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Gold medal winning team - 2016 Quikcard Edmonton Minor Hockey Week



Current age: 9

Number of years played: 5

Usual position: Has been a goalie for two seasons now

Favourite NHL team: Edmonton Oilers

Favourite NHL player: Carey Price (of course)

Role model: My Dad

Other interests: Baseball, video games & my puppy

Favourite memory from winning gold at Minor Hockey Week: Making saves & winning with my team!

YOU IDENK

Without the support of coaches, parents, players, volunteers and sponsors, Quikeard Edmonton Minor Hockey Week wouldn't have a shot!

Thank you to everyone whose time, effort and dedication helped make this year's Quikeard Minor Hockey Week such a success. Quikcard Minor Hockey Week is proud to be supported by community leaders committed to the development of our youth.

Thank you for your ongoing support of sportsmanship and minor hockey in the Edmonton Region.

ADINONTON MINOR HOCKEY WEEK

AN 13-22,20

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i'm lovin' it.

HOCKEY

HOCKEY







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Message From Hockey Edmonton

Welcome to the halfway point of the hockey season. Quikcard Minor Hockey Week for many is a highlight of the hockey year, the competition is fierce and the outcomes can be very surprising. A few years ago we had a team that hadn't won a game up to QMHW and then won the gold. It was like a local remake of the movie the "Mighty Ducks." This team was featured on ESPN in the United States. The team and parents will never forget this journey and I'm sure we'll see many more great stories coming from this year's Quikcard Minor Hockey Week.

This tournament makes a huge impact on players. For many, they can tell you how many QMHW they've won over how many city championships. It's more than playing some hockey games; it's a week that highlights our sport in the Capital region. We see more positive stories and celebrations of the game in the media than any other time during the year.

The number of volunteer hours that go into just the preparations for this great week is astounding. The work on next year's event starts almost immediately after the last medal is handed out. I was having a chat with a member of the committee and when we look at a list of members of the committee, many of them don't have kids playing hockey anymore and for some it's been a number of decades. Take for instance volunteer Bill Ross who is hanging up his "Gone Fish'n" shingle after this year's tournament. He's devoted his time to this endeavour for 50 years. Bill, we salute you on behalf of Hockey Edmonton and all the players who have participated in Quikcard Minor Hockey Week.

This event isn't a profit centre for Hockey Edmonton and we couldn't do this without all the volunteer time donated. Our referees donate their expertise and without them we couldn't make this happen. In fact if we had to pay for officiating we would either have to fold the tournament or raise the cost significantly for teams to participate.

Hockey Edmonton would like to thank the sponsors for their commitment to the tournament. These sponsors help us keep the costs down and provide keepsakes like the souvenir pucks. We ask that you support our sponsors.

On behalf of the executive, board and staff of Hockey Edmonton, enjoy the week and let's make some memories!



Sincerely, Mark Doram

President, Hockey Edmonton



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Message From **The Publisher**

This year marks the 54th anniversary of Edmonton Minor Hockey Week, for which Quikcard has been the title sponsor for the last 18 years!

This tournament has been recognized by Guinness World Records as the largest minor hockey tournament in the world. An event this large could not happen without the tireless work of volunteers, which is true of its very beginning, and just as true today. This includes the organizers, schedule-makers, scorekeepers, coaches, team managers, etc. who donate their time and effort for the benefit of the kids who participate in this tournament.

One long-time volunteer is Bill Ross, a man they call "Mr. Central." Mr. Ross has been an Edmonton Minor Hockey Week volunteer for 50 years, and this year's event will be his last. Fifty years of being a volunteer is an incredible achievement. For more about Bill Ross, check out our article on page 17.

Officials also participate in Minor Hockey Week, and they donate their time in doing so. The value of their donated time works out to over \$40,000, which is a huge commitment, something we should remember when we see them on the ice.

One of these officials is featured in this edition of the magazine – Mark Grundy, who took up officiating eight seasons ago. As Mark points out, "The games are far more exciting than during the regular season, the crowd and parents are far more engaged, overtime is even more tense, and if you get the chance to officiate a final all of this is heightened. "

This is an important reminder for all those who participate, whether you are a player, coach or a fan watching the game.

To the players, we extend our best wishes! Memories of a lifetime will come to many who play hockey during Quikcard Edmonton Minor Hockey Week. As parents, family members and friends cheer on the action, give it your best, and above all, have fun!



Sincerely, Rob Suggitt

Publisher of the Hockey Edmonton Magazine



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WHEREAS, Quikcard Edmonton Minor Hockey Week is one of the most widely attended minor hockey tournaments in Canada;

AND WHEREAS, this annual tournament gives young players the chance to enhance their skills, learn good sportsmanship and play the game they love;

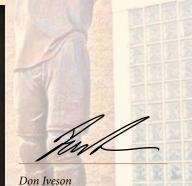
AND WHEREAS, amateur hockey plays an integral role in enhancing our city's reputation as a centre for sporting excellence;

AND WHEREAS, now in its 54th year, Quikcard Edmonton Minor Hockey Week brings together more than 500 teams and 10,000 participants;

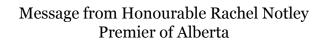
THEREFORE I, MAYOR DON IVESON, DO HEREBY PROCLAIM JANUARY 13 - 22, 2017 "QUIKCARD EDMONTON MINOR HOCKEY WEEK" IN EDMONTON, ALBERTA'S CAPITAL CITY.

