

# MEMBER NEWSLETTER

SEPTEMBER 2016



## Save the Date: Photo Day!

The GGHA will be holding its **Photo Day on Sunday December 18 from 9am—5pm** at the Delta Guelph Hotel and Conference Centre.

A detailed schedule will be posted on the GGHA website and distributed to teams as soon as it becomes available.

## Upcoming Mouthguard Clinics

### Saturday September 10th, 2016 (9am—12pm):

Waterloo Wellington Dental Society and Jain Dental Care present their annual mouthguard clinic at the Evergreen Seniors Centre, 683 Woolwich Street

- ◆ \$30 cash for a custom-fit, lab-prepared, **same-day** mouthguard

### Bisson Dentistry Sports Guard Clinic (please note their new location: 199 Woolwich St):

- ◆ By appointment only (call 519-821-3561), Monday- Thursday from August 24th- September 30th, pick-up (also by appointment only) one week later
- ◆ \$35 *Proform* Sports Guard or \$25 Regular Sports Guard
- ◆ 100% of proceeds donated to Hospice Wellington's Child and Youth Programs

## Open GGHA Board Positions

The GGHA has a number of open positions on the Executive. Please consider joining the Board in one of the following roles:

### ◆ Director of Rep Hockey (Rep Convener)

Attend OWHA and LLFHL meetings and liaise between rep players, coaches, GGHA Board

### ◆ Fundraising & Sponsorship Director

Coordinate Sponsorship and Fundraising efforts throughout the association

### ◆ Member-at-Large

Attend and contribute to GGHA Board Meetings and activities

If you have any questions or are interested in any of the above roles, please e-mail: [board@ggha.com](mailto:board@ggha.com)

## Join the Guelph Storm Crew!

The Guelph Storm are looking for volunteers who are eager to educate and excite fans and enhance their experience during the 2016-2017 season. Storm Crew volunteers will strive to educate fans throughout the community making a positive impact on each and every fan's experience during the 2016-2017 season.

Ideal candidates will be charismatic, approachable and have a cheerful personality and will have a passion for hockey, the Ontario Hockey League and the Guelph Storm. Successful candidates MUST :

- ◆ be at least 16 years old
- ◆ be able to stand for at least 3 hours and lift up to 45 pounds
- ◆ be available to work at least 80% of all Guelph Storm home dates, including pre, regular and post season games.

Anyone interested in this exciting opportunity is asked to carefully review the full "[Guelph Storm Crew](#)" volunteer description, which includes a detailed description of the role, responsibilities and duties and information on how to apply.

## House League News

### New this season: Bantam Division to join the KGLL (Kitchener Girls' Local League)

#### What is the KGLL?

KGLL stands for "Kitchener Girls Local League". Last season, the KGLL had 13 teams playing at the Bantam level, from centres such as Ayr, Cambridge, Grand River, Kitchener, Stratford, Twin Centre, Waterloo, Wilmot and Woolwich.

#### Local League Format

Local League teams play a "First Half" of 10 games (5 home and 5 away) between October and December. After the First Half is completed, the teams are divided into pools according to their place in the standings ("A" and "B", "C" if needed for the number of teams). Each team then plays 10 more games between January and March, (5 home and 5 away) vs the teams in their pool only. At the end of the "Second Half", the top 4 teams in each pool advance to the semifinals, with the winners playing in the Local League Championship in early April.

#### What advantages does the KGLL offer for our Bantam division?

Based on predicted registrations at the Bantam level, moving to the KGLL will allow our players to compete against a greater variety of teams in a number of different arenas and communities, rather than playing the same one or two teams throughout the season in a traditional House League format. The Local League format, divided into a 'First' and 'Second' Half, allows teams to play more competitive games against teams with similar skill levels, something that is very difficult to accomplish with a House League of only one or two teams. Feedback from GGHA coaches, players and families who participated in Local League last season was overwhelmingly positive and this year's Bantam players are sure to appreciate the same benefits this year with the KGLL.

### 2016-2017 House League Registration is open

House League Registration is now open at: [https://ggha.com/Pages/1010/House\\_League/](https://ggha.com/Pages/1010/House_League/) - don't delay—many divisions are filling up fast!

Our House League season will begin with our skills sessions on Sept 17-18th and Sept 24-25th. FUNdamentals will start on Oct 15th, and the First Shift will begin on Nov 2nd.

Be sure to take advantage of the numerous player and goalie registration discounts offered by the GGHA. Full registration details are available on our website:

- ♦ [First Shift](#)
- ♦ [House League \(including FUNdamantals\)](#)

### Volunteers still needed for House League

The Guelph Girls Hockey Association is made up of volunteers —hundreds of volunteer hours go into each and every season and the association is always looking for help. Our House League program is in need of volunteers for the following roles for the 2016-2017 season:

- ♦ Local League Liaison (KGLL)
- ♦ House League Division Conveners: Novice, Atom, PeeWee and Midget Divisions
- ♦ Coaches (FUNdamentals, PeeWee, Bantam and Midget House League Coaches as well as various DS teams), Trainers and Team Staff

If you have any questions or are interested in any of these roles, please contact Stephen Purves, House League Director at: [house@ggha.com](mailto:house@ggha.com) or complete the [online House League Team Staff Application](#).

