



www.barracudashockey.com

October 2007 Issue

4305 Fairview Street, Box 422, Burlington, ON L7L 6E8

NEWS FROM THE BOARD

BREAST CANCER FUNDRAISER

DINNER/DANCE

**Friday, November 9th
6:30 pm – 1:00 am
Burlington Convention Center**

The Burlington Girls Hockey club is proud to sponsor a fundraiser for the local Breast Cancer Support Group. As Breast Cancer affects approximately 1-9 women we would like to support the women of our community.

The evening will include a sit down dinner - soup, salad, main course, dessert and coffee. Tables are for 10 people per table so bring your friends, neighbours or family. We will be having a DJ/comedian for the evening's entertainment. The evening would go as follows, cocktails 6:30- 7:30 - Lounge Singer , dinner 7:30 - 8:30, DJ/comedian 8:30 - 10:00, 10-10:30 raffle prizes, door prizes, silent auction items 10:30 - 1:00 continuation with the DJ.

**\$50.00 per ticket, Cash bar
Details on obtaining tickets will follow**

CONGRATULATIONS TO OUR NEWEST CERTIFIED COACHES

On September 15, 2007 BGHC played host to the first female-only coaching clinic to be offered by a community hockey organization.

Burlington Girls Hockey Club is committed to increasing the number of female coaches in our organization. We recognized that to do that providing the right environment for women to learn is the first step in recruiting interested women. Many of these women will be mentoring with experienced coaches



through out the season and will be offered opportunities to prepare practice plans, run practices, prepare line-ups for games and even take the bench to coach games.

Congratulations to our newest coaches. Please give them your full support.

TEAM STAFF TRAINING

COACH TRAINING:

Off-Ice Training

A free clinic on the topic of off-ice training is being offered to all coaches and trainers in BGHC. There will be a short presentation, a demonstration of sample exercises and ample opportunity for questions.

Who: Open to all coaches and trainers in BGHC

What: 2 hour Information session about the importance of off-ice training in the athletic development of young female hockey players.

When: Saturday October 27th from 10am-noon

Where: Appleby Multi-Purpose Room @ Appleby Arena

RSVP: Kim McCullough, Director, The Young Athlete (www.youngathlete.ca)

E: kim@youngathlete.ca P: (416) 554-0720

Here is an opportunity to learn more about the importance of off-ice training and how Coaches can make it part of the team's program in a way that is both cost- and time-effective.

The course provider is Kim McCullough, a member of the Burlington Barracudas Senior AAA team of the Canadian Women's Hockey League. As a certified athletic development specialist, Kim has been privileged to work with some of the most respected strength and conditioning coaches in the world and has trained hundreds of amateur, collegiate and professional athletes across North America. However, Kim's true passion lies in working with young hockey players.

As a bonus to this free clinic, attendees will have opportunity to win a complimentary training session for their team. We encourage all Coaches to take advantage of this opportunity.

TRAINERS' CLINIC

The Ontario Women's Hockey Association (OWHA) requires that a Trainer attend all "sanctioned OWHA events." This means that for all games, practice and training sessions (on ice or off) a qualified Trainer must be present and watching the activities to ensure safety for participants.

There is some misconception about the role of the Trainer. Trainers are on the bench to promote and provide safety for the players. Additionally, Trainers

promote and practice risk management with the goal to avoiding injuries.

BGHC has booked a "Hockey Trainers Certification Program" clinic on November 4th, which will be held at Appleby Arena.

BGHC requires that all Trainers be female. Please register early. Once your daughter is assigned to a team, particularly the younger house league teams, there may not be a qualified Trainer among the moms associated with the team. Someone may have to volunteer to attend and get her Trainers' certificate.

There is no cost for members of BGHC to attend this clinic. If you attend an out-of-town clinic, you will be required to pay for the clinic yourself, but BGHC will reimburse you for your costs with the submission of a receipt. BGHC will financially support two trainers per team.

To register for the clinic being organised by BGHC, please contact Chris Hanlon by phone at 905-336-8609.

SPEAK-OUT CLINICS

The OWHA, and Hockey Canada, require that all staff that deal with players attend a Speak-Out clinic. The good news is that one must only attend the clinic once, as there is no need for refresher courses. New coaches and trainers who have not had this training through other hockey associations must all attend. BGHC will enforce the OWHA/Hockey Canada requirement and those who have not had their Speak-Out training by the end of November will not be permitted to continue working with the players.