Dated this 18th day of November, 2016





Don Iveson Mayor of the city of edmonton



On behalf of the Government of Alberta, it is my pleasure to send greetings as you commemorate Quikcard Edmonton Minor Hockey Week 2017.

Hockey is a sport enjoyed by Albertans of all ages, whether in competition or for fun. While offering hours of entertainment, this week highlights the hours of dedication on the part of all players, coaches and parents.

Throughout this week, I know all of the players will be skating hard for the love of the game. They will be playing not for the name printed on the back of their shirts, but for the crest in front, what it stands for, and the values of teamwork, cooperation, healthy competition and the hard work that it represents.

Thank you to the coaches, parents and volunteers who spend countless hours mentoring our youth and teaching them life-changing skills, both on and off the ice.

To all hockey players, I wish you an incredible hockey experience!



Rachel Notley January 13th - 22nd, 2017

GREAT WAYS TO SPEND THE WINTER SEASON WITH THE FAMILY...





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GREATSSZD SEATSSZD

Message from the **MHW Chairperson**

Welcome to the 54th year of Quikcard Edmonton Minor Hockey Week!

I am honoured again to be the chairperson for this year's tournament, which has become one of the world's largest and longest running hockey tournaments. Just think about it, this tournament is 54 years running which works out to roughly over 400,000 hockey players, thousands of referees and hundreds of thousand volunteers that have been involved over the years. This is a tournament worthy of the Guinness World Record, in fact, back in 2003 QEMHW was officially recorded as the biggest hockey tournament in the world.

This tournament has developed its own culture over the years, a culture of excitement, competition, fair play and volunteerism.

Originally designed to give young hockey players a chance to be involved in a tournament that took them to a different part of the city to play teams outside their immediate community zone and an opportunity to play in an indoor arena. Back in the early '60s there were only three covered indoor arenas: Coronation, George Hughes (South Side) and St. Mary's. We have come a long way in terms of facilities and arenas but what remains constant throughout is the effort and dedication of over 3,000 volunteers necessary to run a tournament of this magnitude. All of the volunteers include arena managers, scorekeepers, timekeepers, player checkers, referees and button sellers.

Speaking of volunteerism, I would like to take this opportunity to recognize and give a huge thank you to one of our longest standing committee members Mr. Bill Ross, aka "Mr. Central." This year will mark Bill's 50th year with minor hockey week! Bill is a tireless volunteer who has given countless hours of his time to help shape what this magnificent tournament has become. Bill has announced that he will be retiring as "Mr. Central" this year, but I'm sure he will stay involved with the tournament in some form or fashion.

I would also like to thank this year's committee who, starting in July and August, work very hard to ensure that the tournament is a success. The committee includes Joan Kirillo, Sarah Madore, Rod McMahon, Terry Brown, Jeff Seuss, Tim Rahovie, Dean Hengel, Sarah Kennedy, Chris March, Dan Osborn, Ray Vigneu, Bill Renshaw, and "Mr. Central" Bill Ross.

A big shout out has to go to our referees of all ages who are our biggest sponsors and who basically donate more the \$45,000 worth of referee fees per year and have been doing so for the past 53 years! Without their generosity the cost of the event would be enormous and there would be no games played without them. So please do not forget to thank them for their energy and devotion that they put into the games.

A huge thanks goes out to this years corporate sponsors for their continued support:

Quikcard Solutions Inc., Edmonton Oilers Hockey Club, Edmonton Oil Kings Hockey Club, Elite Sportswear, McDonald's, The Hockey Program, Serdachny Powerskating and Hockey, STM Hockey Academy and Rob Suggitt at Suggitt Publishing for printing and distributing the Hockey Edmonton magazine.

Last but not least, thank you to all the participants in this year's tournament.

On behalf of the Quikcard Edmonton Minor Hockey Week Committee, I take great pleasure in inviting you to come out and enjoy some very exciting hockey. Good luck to all and have fun!



Sincerely, Darrell Davis

Chairperson, Quikcard Edmonton Minor Hockey Week

Message from the **Honourary Chairperson**

I am very honoured to be chosen as the honourary chairperson for Quikcard Edmonton Minor Hockey Week this season.

I have been involved with minor hockey for over 20 years. Over the years I have been a team manager, a coach, board member and president of three organizations.

I have met some incredible players, parents and volunteers over the years. I have had the honour to meet and work with a number of incredible volunteers like Vern Davis and Russ Barnes, two gentlemen who were role models to aspire to be like.

Minor Hockey Week, in my opinion, is the highlight event for each team and player involved in minor hockey in Edmonton.

To many minor hockey players, receiving a gold or silver medal and the privilege of participating in Minor Hockey Week is comparable to playing in the Stanley Cup playoffs.

My thanks and respect goes out to the many volunteers, coaches and sponsors who give freely of their time to make Minor Hockey Week an incredible event for the players.

I would also like to thank the referees who volunteer their time and experience during Minor Hockey Week. Refereeing is a very difficult job that our referees do very well.

Thank you for the opportunity to be Honourary Chairman for Minor Hockey Week.



