

Post-Secondary Women's Hockey Guide

Purpose

1. Highlight the advantages of pursuing a post-secondary education in Canada
 2. Outline the steps to take to be recruited
 3. Provide profiles of each Canadian university with a varsity women's hockey team
 4. Explain the differences between U Sports and the NCAA
 5. Provide information about Ontario Women's Hockey Association U16 and U18 High Performance Programs and Camps
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Why choose a Canadian university?

Canadian universities offer top quality programs in a wide variety of faculties and domains, with over 10,000 undergraduate and graduate programs to choose from. The tuition costs at Canadian schools are lower because of subsidization by the government, and living costs tend to be lower than those in other countries that offer post-secondary education. Additionally, Canada is one of the most culturally diverse countries, and Canadian universities offer many bilingual programs.

Being Recruited – Marketing and Educating Yourself

If you are looking to play post-secondary hockey, there are a number of steps to take to market yourself to potential teams and schools, and to get educated about your options. The following steps will help guide you in this process:

1. **Develop and athletic resume.** This should include your hockey and leadership information, newspaper articles, letters of support from coaches and teachers, and anything you think is important for a potential coach to know.
2. **Contact prospective head coach to notify them that you are interested in the school and hockey team.**
3. **Create a hockey video demonstrating your skills.** This should include clips from games and practices.
4. **Send your game schedule to coaches of the schools you are interested in attending.** Be sure to send schedule updates when necessary.
5. **Arrange a visit to the school.**
6. **Speak with past and current students of the team.**
7. **Watch a team practice and/or game.**

When researching schools and contacting coaches and teams, it is important to get all the information you need to make your decision. There are many questions to ask about the campus, the city, admissions, the school, and the team. The following are examples of considerations in different areas of the school and application process.

- Questions and Considerations on Campus Visits:
 - o *Degrees:* degree reputation, prerequisites, qualifying exams, career opportunities after school.

- *Admissions*: deadlines, costs to apply, tuition costs.
- *School*: class sizes, professor-student communication and ratios, gym and library hours, textbooks and purchase options, residence life, meal halls and meal plans, clubs and societies, health services.
- *City*: transportation (public transportation, bike paths, etc.), nearby stores or grocery options, safety of the city.
- Questions and Considerations for the Head Coach and Team:
 - *Financial*: Team or athletic fees, funding and support of team by athletic department, fundraising, meal allowances during team travel.
 - *Team*: Team chemistry, team-bonding activities, number of graduating or rookie athletes, length of season, how many other athletes are being recruited, if your spot is guaranteed, how long most athletes stay on the team, practice and game schedules, travel, facilities, coaching staff, style of play, fans, off-ice training, competition in the league.
 - *Personal*: personal versus team level of play (will it challenge you?), coach's philosophy, practice structures, coach's background, team/coach's vision, what the team looks for in a player, coach's position on releasing you to play on regional, provincial, or national teams, access to doctors, nurses, physiotherapists, and more.
 - *Fitness*: fitness requirements for the team, frequency of fitness testing, fitness monitoring.

U Sports University Profiles

U Sports has 33 women's hockey teams in four conferences: Canada West (CW), Atlantic University Sport (AUS), Ontario University Athletics (OUA), and Québec Student Sport Federation/Réseau du Sport Étudiant du Québec (RSEQ).

Canada West (CW)

Mount Royal University: Focused on both academics and athletics, Mount Royal is known for their innovative teaching practices and small classes that create an excellent balance for student athletes. There is a Cougar Athletics Fund to help athletes finance their sports related costs and financial assistance and scholarships are available.

Women's Hockey Website: <http://www.mrucougars.com/sports/wice/index>

For Prospective Students: <https://mr4u.mymru.ca/>

University of Alberta: The hockey program at the University of Alberta is known as one of the most successful for women's university hockey programs in North America. There are a number of scholarships as well as financial aid opportunities, and the school is well recognized for its degree granting programs.

Women's Hockey Website: <https://www.ualberta.ca/athletics/teams/hockey-w>

For Prospective Students: <https://www.ualberta.ca/prospective-students>

University of British Columbia (UBC): The UBC hockey program is integrated into high performance programs to increase player development. UBC is known for teaching and research programs and is a highly ranked Canadian university in many regards.

Women's Hockey Website: <http://gothunderbirds.ca/index.aspx?path=icew>

For Prospective Students: <https://www.ubc.ca/prospective-students/>

University of Calgary: The hockey team at the University of Calgary has a holistic training program and trains at the same location as the national team. The university offers more than 100 programs, and financial aid and scholarships are available.

Women's Hockey Team: <http://www.godinos.com/index.aspx?path=whokey>

For Prospective Students: <http://www.ucalgary.ca/future-students/undergraduate>

University of Lethbridge: The university provides many opportunities for athletes, and there are many facilities for varsity athletes to use for training and competition. Scholarship and bursary opportunities are available for all players.