### Intermediate A Tryout Information

All players trying out must complete the online [TRYOUT REGISTRATION FORM](#) at least 48 hours before the first scheduled tryout. Tryout cost is \$10 cash per session. If you were NOT registered with the GGHA last year, bring a signed Permission to Skate (PTS) form from the last Association you played with to the first tryout. Please contact your previous Association to obtain the form.

Please note: Tryout #1 on September 11 is open to all, and subsequent tryouts are by invitation only.

#### TRYOUT SCHEDULE:

Sunday Sept 11, 8:15-10:15 pm, West End Community Centre

Tuesday Sept 13, 8:30-10:00 pm, Exhibition game vs Cambridge Sleeman Centre

Wednesday Sept 14, 9:00-10:30 pm, Exhibition game vs Kitchener, West End Community Centre

Saturday, Sept 17, Exhibition game (time TBA) @ Brampton

To find out more about the Guelph Jr. Gryphons Intermediate A team, please visit the [Frequently Asked Questions page](#), or contact Head Coach Brad Stephenson at [guelphintermediatea@bell.net](mailto:guelphintermediatea@bell.net).

### Coming Soon—LLFHL Scheduling Day

DATE: Sunday September 25, 2016

LOCATION: Sheraton Pkwy, Toronto North  
9005 Leslie Street, Richmond Hill, ON

Schedule to be announced shortly before the day. Visit the LLFHL for more details and up-to date information: <http://www.llfhl.ca/>

### GGHA Players Participate in the Ontario Summer Games!

The GGHA would like to congratulate the Gryphons who participated in the Ontario Summer Games: Sophie Schmidt (Midget A) won Gold in Women's Field Hockey, Grace Blamauer (Midget A) participated in Women's Softball and Darcy Breakey (Midget AA) Assistant Coached with Women's Hockey for a Silver Medal. Well done!

### GGHA Tournament Update: Food Bank Challenge!

New for this year's Winter Classic: the GGHA will be adding a Food Bank Challenge to the weekend's events. With the tournament so very close to the holiday season, the GGHA would like to encourage all participating teams to give back to the community by participating in a Food Bank Challenge. For our local Rep Teams, there will be a competition to see which team can bring in the most donations—with a prize for the most "giving" team! Visiting teams—parents, players and supporters—will also be asked to bring contributions to the Winter Classic Food Drive.

### Director of Rep Hockey (Rep Convener) needed immediately!

The GGHA requires a Rep Convener—to commence duties as soon as possible. Primary responsibilities include:

- ♦ attending OWHA and LLFHL meetings
- ♦ liaising between the GGHA Board, Rep players, parents and coaches as necessary
- ♦ participating in GGHA Board meetings and activities

This position is integral to the success of our Rep Program. If you are interested in this role or would like further information, please email: [board@ggha.com](mailto:board@ggha.com)

## Board News

### Registration Now Open: GGHA DS Invitational Tournament

The GGHA is hard at work planning this season's DS Invitational Tournament, to be held on January 7th and 8th, 2017. With a 3 game guarantee and positive feedback from last year's participants, it is expected that divisions will fill up quickly. Further details will be posted as they become available on the [tournament website](#). Please direct any inquiries to: [tournament@ggha.com](mailto:tournament@ggha.com)

*Now available on the GGHA site: an updated version of the Association's **Fair Play Policy**. Please be sure to read through this very important policy.*

### Coming Soon: Pink in the Rink

Check the GGHA website frequently for upcoming announcements about a number of exciting "Pink in the Rink" events to be held by both House League and Rep League teams during the month of October to raise awareness about Breast Cancer!

### Article of note: Playing and Coaching – Passing the Torch While It's Lit

In a recently published article, Ieva Melanija Kibirktis examines the role of the player-coach in sport. For the purposes of her article, she describes player-coaches as "athletes who compete while also coaching a youth team", a subject about which there has not been a great deal of research to date.

The article details not only the benefits that the player-coach may experience in this role, including the opportunity to develop leadership and communication skills and increase their self-awareness, but also the impact a player-coach may have on young athletes and their personal development as well as the advantages they may have for a sport club. Kibirktis also examines key steps that can be taken to encourage senior-level athletes to pursue youth-coaching.

Click [here](#) to access the full article, which was published earlier this year.

### Mission & Vision

The GGHA is dedicated to providing a fun environment for females to develop self-esteem and confidence through hockey, by promoting team work, a strong work ethic and athletic commitment, which develops all members to be the best they can be as players, team mates, and leaders for now and for the future.

The August 2016 issue of the Guelph Jr Gryphons Newsletter (published by the Athletics Department at the University of Guelph) is now available. [Click here](#) to access the document.

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If you have comments or suggestions for our upcoming issues, please email:  
[communications@ggha.com](mailto:communications@ggha.com)

WE'RE ON THE WEB!  
[ggha.com](http://ggha.com)