Respectfully, Chris Hurley

Honourary Chairperson, Quikcard Edmonton Minor Hockey Week

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1:00 p.m	ATOM JETS		12:45 p.m	ATOM BRUINS	
2:30 p.m	ATOM SENATORS		2:15 p.m	ATOM DEVILS	
4:00 p.m	ATOM PENGUINS	3	3:45 p.m	ATOM CANUCKS	
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2017 FINALS SCHEDULE

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11:15 a.m	ATOM CANADIANS	
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2:15 p.m	PEEWEE CLAGGET	
3:45 p.m	BANTAM FREDERICK	
5:15 p.m	BANTAM BUTLER	
6:45 p.m	MIDGET BONNER	
8:00 p.m	NOVICE KIRILLO	
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2:00 p.m	PEEWEE McKINLEY	
3:30 p.m	PEEWEE DALY	
5:00 p.m	MIDGET HOLT	
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8:00 p.m	MIDGET DAVIS	

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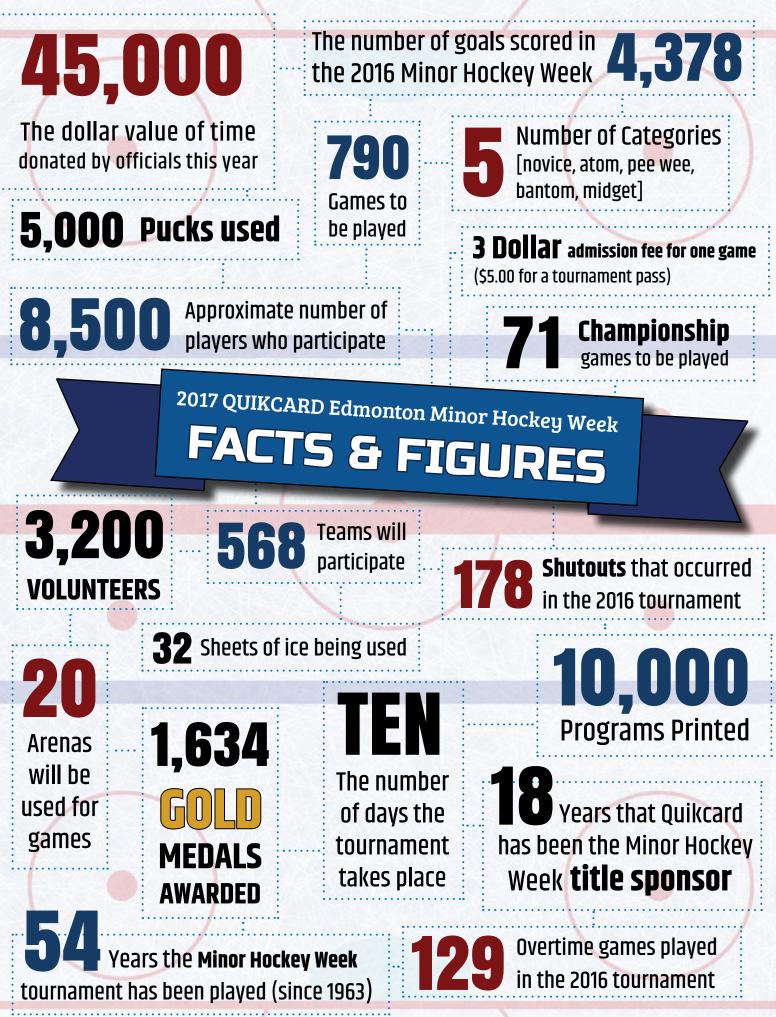
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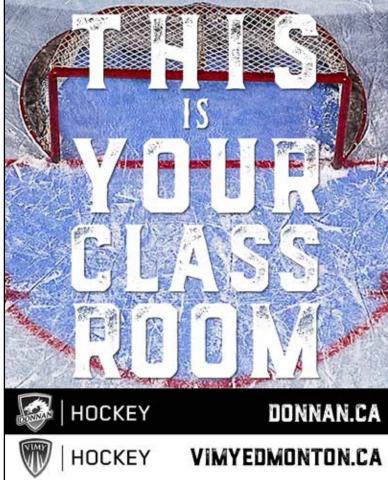




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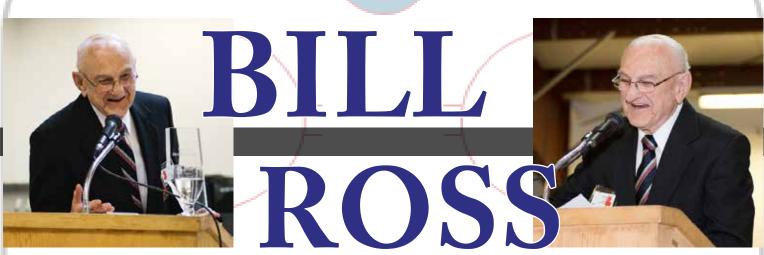




Be sure to check out our spring edition of the Hockey Edmonton Magazine for photos of all gold medal winning teams from 2017 Quikcard Edmonton Minor Hockey Week. The magazine will be in all arena stands by the first weekend of March.

In advance of our printed edition, we will be publishing a special digital edition featuring all gold medal winning teams from Quikcard Edmonton Minor Hockey Week. The digital edition will be available on the Hockey Edmonton website (www.hockeyedmonton.ca) by early February 2017.

Hockey



Photos L & R Courtesy of SC Parker Photography

50 Years With Edmonton Minor Hockey Week



Bill Ross & Vern Davis pictured with two Hockey Edmonton Officials

Nobody does anything for 50 years anymore, which only makes the recent milestone of Bill Ross stand out all the more in stark relief. Bill – "Mr. Central" as he's become known to those connected with Edmonton's Minor Hockey Week – is stepping away from that tournament, and from being a volunteer with minor hockey, after half a century of doing it.