Women's Hockey Team: <http://gohorns.ca/index.aspx?path=whokey&>

For Prospective Students: <https://www.uleth.ca/future-student/>

University of Regina: The women's hockey team is often ranked in U Sports Top Ten, even though the athletic department places a strong focus on academics. There are a number of scholarship opportunities, including out of province scholarships.

Women's Hockey Team: <http://www.reginacougars.com/index.aspx?path=whokey&>

For Prospective Students: <https://urconnected.uregina.ca/>

University of Manitoba: The women's hockey team is often ranked in U Sports Top Ten and has a focus on high intensity training. Scholarships, credits, and bursaries are available for players. Additionally, the University of Manitoba offers more than 80 possible degree programs.

Women's Hockey Team: <http://www.gobisons.ca/index.aspx?path=whokey>

For Prospective Students: <http://umanitoba.ca/student/future/>

University of Saskatchewan: This women's hockey program has had strong National Championships presence throughout its history (since 1912). There is a plethora of programs to choose from, in more than 100 disciplines, and more than \$50,000 are available in athletic awards.

Women's Hockey Team: <http://www.huskies.usask.ca/sports/wice/index>

For Prospective Students: <https://www.usask.ca/admission/index.php>

Atlantic University Sport (AUS)

Dalhousie University: With student experience as the university's top priority, Dalhousie places a focus on balance between school, social life and academics, especially for student-athletes. There are many scholarship and bursary opportunities.

Women's Hockey Team: <http://www.daltigers.ca/sports/wice/index>

For Prospective Students: <https://www.dal.ca/admissions/future-students.html>

Université de Moncton: The university prides itself on being bilingual and hosting a diverse community with students from 40 countries. There are numerous financial incentives, scholarships, and grants for students.

Women's Hockey Team: <http://www.umoncton.ca/umcm-sports/node/167>

For Prospective Students: <http://choisir.umoncton.ca/>

University of Prince Edward Island (UPEI): uPEI is a student-centered university, offering great academics, para-academics, and social life. There is financial assistance available in the form of both academic and athletic scholarships.

Women's Hockey Team: <http://www.gopanthersgo.ca/sports/wice/index>

For Prospective Students: <http://www.upei.ca/discovermore/>

Mount Allison University: High quality facilities are used 4 times a week, with academics remaining a priority for students. A number of rankings deem this university to be the best undergraduate university in Canada, and financial support is offered.

Women's Hockey Team: <http://www.mountiepride.ca/sports/wice/index>

For Prospective Students: <http://mta.ca/Prospective/Default.aspx>

Saint Mary's University: With a number of coaches, including goal tending and strength and conditioning coaches, this team is competitive in the AUS conference and at U Sports championships. 14 athletic awards (2009-10) are available and the school offers more than 250 undergraduate programs, while maintaining a student-professor ration of about 21-1.

Women's Hockey Team: <http://www.smuhuskies.ca/sports/wice/index>

For Prospective Students: <https://www.smu.ca/future-students/welcome.html>

St. Thomas University: This university offers a strong focus on academics, athletics, and the community. Rookies have many opportunities to play and they dress for every game. There are additional opportunities for community involvement, such as coaching minor teams in the area. The many scholarships available include a full tuition scholarship for a first year student playing hockey.

Women's Hockey Team: <http://gotommies.ca/sports/wice/index>

For Prospective Students: <http://w3.stu.ca/stu/futurestudents/>

St. Francis Xavier University: This team is often ranked in U Sports Top Ten and is consistently at the top of the AUS conference. The university has 275 student athletes on 13 different teams. Athletic awards are available in addition to financial aid.

Women's Hockey Team: <http://goxgo.ca/sports/wice/index>

For Prospective Students: <https://www.stfx.ca/admissions>

Ontario University Athletics (OUA)

Brock University: The coaches facilitate a high performance training model with the teams. Financial aid and scholarships are available for athletes. One of the schools most highly recognized programs offered is the Sports Management program.

Women's Hockey Team: <http://gobadgers.ca/index.aspx?path=whockey>

For Prospective Students: <https://discover.brocku.ca/>

Laurentian University: Laurentian is primarily concerned with the well-being of its student athletes, and with propelling them towards both academic and athletic excellence. This bilingual university offers many programs and customized degree options.

Women's Hockey Team: <http://www.luvoyageurs.com/sports/wice/index>

For Prospective Students: <https://laurentian.ca/undergraduate>

Nipissing University: Nipissing University offers innovative learning opportunities in a welcoming student community, ideal for fostering academic excellence. There are opportunities available for varsity athletic scholarships.

