



East Gwillimbury Minor Hockey Association

News from the Eagle's Nest

Volume 1, Issue 1, September 2016

Message from our EGMHA President

As summer comes quickly to an end, and classes have started again, we begin to set our sights on a new hockey season. Hopefully the kids have had a good break away from the arena and have been involved in other activities, so they can look at hockey with fresh interest. As the summer sun sets earlier every day, the volunteers running your association have been busy getting ready for what should be an excellent season. I'd like to share with you a few of the changes coming for this new year.

We have two significant program changes that we are trying this year. Firstly, we are introducing a Juvenile Local League program for the first time. This team will allow our otherwise graduating players (born in 1998) to continue for one more year of recreational hockey. Interest within EGMHA is strong so far, and we hope that other centres share a similar enthusiasm.

At the opposite end of the spectrum is our new Tyke program. Until this year, we have had an initiation division catering to 4, 5 and 6 year olds, which occasionally meant that players were doing the same skills development drills for three years. We've heard the feedback and have introduced a new Tyke division catering (generally) to the 6-year old group, giving them a chance to experience game play earlier in a development-oriented environment. We feel this will preserve the very important initiation program for 4 and 5 year olds but will give game-play experience earlier, ultimately strengthening our Novice division and also keeping the interest level high.

We were very pleased with the advancement of our referees last year through mentorship, supervision, and development programs. We are again this year investing in our referees with more development opportunities and active feedback. We hope to share some feedback on this over the coming year.

One thing that is very important to us is ensuring a healthy, appropriate, relationship between referees, parents and coaches that is free of abuse and harassment. Despite the Parental Respect in Sport introduced two years ago, we still feel there is more we can do to educate people and encourage appropriate behaviour. This starts with open conversation and grows from there. We look forward to continued improvement over the coming season on this front.

The OMHA (our parent association) has similarly introduced changes to the coach certification process to further improve the caliber of the coaches. In particular, the introduction of a field evaluation process to observe and formally supervise coaches as part of their certification process is a positive change. Doug Westland who has been a long-time member in our centre has been accredited as a Field Evaluator and will be working on this and other coach-development activities over the coming year.

Last year, we were pleased with the financial support of sponsors and donations, which was higher than expected and also had a successful spring Tournament. We are looking forward to using these funds for coach development aids, first aid kits, clinics and other welcome investments to directly assist our association. We are again the grateful recipients of a \$4000 contribution by the Dunsmuir Dream Foundation which will sustain this investment for this year as well.

I hope you all share my eager anticipation to see that first puck drop and those first cheers of excitement. I look forward to seeing familiar faces, and meeting many new ones at the rink.

Yours in Hockey,
Eric Kopsala

Dates to Remember

Sept 7 th	Midget A Try Outs Start
Sept 9 th	Equipment Drop Off
Sept 10 th	Equipment Exchange
Sept 10 th	Mouth Guard Clinic
Sept 9/10 th	National Sports Shopping
Sept 9/10 th	LL Assessments Start
Sept 17/18 th	HL Assessments Start
Oct 13/14/15 th	Rep Picture Days
Oct 15/16 th	HL/LL Picture Days
Oct 15/16 th	EGMHA Apparel Sale
Nov 27 th	Hockey 4 Hunger Weigh In
Dec 7 th	Last Chance Picture Day
Dec 10/11 th	Battle of the Gwillimburies
Feb 28 th	Spirit Award Nominations
Mar 26 th	Last day of HL/Banquet
Apr 6-9 th	Dunsmuir Tournament
Apr 12 th	Volunteer Appreciation
Apr 13 th	EGMHA Annual AGM



Custom Mouth Guard Clinic

Saturday Sept 17th 8:00am to 2:00pm

Dental Professionals from the [Susan's Smile Centre](#) will be on-site at the EG Sports Complex and will take a mould of your player's teeth.

A custom fit mouth guard is fabricated while you wait (usually within 1-3 hours). Once it is completed the fit is checked and adjustments are made on the spot.



Mouth Guards must be picked up same day. A protective case is included in the cost.

The Ontario Minor Hockey Association has mandated that one parent per family must complete the online "Respect In Sport" – Parent Program in order for their child to be rostered to an EGMHA team. See the link below for instructions. If you completed the course previously you do NOT need to take it again. If you are registering a child for the first time and have taken the course you will need to add the child to your profile. This requirement also applies to **any** Team official that may have already completed a previous Respect in Sport program.



Please click [Here](#) to find out more about the Respect in Sport Program.

VOLUNTEER
all that's missing is U!

Have you ever wanted to get involved, make a difference. There is nothing more rewarding than participating in your child's development in a sports activity. For that matter, you don't even have to have a player currently playing, to get involved.

We are in need of volunteers especially in our Tyke and Novice Divisions. There is no job in any Hockey Association, that would not benefit from an extra pair of hands, skates or simply a different point of view.