"I started off, way back when our little guy was about four years old – I took him to the rink to get started playing hockey," Bill says. "We had a rink in our community, so I took him over there, and the guy says, "Can you skate?" and I said, "Oh, yeah," and he says, "Oh, and by the way, I could use a little help – that was 1967."

From there, it was coaching, and then, when Minor Hockey Week got going, Bill Ross became a key part of the tournament's "nerve centre," called Hockey Central to many, from which he acquired his nickname. "He used to write out stuff for every arena and put all the games on it," chips in Rod McMahon, who has worked alongside Bill for years, and steps into Bill's role for the tournament. "Like, he sat down and spent, probably 20 to 25 hours just doing one thing and preparing for the arenas what games are going to be there, what divisions like atom, novice, pee wee, what the game number is – and he used to do all these sheets by himself. And I can't imagine the time that's behind it."

"I bet everyone who talks about Bill mentions the rotary phone he still uses," chimes in Marvin Babiuk, another Minor Hockey Week volunteer. "I think that's symbolic of Bill. He really respects the grassroots of hockey, and he's kept his old-school charm."

By D.T. Baker

McMahon and Babiuk have been volunteering since the '90s – a long time, as long as your yardstick isn't the time put in by Bill Ross. McMahon readily concedes that his time served pales in comparison to those he's looked up to, including Bill Ross. "We always tell everyone once you join this committee, you're there for life," he laughs. "I mean, Vern Davis was our tournament founder, and he passed away just after his 50th year – the 50th anniversary of the tournament – and he was there from day one. And Bill, we're now at what? Fifty-four years, and he's been there for 50 of them."

"Well, I enjoy it" is Bill's remarkably simple answer as to what's kept him at it. "The attitude of the kids – I think it's still there, because they get enjoyment out of it. And I think that was one of the main things is that as long as the kids are having fun – and it's too bad that somebody has to lose, but I think it teaches them a lot to take winning and defeat. And, I don't know, it gives them character. I know the kids that I coached back in the early years – they're still all good friends."

"From his perspective, he's always done what's best for the kids," notes Babiuk. "Whoever takes over from him definitely has some big shoes to fill. I don't know what Bill doesn't know about Minor Hockey Week. But what Bill also brings is not just his knowledge, but his personality. He's the type who's just so enjoyable to work with."





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Bill Ross with his wife Bev

...he sat down & spent, probably 20 to 25 hours just doing one thing and preparing for arenas what games are going to be there...

Minor hockey in Edmonton in 1967 looked a whole lot different than it does now. For one thing, there's a lot less natural sunlight to it. "They're playing indoors now," Bill says only a little ruefully. "It's hard to find anybody that will practice or have a game outside. There wasn't such a thing as an arena when we started back in those days. We were out in the outdoor rinks, standing in snow up to our knees – and freezing our butts off! So I think when I was coaching – my guy went up to midget, I think the biggest change was they allowed us to have one game indoors, and I think everybody thought they'd died and gone to heaven."

Bill feels that all the indoor ice has, of necessity, pushed the cost of hockey past the comfort level for some people and he wishes that it didn't have to be that way.

Rod McMahon looks back at Bill Ross' 50 years of dedication, and prefers to think of it as an inspiration rather than a standard to live up to. "A standard worries me," he confesses with a laugh. "I don't think anyone can do what Bill has done. The knowledge that he possesses when we have an issue with arenas, Bill's been there and he's done that. I don't think there's anything he hasn't seen in 50 years of working with the tournament. So he's set the bar extremely high and I guess we'll just do our best to get to a level that Bill can look back on next year and say, 'Yeah, they're doing OK still'."

We're going to miss you Bill!





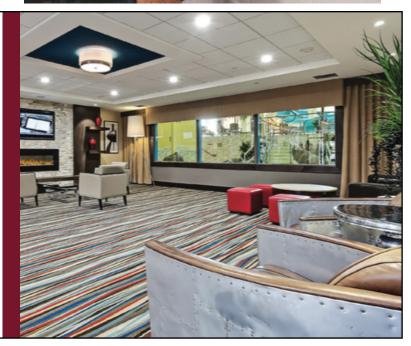




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2017 RULES & REGULATIONS

2 TEAM REGISTRATION

- **2-1** Coaches must present their team registration to the arena manager at all games and all players registered on the team registration and not dressed shall be noted on the game sheet, with an explanation of why they are not dressed.
- **2-2** If a team arrives at the arena without the ORIGINAL team registration, the arena manager must call central for verification. The ORIGINAL team registration must be produced prior to the end of regulation time of said game or said team coach will be subject to disciplinary action.
- **2-3** NO AFFILIATED PLAYERS ALLOWED, exception being GOALIES, due to medical problems, which have been submitted and approved by the city registrar.
- 2-4 Players names must be legibly printed (or have a sticker affixed) to the game sheet by the designated team official. Players are NOT required to sign the game sheet during Minor Hockey Week.
- **2-5** The coach, manager and/or trainer will print their names (or have their name on a sticker affixed to) on the game sheet.
- **2-6** In the event a team does not show for their game, the coach and manager will be subject to disciplinary action unless there are extenuating circumstances. The other team will be given the choice of a win or loss.