BGHC has booked a Speak-Out clinic for staff members to attend. There will be a clinic held on October 23rd.

There is no cost for members of BGHC to attend this clinic. To register for the clinic being organised by BGHC, please contact Chris Hanlon by phone at 905-338-8609.

OTHER CLINICS IN VICINITY

Trainer Clinics:

Oct. 28	Oakville	Contact: Brigit Sprukulis @ 905-337-8800
Nov. 10	Hamilton	Contact: Nikie Heinbecker @ 905-664-9030

Speak Out Clinics:

Oct. 29	Oakville	Contact: Brigit Sprukulis @ 905-337-8800
Oct. 30	Oakville	Contact: Brigit Sprukulis 905-337-8800

2007/2008 EXECUTIVE

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Pat Gaughan	Vice President
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Jeff Pellizzari	Director Player & Coach Development
Mary Ann Gage	Director Referees
Jeff Martin	Director Sponsorship
Tami Einboden	Director Tournament

2007/2008 COACHES

Good coaching is fundamental to community sport. By becoming a valued member of the community, good coaches can share the positive aspects of an active lifestyle. The role of a coach is to teach things such as teamwork, character building, and the fundamental skills of the sport to participants who are eager to learn.

Coaches represent many different roles to many different people. Coaches are viewed as teachers, mentors, role models, friends, and as leaders in the community. Coaches contribute to the community, have an enormous effect on the development of our youth, and participate in a great learning experience.

Below is a list of our volunteer head coaches. Please remember that they are volunteers and need your support to make the season successful.

On behalf of the Board of BGHC and all our members, THANK YOU!!!

Note that if you wish to contact any of our coaches, there is a link from our website to their e-mail address.

HOUSE LEAGUE

Tyke	
1	Dave Shepherd
2	Mike Bouwman/Jason Smith
3	Matt Walkinshaw
4	Kevin Greco

Novice	Convenor: Jake Westerhof
1	Cam Hynes
2	Mike James
3	Chris Walker
4	Rob Morrison
5	Ed Einboden

Atom	Convenor :Paul Ivey
1	Dan McMahon
2	Raffael Kapusty
3	Rocco DeVito
4	Jim Edmonds
5	Jeff Martin
6	Bill Johnston

Peewee	Convenor: Tangy Rattray
1	Andrea Millman
2	Len Pellizzari
3	Richard Tam
4	Dave Crumpton
5	Anne Heeny

Bantam	Convenor: Franca Ballestrin
1	Fraser Murphy
2	Rob Allan
3	Tony Ballestrin
4	Scot Brush
5	Dave Montgomery
6	Mike Langstaff

Midget	Convenor: Teresa Tetley
1	Ken Grainger
2	Paul Warrener
3	Scott Tetley
4	Norm Hamilton

REP COACHES

Novice A	Gytis Grabauskas
Atom AA	Edward Svetek
Atom BB	Mike Tolton
Peewee AA	Scott Henderson
Peewee A	Ed Madden
Peewee B	Dennis Duda
Bantam AA	Steve Gibson
Bantam BB	Sandy Lidka
Midget AA	Glenn Page
Midget BB	David Little
Midget B	Jamie Chapman
Junior PWHL	
Intermediate A	Ray Jones
Senior A	John Alsop
CWHL	
Senior AAA	Wes Wiseman

NEWS FROM OUR MEMBER TEAMS:

NOVICE A

CONGRATULATIONS TO OUR NOVICE A TEAM!!

SILVER MEDAL – OSHAWA GIRLS FALL CLASSIC TOURNAMENT



PEEWEE A

SILVER MEDAL – CLEARVIEW TOURNAMENT



NEWSLETTERS

Please keep the membership informed of your team's successes. Any news about your team or any interesting articles that you would like to share with the membership are welcome. Please feel free to send me a note via e-mail at tetley_hockey@hotmail.com.