If you want to volunteer please contact:

House League program: [Chris Nesbitt](#), VP House League

Local Loop program: [Doug Yarenko](#), VP Local Loop

Other EGMHA opportunities: [Rick McGlone](#), 1st Vice President

Without coaches and trainers who volunteer their time and step behind the bench every season, there would be no minor hockey in East Gwillimbury. These volunteers are the heart of any minor hockey association.
We are awaiting your message!





HOUSE LEAGUE & LOCAL LEAGUE ON-ICE ASSESSMENT TIMES

Friday September 9th

PeeWee	6:00 - 7:00pm
Bantam	7:00 - 9:00pm

Saturday September 10th

PeeWee	12:00-1:00pm
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Sunday September 11th

PeeWee	12:00 - 1:00pm
Bantam	1:00 - 2:00pm

Saturday September 17th

Initiation / Tyke*	8:00 - 10:00am
Novice*	10:00 - 12:00pm
Atom*	12:00 - 2:00pm
Minor Midget	6:00 - 7:00pm

Sunday September 18th

Initiation / Tyke*	12:00 - 2:00pm
Novice*	7:00 - 9:00am
Atom*	2:00 - 4:00pm
Minor Midget	6:00 - 7:00pm

Saturday September 24th

Initiation / Tyke*	8:00 - 10:00am
Novice*	10:00 - 12:00pm
Atom*	10:30 - 12:30pm

Sunday September 25th

Initiation / Tyke*	7:00 - 9:00am
Novice*	8:30 - 10:30pm
Atom*	10:30 - 12:30pm

Assessments times for other Divisions (Midget and Juvenile) are to be determined, please keep checking the [EGMHA Calendar](#) for times.

** House League Conveners should be contacting you this week with which time your player is assigned each day.*

Initiation and Tyke House League Changes

We are excited to announce a major program change to our Tyke aged players for the 2016/17 season.

In case you missed our information meeting, changes for our Initiations and Tyke aged players can be found in more detail on our website.



[More Detail](#)

Try outs

Try out times for the Midget A team are now posted!

Keep checking our website for try out information for our AE teams. Try outs for Tyke and Atom Select teams will be scheduled for October.



Keep checking our [EGMHA Calendar](#) for those dates.



RAISE YOUR GAME™

Offer is good for any National Sports location. Just bring a copy of the EGMHA Shopping Weekend letter which can be found (on our website) or [here](#)

EGMHA Shopping Weekend

September 9 to 11th

20% off regular ticket priced items

10% off sale ticket priced items

Did you know?

Children are more sensitive to the effects of a concussion and may need to have a longer period of rest prior to returning to activity and the sport.

A concussion is a disturbance in brain function caused by direct or indirect force to the head. It results in a variety of non-specific signs and/or symptoms, and most often does not involve loss of consciousness. While the majority (80-90%) of concussions resolve in a short period (7-10 days), the recovery time frame may be longer in children and adolescents.

Holland Landing Health Centre has extended an offer for EGMHA Players to have Baseline Concussion Testing completed using the Sports Concussion Assessment Tool – 3rd Edition (SCAT 3) for \$10/ player.

By implementing a preseason baseline score, the SCAT 3 can then be used on the sidelines if a head injury or suspected concussion occurs during practices and games. These comparative scores can assist in the recognition and diagnosis of concussions, and serve as an objective measure to guide return to play protocols.

For more information, please feel free to contact :

Dr. Kyla Nelson or **Dr. Patrick Perta** at **905-853-7900** or info@HLHC.ca.

More on concussions and hockey can be found on the [Hockey Canada](http://HockeyCanada.com) website.



Alumni News

Congrats to former Eagle, **Adam Smith**, who was selected in the 2016-2017 NHL draft by Nashville Predators in 7th round pick (198th over all).

Adam is a 20 year old defenceman who split his 2015-16 season between the Newmarket Hurricanes (OJHL) and Bowling Green State University (NCAA).

Congrats Adam - we wish you well. We're proud of you!

Please note that during the 2016/17 Season EGMHA will be working on a plan to honour all former Eagles who have achieved success in higher levels of hockey.

STAY TUNED FOR MORE DETAILS!

We're on the Web!

Check us out @ www.egmha.com

Timekeeping Clinic OMHA Off-Ice Officials

If you are interested in becoming a timekeeper for the upcoming hockey season there is a mandatory OMHA Off-Ice Officials Course that you must attend.

CLINIC DETAILS

DATE: Monday, September 12th, 2016

TIME: 6:30-9:00 p.m.

COST: \$25 (cash due that evening)

If you would like to attend please send an email to Jill Ferguson at ice@egmha.com with your name and birthdate.

NOTE: Must be 13 years old by Dec 31/16 to participate