3 REGULATION TIME

- Duration of games will be posted on draw sheets at each arena. The arena manager will be responsible to advise game officials of game duration. Games will be straight time. Stop time in the last two (2) minutes unless there is a goal spread of five (5) goals or more then it will be straight time.
 - FINALS last five (5) minutes will be STOP TIME unless there is a five (5) goal spread or more, then it will be straight time.
- 3 The referees may assess a two (2) minute bench minor penalty for delay of game; if they feel the coaching staff is using up time by deliberately slowing down the line changes. This rule applies to both straight and stop time. The clock will not stop for any reason (injury or otherwise) once the opening faceoff has taken place (exception being rules 3.1 & 3.2).

1 GENERAL RULES

AN 13-22

CONTON MINOR HOCK

Every player dressed must play at least twice in every period during regulation play, with the exception of goalkeepers. If the team has two goalkeepers, each one must play at least one period in each game. No warm-ups for incoming goalkeepers. Coaches and managers failing to comply with the above rule will be dealt with by the discipline chairperson.

WEE

- **1-2** The tournament arena manager is in charge of the arena and his or her decision is final.
- -3 Scrapes and floods shall be determined between arena manager and caretakers.
- -4 Time clocks shall start at the listed game time. Any team not on the ice and ready to play within five (5) minutes of the listed time may be disqualified. The arena manager shall be the judge of this action.
- 1-5 If, in the arena manager's opinion, a uniform change is required, the home team shall make the change. Note: It would be advisable that the team managers confer before the game to ensure that no game time will be lost during the necessary sweater change.
- **1-6** All EMHA rules and regulations are in effect during Minor Hockey Week. They count as regular league games for the purpose of determining the number of games a player/coach/manager or trainer will sit out. Suspensions incurred in Minor Hockey Week will carry over into league play if not fully served in Minor Hockey Week.

Rule Example:

1-7

Rule 41-K, Page 74, Canadian Hockey Association Official Rule Book. If for whatever reason, the ref or linesman appointed are prevented from appearing, the managers or coaches of the two (2) competing clubs shall agree on a referee and one (1) or two (2) linesmen. If you are unable to agree, they shall appoint a player from each team who shall act as officials.

In case of dispute, the decision of the Minor Hockey Week chairperson or his/her designate is final. THERE ARE NO APPEALS DURING MINOR HOCKEY WEEK.

- All minor penalties are two (2) minutes of straight time. Any portion of a penalty not served during straight time will be completed as a stop time penalty.
- **3-5** In case of a tie at the end of regulation play, overtime will be played. Play will continue until the first goal is scored, which will terminate the game, and the team scoring the goal will be the winner.
- **3-6** No timeouts may be called by a coach or player during regulation time.

4 OVERTIME

- 4.1 OVERTIME SHALL BE STOP TIME.
- **4-2** Overtime is played to sudden victory. Teams may remove goalkeepers at any time. Teams may change "on the fly" at any time. To commence overtime, each team will place six (6) players (one may be a goaltender) on the ice. The teams will not change ends for the overtime period and the time clock will be set for one (1) minute.
- **4-3** Overtime will be played in one (1) minute increments. At the end of one (1) minute, the horn will sound and each team will remove one (1) player from the ice. Play will be resumed immediately at the nearest face-off spot to the place where play ended. The timekeeper will stop the clock and sound the horn after each minute until the teams are reduced to two (2) players (one may be a goaltender) on the ice.
- **4-4** Once each team has been reduced to two (2) players, the clock will be set to six (6) minutes. To commence play, the face-off will be held at the center ice spot. There will be no further reductions to the number of players and the one minute periods will end. Time will continue until the six

(6) minute period has expired. If still tied at the end of the six
(6) minute period, ten (10) minute periods will be played with two (2) players (one may be a goaltender) until a winner is determined. To commence play in the ten (10) minute period, the face-off will be held at the center ice spot.

4-5 No timeouts may be called by a coach or player in overtime.

5 PENALTIES

- **5-1** All minor penalties are two (2) minutes of straight time starting at the drop of the puck.
- **5-2** Penalties incurred in regulation time and not completely served in regulation time, shall carry over into the overtime period (as a stop time penalty) and will be completed in overtime unless the game is ended.
- 5-3 Time penalties incurred and unexpired which may leave a team short or shorthanded during the overtime when teams are reduced to two (2) players will result in a penalty shot(s) to the non-offending team for each unexpired time penalty. If due to penalties, a team is reduced to two (2) players and another time penalty is incurred, the offending team will serve the most recent penalty and a penalty shot(s) will be awarded to the non-offending team for each unexpired time penalty. At no time will a team be required to have less than two (2) players on the ice. Should each team have an unexpired time penalty when teams are reduced to two (2) players, a penalty shot will be awarded each team. The team with the least time to serve will shoot first (if this cannot be determined, then the home team will shoot first). Each team must shoot. If the teams are still tied, overtime will continue. If multiple time penalties remain, a penalty shot will be awarded for each unexpired time penalty until all penalty shots have been taken. All time penalties incurred with two (2) players on the ice shall result in the awarding of penalty shots in lieu of penalty times.