Women's Hockey Team: <http://nulakers.ca/index.aspx?path=whockey>

For Prospective Students: <http://www.nipissingu.ca/future-students/Pages/default.aspx>

Ryerson University: Ryerson focuses on world experiences tying into learning. This is provided academically through co-ops, internships, and specialized programs, but also for student-athletes through outreach programs involving student-athletes in the community. Athletic scholarships are available based on coach nomination.

Women's Hockey Team:

http://www.ryersonrams.ca/SportSelect.dbml?DB_OEM_ID=22300&SPID=74496&KEY=

For Prospective Students: <http://www.ryerson.ca/about/>

University of Guelph: With a high ranking in Maclean's magazine and many scholarship and bursary opportunities, this renowned university is known for research, collaboration, and internationalism.

Women's Hockey Team: <http://www.gryphons.ca/index.aspx?path=whockey>

For Prospective Students: <https://admission.uoguelph.ca/>

University of Ontario Institute of Technology (UOIT): UOIT places a strong focus on student athletes, but there is also a strong academic focus with 30 undergraduate programs, 2 consecutive education programs, and numerous master's degree programs to choose from.

Women's Hockey Team: <http://www.uoitridgebacks.com/index.aspx?path=whockey>

For Prospective Students: <https://www.uoit.ca/future-students/index.php>

Queen's University: The team is often one of the country's Top Ten and has notable success in the OUA with their rookie team. Queen's has highly ranked standing among Canadian universities and provides more than \$21 million each year in financial assistance.

Women's Hockey Team: <http://gogaelsgo.com/index.aspx?path=whockey&>

For Prospective Students: <http://www.queensu.ca/admission/>

University of Toronto: The team has won numerous conference championships since the 70s, and has alumni who have played on the national team and even gone to the Olympics. As Canada's largest university with international standings, there are countless opportunities for students. UofT has a strong financial support system, permitting all accepted students to enter their programs.

Women's Hockey Team: <http://varsityblues.ca/index.aspx?path=whockey&>

For Prospective Students: <https://www.utoronto.ca/future-students>

University of Waterloo: The University of Waterloo has a strong academic focus, with leading technology and programs. Athletics are designed to fit into the academic focus of most students. Scholarships are available.

Women's Hockey Team: <http://www.athletics.uwaterloo.ca/index.aspx?path=whockey>

For Prospective Students: <https://uwaterloo.ca/pathway/future-students>

Western University (UWO): Western offers more than 300 degree and diploma programs to choose from, has 3 affiliated university colleges, and is Canada's premier residential university. The women's hockey team staff consists of numerous experienced and knowledgeable coaches, a sports psychologist, and a nutritionist. Financial support and athletic awards are available.

Women's Hockey Team: <http://westernmustangs.ca/index.aspx?path=whockey>

For Prospective Students: http://www.uwo.ca/future_students/index.html

Wilfred Laurier University: The team has had success with several provincial medals since it was established, and it has won multiple U Sports national championship silver medals. Laurier offers 7 faculties, their largest being the faculty of arts, and a number of programs.

Women's Hockey Team:

<https://www.laurierathletics.com/varsityathletics/createteam.php?sport=WHOCK>

For Prospective Students: <https://www.wlu.ca/future-students/index.html>

University of Windsor: This competitive team with excellent facilities offers the unique opportunity of playing both Canadian and American teams, because of its location. Scholarships are available for athletes who meet certain academic requirements, in addition to many internal and external scholarships. UofW has 9 faculties with more than 120 majors/minors, 55 masters and doctoral degrees, and co-op and internship programs.

Women's Hockey Team: <http://golancers.ca/index.aspx?path=whockey>

For Prospective Students: <http://www.uwindsor.ca/291571/future-students>

York University: This team was one of the founding members of the OUA women's hockey league and has numerous specialized coaches. York is Canada's third largest university with excellent academics and internationally ranked programs. Scholarships and athletic awards are available.

Women's Hockey Team: [http://yorkulions.ca/index.aspx?path=whockey&tab=hockey\(w\)](http://yorkulions.ca/index.aspx?path=whockey&tab=hockey(w))

For Prospective Students: <http://futurestudents.yorku.ca/>

Québec Student Sport Federation/Réseau du Sport Étudiant du Québec (RSEQ)

Carleton University: Carleton has a diverse team of coaches who facilitate U Sports Top Ten rankings. There is a focus on student-athleticism, top quality facilities, and an abundance of scholarships. The school is well-recognized for 200+ programs and their historic campus.

Women's Hockey Team: <https://goravens.ca/teams/womens-hockey/>

For Prospective Students: <https://admissions.carleton.ca/>

Concordia University: Concordia offers strong academic support, making their hockey team ideal for student athletes. The school has a high graduation rate and scholarships are available for up to \$35,000, in addition to athletic bursaries.

