

## ***Nepean Girls Hockey Association August 2009 Newsletter***

### **From the President...**

Welcome to what promises to be another fun and exciting season. The 2009/2010 season represents another season of growth for the NGHHA with the addition of 3 new teams. The NGHHA is committed to growing our association to meet the demand in girl's hockey and we are very fortunate to have an amazing network of volunteers that help support this growth.

On behalf of the 2009/2010 NGHHA Board of Directors, I would like to welcome and introduce our new members. Lynne Carroll has joined as our Director of Publicity and Fundraising as Trish Calof has taken over the House League duties with Heather McEwen. Trina Lepine has taken over the position of Treasurer, Jason Corrigan will be organizing our Development programs and Mike Doiron has taken on the role of Ice Director. Thank you! Our competitive teams will continue to play under the well run ODWHA led by Heather Mallette. Our House League team will continue to play in the Metro Ottawa Girls House League (MOGHL) run by Sheryl Rondeau and her team. As a reminder, MOGHL is comprised of only the four Metro Ottawa associations: Nepean, Kanata, Ottawa and Gloucester. The four associations jointly share the organization and running of this league.

This year we awarded the Mary Lou Zywicki Bursary to our largest number of recipients. Congratulations to all these outstanding young women.



The funding for the Bursaries comes from our Annual Golf Tournament (which also supports Rogers House). Thank you to Vicki Marcille and her team of volunteers for organizing the tournament and thanks to everyone for their support. The sun was out and the event was another great success.

Our hockey tournament will again be led by Kelly Ford. Remember, each team must have a Tournament representative that will work on the Tournament Committee. Many hands lighten the load. Last years tournament was a great success and we

look forward to seeing the wonderful play again this year. Our tournament will be January 29<sup>th</sup> to January 31<sup>st</sup>, 2010.

The NGHA has a great reputation around the rinks for fielding strong teams, that are well coached and that promote a positive team atmosphere. Thanks to all our coaches, players and fans for leading by example. Let's keep our reputation strong and take responsibility to ensure that the arenas are a fun and safe place for our children to play.

Thank you to everyone who volunteers either on your daughters team, for the association and for the league. If you have any comments or concerns, please feel free to contact me. We are all looking forward to another successful and fun-filled season.

Phil Clarke President NGHA  
president@ngha.ca

### **2009/2010 NGHA Board of Directors**

President	<a href="#">Phil Clarke</a>	613-228-4467
Vice-President	<a href="#">Patrick Coady</a>	613-692-3923
Past President	<a href="#">Cathy Devenny</a>	613-825-7676
Treasurer	<a href="#">Trina Lepine</a>	613-825-9586
Secretary	<a href="#">Ann Scharf</a>	613-823-1441
Registrar	<a href="#">Joanne Erbach</a>	613-727-3564
Ice	<a href="#">Michael Doiron</a>	613-692-5285
Equipment	<a href="#">Alex Kincaid</a>	613-825-8141
Development	<a href="#">Jason Corrigan</a>	613-823-7956
Competitive Director	<a href="#">Pat Walsh</a>	613-825-6488
Competitive Convenor	<a href="#">Paul Brennan</a>	613-226-5981
Competitive Convenor	<a href="#">Judy Ramm</a>	613-823-6908
Competitive Convenor	<a href="#">Lynne Carroll</a>	613-440-1077
House League Director	<a href="#">Trish Calof</a>	613-225-0026
House League Director	<a href="#">Heather McEwen</a>	613-224-3158
Director	<a href="#">Mary Lou Zywicki</a>	613-226-7642

### **NGHA Web Site and Email addresses**

The NGHA main communication is by the web site and email, please ensure that your email is up-to-date with our registrar. Changes can be made through the website. Email addresses are for NGHA purposes only and will not be given to anyone outside the Association. The website is updated daily and full of handy information for everyone. Check it regularly. Visit our Web site: [www.ngha.ca](http://www.ngha.ca)

### **NGHA 30th Annual Tournament Jan 29 – Jan 31, 2009 Volunteers Sign up now!**

Mark your calendars and get ready to help out at this year's event! With all proceeds being directed back into the Association and ultimately benefiting all of our players, we ask every NGHA team to enlist at least one volunteer to join the tournament committee. Coaches will be soliciting for these positions during your team meetings, so please consider helping out. The first planning meeting is tentatively scheduled for Oct 14<sup>th</sup> - location TBD.

### **2009/10 Competitive Tryouts**

The Intermediate AA and Midget AA competitive teams were formed in the spring. Bantam AA is 80% selected with two remaining sessions being held to finalize the team. These two sessions are by invitation only. Beginning August 22<sup>nd</sup> and continuing on until mid September, tryouts will be held for the following 11 teams:

Midget A	Bantam BB	Peewee AA	Atom A	Novice
Midget BB	Bantam B	Peewee BB	Atom B	
		Peewee B	Atom C	

The ODWHA will be introducing competitive hockey this season at the Novice level and the NGHA is pleased to be participating. We expect tiering at the Novice level in MOGHL to stop with the introduction of competitive hockey at this age level in the Ottawa area, so all Novice aged players looking to play at the highest level should attend these tryouts.

