a member of the CYGHA (Rep or HL) and want to attend tryouts for a boy’s association, you **DO NOT** need a PTT from the Panthers.

How do the tryout fees get used?

The fees collected through passport sales cover tryout ice costs, paying trainers to look after player safety, and paying professional coaches and assistants to run the tryout sessions. At the conclusion of tryouts excess monies (if any) go into player and coach development programs and purchasing on-ice equipment for the entire association.

How can a coach choose a team by only watching a few tryouts?

The simple answer is that they don’t. Coaches generally watch players for months (or longer) at practices, games, and skills sessions to build a picture of each player. Coaches will also speak with previous coaches to help clarify and better understand how each player has progressed, what their work habits are, what kind of teammate they are. In this context, tryouts simply provide additional opportunities for coaches to observe how players have developed since the previous season but are only one factor in the selection of players for any given team.

I’ve heard that the team is already picked. Why should I come to tryouts?

Because female hockey players are free to play in any centre they choose, competition for the limited number of spots on AA teams is very intense. Coaches for AA teams are announced very early (sometimes up to a year in advance) so

they can ensure they have the necessary certifications and are able to evaluate the players they feel would make their programs successful.

The reality with womens' hockey across Ontario is that most U22 AA, U18 AA, and U15 AA teams will have pre-selected the majority (if not all) of their players ahead of tryouts. This is not unique to the Panthers and occurs with all associations. If you have any questions about what spots might be available with AA teams at tryouts, please feel free to contact the coach directly and discuss your daughter's situation. Things do change when tryouts begin, so you should still come to tryouts.

How do coaches decide who makes the team?

Generally, the rep coaches for each age group (AA, A, BB, etc.) watch the tryouts together, along with a committee they have formed, and build a consensus around who fits where. The CYGHA coach mentor will also be part of this process. The executive approves each coach's selection committee in advance of tryouts to ensure there is no conflict of interest.

Every effort is made to ensure every player is placed where they fit best. Hockey is a multi-dimensional sport and there are many factors that go into selecting a player, including raw skills, effort, coachability, team balance, personality, future potential, etc. Never believe that "cuts" are made easily and without a lot of thought and discussion between the members of the selection committees.

What if I let my child tryout and she doesn't make a rep team, or the team we were hoping for?

Parents need to help their children realize before tryouts that all players develop at different times. The best U9 player may not become the best U13 player. Tryouts are a snapshot in time. Hard work, perseverance, and practice throughout previous seasons, will make a big difference. Most importantly, encourage them to keep playing. While house league may not be where she wanted to play, it is a level that may offer them the chance to touch the puck more and develop skills and confidence that may be more difficult to acquire if they were playing on a rep team and barely keeping up.

TRYOUTS TIPS FOR PARENTS

Trying out for a minor hockey team can be one of the most difficult challenges that youth athletes can face – both physically and emotionally. And making the team can be hard, no matter how talented or driven the athlete -- as the well-documented tale of basketball icon Michael Jordan not making his high school team as an underclassman illustrates.

It's important to remember the positives in the tryout experience, and that these positives exist whether your young athlete makes the final cut or not. Tryouts are one of the many experiences in youth sports that prepare us for similar situations in our adult life, such as university applications, job interviews and more.

Here are some tips for parents and youth athletes as the tryout process unfolds this preseason:

- 1 **Set Goals:** Before the tryout process kicks off, parents should sit down and have a conversation with your young athlete about what their goals are for trying out and playing on the team. Give them positive assurances that no matter the outcome, you support them and are proud of them. By talking about goals, the tryout process won't feel so "do-or-die" for your young athlete.
- 2 **Focus On Effort:** As your young athlete enters the tryout process, remind him or her that they can't control the outcome – whether they make the team. What they can control is their effort and attitude. Remind them to always give maximum effort, to focus on their own effort, and avoid focusing on what other athletes are doing.
- 3 **Have Fun:** Laughing, having fun, and learning new things can all be part of tryouts. Regardless of the outcome, kids should have a good time during the tryouts themselves. Laughter can also really help young athletes let go of stress and stay relaxed.
- 4 **Open To Learning:** While coaches are certainly looking to evaluate players based on skill levels, coaches also look for athletes who have the potential to improve (aka a player who is "coachable"). Remind your athletes that they might make mistakes in the tryouts, but how they handle those mistakes may be even more important. Coaches look for this attitude just as much as they evaluate skills.
- 5 **OK To Be Disappointed:** As parents, we can help kids cope with their disappointment by reminding them that it is in fact OK to be disappointed. Empathize with them. Don't try to make your child feel better by saying the tryout wasn't important or the coaches made bad choices. Instead, consider sharing a story of when you were disappointed and how you overcame that disappointment.
- 6 **"You're The Kind Of Person":** The "You're The Kind Of Person" statements can really help kids manage through the disappointment of not making the team. "I know it means a lot to you, but you're the kind of person who doesn't give up easily." Or "You're the kind of person who doesn't let setbacks keep you from playing the game you love." Use these statements to help shape your athlete's self-image in the face of disappointment, and to begin planning how to move beyond that disappointment.
- 7 **Check Your Emotions:** Parents should keep their own emotions in check when it comes to their children's youth sports experience. Having parents who get upset or angry, or want to challenge a coach's decision about tryouts, just puts added pressure on kids and sets a bad example.
- 8 **Feedback:** After enough time has passed, ask the coach for honest feedback about the tryout, and areas where they feel your daughter can improve for next year. Encourage her to work hard on areas of improvement before tryouts next year.