Women's Hockey Team: <http://stingers.ca/whockey/>

For Prospective Students: <https://www.concordia.ca/admissions.html>

McGill University: McGill is renowned for its sports and improvements to their athletic departments and facilities, which are among the best in the country. There are a variety of programs available. Financial incentives, scholarships, and grants are available for all students.

Women's Hockey Team: <http://www.mcgillathletics.ca/index.aspx?path=whockey>

For Prospective Students: <http://www.mcgill.ca/admissions/>

Université du Montréal: With an ideal academic-athletic balance, the Université du Montréal is also the only university in Québec to offer women's hockey players a francophone education. There are well-known and talented hockey players affiliated with the university to ensure success in the program. Financial support is available.

Women's Hockey Team: <https://carabins.umontreal.ca/hockey-feminin/>

For Prospective Students: <https://admission.umontreal.ca/en/>

University of Ottawa: The team has had many successes in the RSEQ and players have gone on to play at the World University Games for team Canada, and even on to Canada's U22 and National teams. uOttawa is the largest bilingual post-secondary institution in Canada, and numerous financial support and scholarship opportunities are available to students.

Women's Hockey Team: <http://www.geegees.ca/en/sports/teams/hockeyw>

For Prospective Students: <http://www.uottawa.ca/en/future-students>

U Sports versus NCAA

U Sports is the Canadian national governing body of university sport. Women's Hockey in U Sports is comprised of 33 universities. The National Collegiate Athletics Association (NCAA) is the governing body of university sport in the United States, and consists of 35 Division I women's hockey teams.

When choosing between U Sports or the NCAA, there are many factors to consider. These include the cost of education, health care, living expenses, and financial aid opportunities. In addition, choosing the NCAA means that you must write the SAT exam. The number of eligible playing years is 4 in the NCAA, whereas U Sports offers 5. Finally, when considering life beyond post-secondary education, degree credibility in other countries is important to think about.

U Sports – Academic Requirements

These can be altered under different circumstances, but the following are the most standard requirements.

- Minimum 60% average coming from high school
- Be enrolled in a minimum of 3 courses each term you are competing
- Successfully complete 3 full courses, or 6 half courses, during the academic year
- Once your name appears on 3 exhibition events, one year of eligibility is assessed, OR;

- Once your name appears on 2+ regular season competitions.
- CCAA or NCAA participants are ineligible for U Sports competition.

NCAA student athletes must wait one year from participation in last sport before playing in U Sports.

U Sports – Scholarships and Pilot

5-Year High Performance Women’s Hockey Pilot Project

- Players may receive the cost of their tuition plus compulsory fees, plus room and board.
 - Minimum entering average of 80%
 - Achieve average of 65% (CW, RSEQ, AUS), OR;
 - Achieve average of 70% (OUA)
 - Up to 5 years
- *NCAA players in 4th year are not eligible

NCAA – Tests and Preparation

Preliminary SAT (PSAT)

- Multiple choice standardized test taken in grades 10 and 11.
- These scores are used to determine eligibility for scholarships

SAT

- Standardized test measuring mathematical, critical reading, and writing skills
- Used by many schools as an indicator of student’s readiness to perform college-level work
- Scores are compared with those of other applicants
- **Can no longer write the SAT once enrolled “full time” in college or university**

ACT

- Set of four multiple choice tests covering English, math, reading, and science.

NCAA – Clearing House

To compete at the Division I level or receive an athletic scholarship, the student must meet the following academic standards:

- Graduate from high school
- Complete core courses
 - o 4 years of English
 - o 3 years of Math (algebra I or higher)
 - o 2 years of natural or physical science (including one year of lab science if offered at high school)
 - o 1 extra year of English, math, or natural/physical science
 - o 2 years of social science
 - o 4 years of extra courses
- Present minimum required GPA in core courses
- Achieve combined SAT/ACT sum score that matches core course GPA.

You can find information about Women’s Hockey in the NCAA here:

<http://www.ncaa.com/sports/icehockey-women/nc>

Ontario Women's Hockey Association High Performance Programs and Camps

The Ontario Women's Hockey Association (OWHA) offers the opportunity for High Performance experience through programs and camps. Offered at the U16 level, the High Performance Program introduces players to the setting of High Performance hockey. There is a competitive selection process, available only to Ontario residents. To be eligible to tryout, players must be registered and active players on an Ontario Women's Hockey Association team. The U18 High Performance Camp is an invitation only opportunity. Players will be selected by OWHA's scouting team.

More information can be found at the OWHA website (<http://www.owha.on.ca/>) or at the following link: http://owha.pointstreaksites.com/view/owha/news-1338/news_370011.

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