As stated previously, the NGHA hopes to expand to offer 3 competitive teams this year in both Peewee and Atom → this is of course dependent upon a sufficient number of appropriately skilled players attending our tryouts. This schedule is subject to change, so continue to monitor this web site for updates.

Players must register separately for tryouts (see web link on previous page). Tryout fees can be paid by cheque (made out to NGHA) at the rink prior to your first session. The tryout fees for on-line registration are as follows:

Midget, Bantam, Peewee	\$75
Atom	\$40

Novice	\$25
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Players that do not register on-line but simply show up at the rink will be charged an additional \$20.

Players must wear an NGHA approved tryout jersey. Sweaters will be available to purchase (\$20) at the rink for those that do not have one. Players who participated in NGHA spring tryouts earlier this year but were not selected for an AA team do not have to pay again to try out for a team in the fall.

Tryouts for AA level teams are open to any player. Players wishing to try out for any other team must have registered with the NGHA for the upcoming season **by August 20<sup>th</sup>** and either been notified of being accepted or placed on the waiting list. Any player trying out for a team who played in an OWSA association last year other than the NGHA must bring either a PTS (permission to skate) or a release prior to being let on the ice.

Players are guaranteed at least two hours of ice time prior to being released, provided they attend the first session. There are no additional fees or registration requirements to attend the tryout sessions of a subsequent team once a player is released from a team. Any players that are unable to attend a tryout session must notify the head coach in advance.

For questions please contact:

Pat Walsh  
 NGHA Competitive Director

**Competitive Coaches 2009/10**

Team	Name
Novice	Paul Crites
Atom C	tbd
Atom B	Haley McKinnon
Atom A	Steve Wolf
Peewee B	tbd
Peewee BB	Mark White
Peewee AA	Pat Lahey
Bantam B	Gus Vrieling
Bantam BB	Ian Stirling
Bantam AA	Phil Carter
Midget BB	Clif MacDonald
Midget A	Mike Ramm
Midget AA	Marc Switalski
Intermediate AA	Fay McLaughlin

## ***The puck STOPS here !***

Goalie training will continue to be an important element of the overall Development programs offered within the NGHHA. Our goal is to make goalie sessions available to all our goalies several times through out the year with the desire to have these sessions more frequent at the beginning of the season.

The NGHHA will cover all ice and instructor fees for these sessions but in return we ask that you make every effort to attend so that our development programs accomplish the objective of making our players the best.

Starting in September we will have our first series of goalie clinics for house league goalies. These sessions will be starting mid September and possible before all goalies have been assigned to a team. Please watch the NGHHA website for more details. If your daughter is interested in being a goalie and attending a goalie development clinic please contact Jason Corrigan 613-282-4300.

## **House League Program**

With the continuous growth of the NGHHA, the House League Director role is now divided into two roles, Junior (FUNdamentals, Novice, Atom, Peewee) and Senior (Bantam, Midget).

It is with great pleasure we announce that Jenn Capes will be Head Coach of the Fundamentals program. We are fortunate to have an NGHHA 'graduate' to be a mentor to our up and coming stars.

With the addition of the Novice competitive team, the House League novice teams will no longer be tiered. All House League teams will be sorted/determined beginning early September and finalized by Sept 21<sup>st</sup>. This will allow each team to practice a couple of times before league play starts. The complete HL sort-out schedule is available at [www.ngha.ca](http://www.ngha.ca).

One thing is for certain – the NGHHA continues to grow. With the perpetual increase in players comes the unwieldy task of forming balanced teams from Novice to Midget, and as such we must enforce the NO PLAYER REQUEST rule. First and foremost, we try to ensure the girls have a fun and safe hockey experience and that is where we will continue to focus our efforts.

As the NGHHA grows, so too does the need for volunteers. We currently have a Peewee and Midget team in need of a Head coach as well as the need for a Peewee Convenor. If you are interested in helping out, send us a note or give us a call to discuss in detail. Suffice to say, we can't run teams or the association without volunteers .....

Without the support of our dedicated volunteers, we could not maintain the standards we've set and all grown accustomed to. Thank you and congratulations to all who play a part in making our programs such a success! Your countless hours of volunteering are much appreciated.

Information on the NGHA House League Program is available on the website under Program Info > House League on the left toolbar or email us directly.

Looking forward to a fun and exciting hockey season!