Teresa Tetley
Director, Communication

PARENTS GAME PLAN: A TEN POINT STRATEGY

1. While encouraging your daughter's sports participation, why not enhance your own? Getting involved in a fitness program will give you the strength and endurance to keep pace with your daughter's active lifestyle.
2. Unless you're the coach, remain the parent. Like too many cooks in the kitchen, an overabundance of "coaches" can cause unnecessary confusion.
3. Don't relive your sports experience through your child. Allow your daughter to follow her own path—just as you did.
4. If you've come to watch the game—do just that. Your child will notice if you're more focused on the hot dog stand than on the key save she made in the second half.
5. Get out and enjoy an informal backyard practice together. Let your daughter choose a skill that she'd like to work on. Avoid competition and regimentation. Have fun and just enjoy playing together.
6. Recognize the individual contributions that your budding all-star makes to the game, but stress the teamwork aspect of sports as well. A win or loss can never be blamed on an individual or a single play. A game's outcome is the combination of everyone's input.
7. Plan to meet with your daughter's coach at least one during the season. This will give you the opportunity to check on her progress, as well as discuss concerns your daughter has communicated to you, but has been apprehensive about sharing directly with her coach.
8. Your child will learn good sportsmanship from you. Be sure to congratulate the opponents and thank the referees. Never publicly criticize a coach or official's decision. Differences of opinion should be handled calmly and in private.
9. Expose her to other women in sports by attending school and college competitions, professional league games, watching women's sports events on TV and reading women's sports and fitness books and magazines.
10. Encourage a balance of interests and responsibilities in your daughter's life. Family, studies and chores must not be forgotten during the sports season.

Parents' Guide to Girls' Sports
Women's Sports Foundation

BURLINGTON SPRING BREAK TOURNAMENT MARCH 7-9, 2008

WE NEED YOUR HELP NOW!!!

BGHC is proud to be host one of the largest, best-organized tournaments for female hockey players. This tournament is extremely important, as it is our largest fundraiser. The revenues from this tournament help to keep our registration fees down. Without valuable help from volunteers we will not be able to continue to offer this high-class home tournament for our daughters.

We are looking for individuals to help our Tournament Director in the organizing phase of this event. The more volunteers we have, the less work it is for everyone in the end.

Please call Tami Eiboden if you are interested. We need your help to keep this tournament running.

NEWS FROM THE OWHA:

OWHA Handbook Cover Photo Opportunity

The Ontario Women's Hockey Association publishes a handbook annually for use by the OWHA membership. The handbook includes the OWHA Constitution, By-Laws, Regulations, Rules and Policies.

For the upcoming 2007-2008 hockey season, OWHA members are offered an opportunity to submit photos for the front cover of the handbook and other documents. Images, if selected, would also appear on the OWHA website, OWHA member websites and other OWHA documents.

To send your favourite photo for consideration for OWHA publications:

1. Find that great hockey photo of OWHA action
2. Complete the **CONSENT FORM FOR USE OF PHOTOGRAPHIC IMAGE** for each participant that appears in the photo.
3. Submit your photo (electronically or by mail) and the completed Consent Form for Use of Photographic Image by the July 31st deadline to:

OWHA
#3-5155 Spectrum Way
Mississauga, ON L4W 5A1
info@owha.on.ca
Fax: 905-282-9982

DEADLINE for SUBMISSION: July 31, 2007

Questions? Please call 905-282-9980

DID YOU KNOW???

- ✓ Half of all girls who participate in some kind of sports experience higher than average levels of self-esteem and less depression
- ✓ Research suggests that girls who participate in sports are more likely to experience academic success and graduation from high school than those who do not play sports
- ✓ 80% of women identified as key leaders in Fortune 500 companies participated in sports during their childhood and self-identified as having been "tomboys"
- ✓ More than four out of five executive businesswomen (82%) played sports growing up – and the vast majority say lessons learned on the playing field have contributed to their success in business, according to the results of a national survey)



October

- 2 House League Coach meeting. Central Arena 7:00 pm
- 15 Board Meeting - Appleby Arena Board Room - 7:00 pm
- 23 Speak Out Clinic - Appleby Arena - 6:00 pm
- 27 Off-Ice Training Seminar - Appleby Arena at 10:00 am

November

- 4 Trainer's Clinic - Appleby Arena - 9:00 am
- 9 Breast Cancer Fundraiser - Burlington Convention Center
- 10 Picture Day - Appleby Arena
- 12 Board Meeting - Appleby Arena Board Room - 7:00 pm

December

- 10 Board Meeting - Appleby Arena- 7:30 pm

March

- 7-9 Burlington Spring Break Tournament