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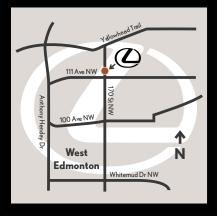
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IVAN HLINKA MEMORIAL CUP COMING TO EDMONTON

EDMONTON SELECTED TO HOST INTERNATIONAL BEST-ON-BEST HOCKEY TOURNAMENT IN 2018, 2020, 2022 By Kelsey Spohn Photos Courtesy of Andy Devlin - Oilers Entertainment Group

Hockey Edmonton kids of all ages will get to see the world's best under-18 hockey players right here in Edmonton as the Ivan Hlinka Memorial Cup is coming to the city in 2018, 2020 and 2022.

Working in collaboration with the Oilers Entertainment Group (OEG), Hockey Canada struck a deal with the Czech Ice Hockey Association and the Slovak Ice Hockey Federation to bring the Hlinka to Canada.

The Ivan Hlinka Memorial Cup is traditionally held in August and Hockey Canada expects the regional economic impact of hosting in Edmonton could top \$5 million based on the results from hosting similar events of this size and scope. A huge proponent for minor hockey, proceeds from the event will be re-invested into grassroots hockey to support our great game in Alberta.

Owned and produced by the Czech Ice Hockey Association and the Slovak Ice Hockey Federation, the Ivan Hlinka Memorial Cup was first introduced in 1991. The tournament honours its namesake and national team and National Hockey League player and coach, Ivan Hlinka – considered one of the most important figures in Czech hockey history. The annual summer tournament brings together eight of the top hockey nations in the world to compete in a best-on-best, men's under-18 competition.

"We are thrilled to partner with Hockey Canada, the Czech Ice Hockey Association, the Slovak Ice Hockey Federation and our local partners to bring the Ivan Hlinka Memorial Cup to Edmonton and to our spectacular, new venue Rogers Place, in the heart of ICE District," said OEG CEO & vice-chairman Bob Nicholson. "We are excited to work with Hockey Edmonton and Hockey Alberta to ensure grassroots hockey players and organizations across the province feel like they are a part of the

Hlinka festivities. This could be everything from training sessions for young players to coaching clinics and partnerships between Canadian coaches and their counterparts in Europe to a festival atmosphere outside of Rogers Place in ICE District. We want the action off the ice to match the excitement on the ice."

"The Ivan Hlinka Memorial Cup is a significant event on our calendar for many reasons, the first of which is that it honours a great player and coach who was taken from us far too soon," said Tom Renney, president and CEO of Hockey Canada. "The event itself is uniquely positioned on the calendar to truly allow for all of the participating nations – and for the hundreds of NHL scouts who are attracted to the event – to take part in a best-on-best competition with the top under-18 players from around the world.

"This is a significant event for Hockey Canada in terms of our players' progression through the Program of Excellence, and the identification of Canada's National Junior Team prospects. But just as importantly, the opportunity to host this world-class event on Canadian soil speaks to our relationship with our counterparts in the Czech Republic and Slovakia, as well as the reputation our country has built for successfully hosting international hockey events. This is a great responsibility, and not one we take lightly – and we're grateful for the support of the City of Edmonton, the Province of Alberta and Oilers Entertainment Group in bringing the Ivan Hlinka Memorial Cup to Canadian ice."

Before the puck drops in 2018, Edmontonians can celebrate the opportunity to witness rising stars right in our own backyard as the tournament boasts a long history of high-calibre athletes.

Current and notable NHL players who played in the tournament from 2007 to 2016 include Jordan Eberle (Edmonton Oilers), Ryan Nugent-Hopkins (Edmonton Oilers), Darnell Nurse (Edmonton Oilers), Aaron Ekblad (Florida The best under-18 players will be hitting the ice showcasing their skills and talent for the world to see. This prestigious event will draw tourists from around the world, and will be a great boost to our economy. This is an exciting day for our city, province, and country.

Panthers), Alex Pietrangelo (St. Louis Blues), Tyler Seguin (Dallas Stars) and Steven Stamkos (Tampa Bay Lightning).

Hockey Canada, whose National Men's Summer Under-18 Team has won the annual event 20 times and captured two silver medals and one bronze since 1991, has struck an agreement with the Czech Ice Hockey Association and the Slovak Ice Hockey Federation to host the tournament on Canadian ice on a bi-annual basis, beginning in 2018.

An exciting experience for the community, fans and players alike, Edmonton Oilers defenceman Darnell Nurse understands just how captivating a tournament like this is having played in the Ivan Hlinka Memorial Cup in 2012 where he captured the gold medal alongside Team Canada.

"Participating in the Ivan Hlinka Memorial Cup was an amazing experience for me and my teammates as we developed as young hockey players. Bringing the tournament to Canada and to Rogers Place and ICE District will be a great experience for players, coaches, families, and fans," he said. With proceeds benefiting grassroots hockey, this tournament will provide a lasting positive impact on Hockey Edmonton and Hockey Alberta.

"Canada is the home of hockey, and I'm thrilled that the Ivan Hlinka Memorial Cup, as we know it today, will be played in our country for the first time right here in Edmonton," said Ricardo Miranda, minister of culture and tourism, responsible for sport.

"The best under-18 players will be hitting the ice showcasing their skills and talent for the world to see. This prestigious event will draw tourists from around the world, and will be a great boost to our economy. This is an exciting day for our city, province, and country."

"Edmonton has become an internationally-renowned sports city and centre of excellence. We're proud to build on this reputation as we host the Ivan Hlinka Memorial Cup," said Mayor Don Iveson. "With enthusiastic fans, a state-of-theart arena and a passion for hockey, Edmonton welcomes the opportunity to showcase our city to the world."