Trish Calof  
Junior House League Director  
(Fundamentals , Novice, Atom, Peewee)  
[hldirectorjr@ngha.ca](mailto:hldirectorjr@ngha.ca)

Heather McEwen  
Senior House League Director  
(Bantam, Midget)  
[hldirectorsr@ngha.ca](mailto:hldirectorsr@ngha.ca)

### **COACHES 2009/10 HOUSE LEAGUE:**

**FUNDAMENTAL:** Jen Capes

**NOVICE:** Jason Corrigan, Paul Crites, Chris McGarrity, Jason Campeau, Dean O'Brien, Jay Greco

**ATOM:** Steve Brush, , Steve Koehler, Randal Rodger, Clayton Lepine, Michael Semenick

**PEEWEE:** Tom Armstrong , Phil Clarke, Steve Roy, Scott Shields

**BANTAM:** Cal Kirkpatrick, Wade Williams, Tom Littlemore ,Yves Racine

**MIDGET:** Angelo Domenico ,David Shuttleworth, Mike Simon, Ron Carroll

### **FUNdamental Program**

Parent information night is scheduled for Saturday September 12<sup>th</sup> /2009 from 2 -4 pm Hall F at Nepean Sportsplex.

### **SpeakOUT! Clinics**

All volunteers with Nepean Girls Hockey must attend a SpeakOut course and have an updated Police Record Check (PRC). All fees associated with the SpeakOut clinic will be reimbursed by NGHA. We ask that all refund claims be submitted to the Treasurer, Trina Lepine, no later than December 31st, 2009..

We are in the process of finalizing the details of at least 2 NGHA sponsored SpeakOut Clinics. Check the *CLINICS* tab at the top of our website for full details, they will be posted when confirmed with the instructor.

### **PRC's**

Police record checks (PRC's) are updated every two years. All volunteers including but not limited to coaches, 'den mums', trainers, assistant coaches, team Managers (basically anyone having direct contact with the girls or team finances) must submit a PRC. The onus is on you, the applicant, to ensure the NGHA receives the original form and subsequently the processed document from the Ottawa Police. Be sure to follow both steps outlined below.

1. Forward your completed PRC form along with the appropriate ID to: Ann Scharf at 236 Marjan Crescent, Nepean, ON, K2J 0N2.

Ann will submit all forms on behalf of the NGHHA so there is no cost to the applicant. Once the PRC is approved (or otherwise) it will be mailed to the applicant's home address – NOT to Ann.

2. Applicant must then forward it to Ann, regardless of the status, for NGHHA record keeping.

NGHHA operates solely on volunteers, so if you can help out, please do step forward!

### **Timekeepers**

The NGHHA will again will be providing timekeepers for all home games. If you are interested in being a timekeeper, please call Chantal Mallette 613-828-4953

### **NGHHA 6<sup>th</sup> Annual Charity Golf Tournament**

The 6<sup>th</sup> annual NGHHA charity golf tournament was a great success. The weather cooperated and our 109 participants had fun and contributed towards our most successful fund raising event.

This year the golf tournament raised over **\$6,000** which will go to support both Rogers House and the NGHHA bursary program, an education fund for deserving players entering their first year of full-time post-secondary education at a Canadian college or university-

The success of this tournament could not be possible if it was not for the generous support of **all our participants and sponsors**. Everyone's contributions to this charity event through donations and financial support are very much appreciated.

Our tournament for next year has been set for June 14/10 at Cedarhill Golf and Country Club and we look forward to building on the success from this year but will need the continued support from our valued sponsors.

Thanks for your support of this year's NGHHA charity golf tournament.

### **Fund Raising**

Fundraising made EASY.....

The NGHHA is excited to announce again for this upcoming season a partnership with the 67's that will benefit all our teams.

This season through a commitment from the NGHHA, all NGHHA teams will have the ability to access discounted tickets to any home regular season Ottawa 67's game at

rate of \$6 per ticket. Teams will have the ability to purchase as many tickets as they need to support their fundraising / team building initiatives without any minimum commitment.

The face value of these tickets through the 67's box office is \$15/adult and \$11/child.

With teams having the ability to set their own price for these tickets, a team that sells 150 tickets @ \$12 per ticket would generate \$900 in funds for their team. This works out to only 10 tickets per player and with the 67's season starting September, teams could have a great head start on fundraising before the start of the season.

More details will be coming shortly and will be made available to all the Coaches and Managers for the upcoming season. In the mean time if you have any questions or want to start working on a program for your team, please contact Lynne Carroll - [lynne.carroll@rogers.com](mailto:lynne.carroll@rogers.com).

This is a great opportunity for all NGHA teams to raise money to support their team's goals for the upcoming season. We hope this opportunity helps your team enjoy a fun and successful season.

### **Equipment Required**

All NGHA skaters must supply their own equipment consisting of:

- CSA approved hockey helmet & facemask
- BNQ approved neck guard
- CSA approved shoulder pads
- elbow pads
- hockey gloves
- pelvic protector (jill)
- hockey pants or girdle
- shin pads
- skates
- stick

The NGHA supplies sweaters, socks and most of the goalie equipment. With the addition of new teams we have purchased new sweaters. Please look after your game jerseys. Do not wear them to practices. Mouth guards are not mandatory but are highly recommended. Please check with your team for their ruling.

### **Financial Assistance**

The NGHA is pleased to offer financial assistance to a limited number of players based on specific criteria and need. Please refer to Section 16 of the Policy Manual for further information and application process. The deadline for application for the 2009-10 season is October 15<sup>th</sup>, 2009. The application is treated in a confidential manner.