The new home of the Edmonton Oilers, Rogers Place, will host the Ivan Hlinka Memorial Cup during its first three years on Canadian ice. The state-of-the-art facility was officially opened on September 8, 2016, and features 1.1 million-square-feet of seating and amenities that blend the history of the NHL franchise within its modern design.

Looking ahead to August 2018, minor hockey players and their families have plenty to look forward to as Edmonton welcomes the first Ivan Hlinka Memorial Cup at Rogers Place.

Details on event dates and tickets will be announced at a later date. For more information on the Ivan Hlinka Memorial Cup, visit **HockeyCanada.ca** or **RogersPlace.com**



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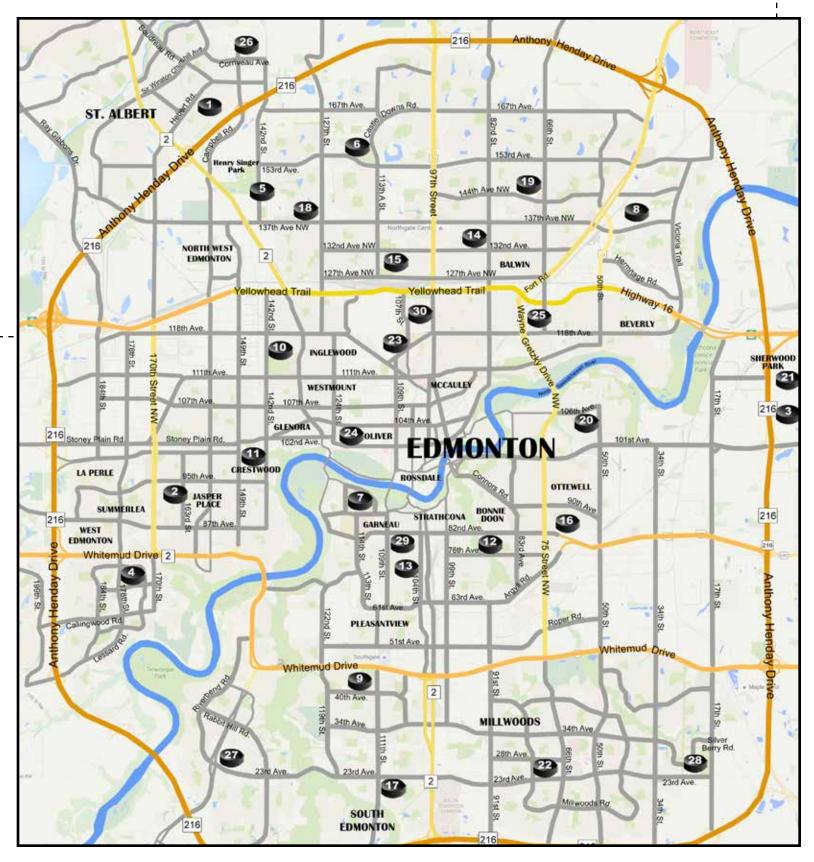
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- 23. Nait Arena 11762 - 106th Street Princess Elizabeth Avenue
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Klondike Sporting Goods was opened by Dave Lillycrop Sr. in 1974, and in the 42 years since its inception, has been influenced by four generations. Klondike quickly developed into the neighbourhood shop that was known and frequented by every hockey player and bicycle enthusiast within the West End. When son Dave Jr. took over in 1994, the store was renamed Klondike Cycle and Sports. Dave Jr. made certain that the reputation the store held in the community was not lost in the transfer of ownership. He worked with his utmost dedication to ensure the store succeeded while providing the highest quality of service to its clientele.



When his eldest daughter Cherie Malone came on board part time in 1995, she began learning the different aspects of the business – hockey, bikes, team sales and the names of the regulars that came to Klondike. In 2013, Go Auto purchased Klondike Cycle and Sports from Dave Jr. Cherie's passion and dedication to Klondike allowed her to become the general manager of the company that her grandfather and father worked so hard to build.

Klondike Cycle, as it is now known, has gone through many transitions and a new location but the important aspects of the company have remained constant – high quality products and service, competitive prices, and dedication to the community. Today Klondike Cycle offers more products than ever. While continuing to specialize in hockey and bikes, this family-run retailer also boasts ringette equipment, scooters and teamrelated sales. Come down to Klondike Cycle's new building at 10041-170th Street, where Cherie, Dave Jr., and occasionally the fourth generation, Cherie's son Brodie, are ready to help you with all of your hockey and bike needs.





st. 1974



Be sure to check out our spring edition of the Hockey Edmonton Magazine for photos of all gold medal winning teams from 2017 Quikcard Edmonton Minor Hockey Week. The magazine will be in all arena stands by the first weekend of March.

CUKC/

In advance of our printed edition, we will be publishing a special digital edition featuring all gold medal winning teams from Quikcard Edmonton Minor Hockey Week. The digital edition will be available on the Hockey Edmonton website (www.hockeyedmonton.ca) by early February 2017.

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3 DADS' INNOVATION - LEADS TO BETTER STICKS FOR MINOR HOCKEY PLAYERS

By Jeremy Freeborn Photos Provided by Raven Hockey



Three hockey dads from Calgary are giving minor hockey players at the grass roots level a hockey stick that works best for them for playing the game they love. Sean Reily, Dan Pilling and Guillermo Salazar are responsible for this revolutionary new phenomenon.

The story behind Raven Hockey began when Reily tried to buy a new junior stick to replace son Jack's youth hockey stick. They soon realized it wasn't working well for Jack. Even though Reily cut eight to nine inches off of the new stick, Jack still struggled in passing and shooting the puck.

Reily then went to another sports store and spoke to a salesperson. He thought he had bought Jack the wrong hockey stick and asked what type of hockey stick he should have bought. The salesperson said it was important to take flex into account when buying a stick, and that a flex rating needs to be less than half of a person's body weight. He told Reily that he weighs 180 pounds and uses a stick with a flex rating of 85.

Reily told the salesperson that his son weighed 40 pounds and asked to see their junior hockey sticks with a flex rating of 20. He was then told the store had no junior hockey sticks with a flex rating of 20, and the lowest they had was a flex rating of 50. While there were youth hockey sticks with a flex rating of 30, Jack had outgrown those.

The other problem Reily faced was that by cutting eight to nine inches off the stick, it increased the flex rating to 85 (from the original 50) and increased the stick's stiffness. Reily soon found out that the 85 flex rating was the same that Washington Capitals' superstar Alexander Ovechkin had.

Reily then realized he might be on to something. Not having a strong hockey background himself, he contacted two parents on his son's novice hockey team. Pilling played hockey with the Regina Pats of the Western Hockey League and the Tulsa Oilers of the Central Hockey League. Salazar was an analytics consultant, who had connections to the biomechanical research department at the University of Calgary, which does research for Adidas and Nike.

Pilling and Salazar were immediately interested.



"I thought it was great," said Pilling. "I agreed all along that junior hockey sticks did not fit kids. They were far too stiff. We have blurred the lines between youth and junior sticks and in the top end between junior and intermediate hockey sticks. We try to make sure all kids from age six to 13 have a hockey stick that actually fits."

"It made perfect, logical sense," said Salazar. "I play a lot of golf, and in that sport flex is very important."

Reily applied and received a \$15,000 technology grant from the Government of Alberta to test various prototypes of hockey sticks at the University of Calgary. A group of minor hockey players in Calgary aged six to eight were then fitted with sensors and electrodes, and had their swing speed and pressure measured. The muscle tissue in the forearms of the players was also evaluated.

The initial prototypes did not work out because the sticks were so flexible they would bend too easily. They could work as a shooting tool, but not necessarily in a hockey game.

"We came to the realization that in order to have a lower flex stick, we needed to build it smaller," said Pilling.

Once Reily, Pilling and Salazar developed a stick that they believed had the proper flex, they established a partnership

with a Mexican-based manufacturer that was willing to create the type of hockey stick the Calgary dads were looking for.

The flex was not the only feature, however, that the dads recognized as important with their newly designed stick. They also realized that the blade size and the shaft were significant.

"The Ravens stick is a shorter stick with a lighter flex but a full size junior blade," said Reily. "That is what Dan brought to the table early in the prototyping—that we stop prototyping youth blades and we start prototyping junior blades right away. This is something that made a big difference."

The shaft was also critical. As kids wear gloves, it was easier for them to use a stick with a larger shaft than a smaller shaft.

"The bigger shaft allows them to twist the stick more effectively and torque the puck," said Pilling.

The sticks come in four different sizes and are differentiated by a colour-coded system. Flex20 (green) has a height of 47 inches for players less than 50 pounds. Flex30 (orange) has a height of 52 inches for players less than 80 pounds. Flex40 (red), has a height of 56 inches for players less than 100 pounds. Flex50 (yellow), has a height of 60 inches for players less than 120 pounds.

Reily also stresses the importance of feel, confidence and performance; three intangible qualities that are critical for minor hockey players when shooting the puck.

"What builds the confidence is the flex," said Reily. "When players shoot the puck top shelf, everything changes."

When discussing the durability factor, Reily stresses the importance of performance, and compares hockey sticks to race cars.

"Race cars are built for speed. Durability is one of the last features that they think about. Our sticks are built for performance. Durability is important, and is built into our sticks, but performance is absolutely first," he said.



RAVEN STICKS RANGE FROM \$115 TO \$160.

FOR MORE INFORMATION, VISIT WWW.RAVENHOCKEY.COM





[From left: Dan Pilling, Sean Reily & Guillermo Salazar on Dragons Den 2016]

In the fall of 2016, Raven Hockey received a significant financial boost as an organization. They were featured on Dragon's Den and got economic support from Michael Wekerle of Toronto.

"It was incredible," Salazar said. "It wasn't just the deal. It was the endorsement of the idea, the marketing of our product, and the great exposure. We had Jim Treliving (father of Calgary Flames' general manager Brad Treliving) endorse the concept and recognize that our sticks were important for hockey."

"Stores have been coming to us for over a year now," said Pilling. "Now that we've been on national television, it will be exciting to see where we will go next."

"It (our Dragon's Den appearance) forced us to be more serious with the company," said Reily. "It was our launching point and we knew our competitors were coming after us. It took us to the next level."

To date Raven Hockey has sold over 25,000 sticks and can be found in 125 stores, including 16 stores in Alberta. They include Adrenalin Source for Sports, B&P Cycle and Professional Skate Service, in Calgary; **Klondike Cycle and United Cycle in Edmonton;** Evolution Sporting Goods in Leduc; Classic Source for Sports in Okotoks; Sin Bin Sports in Sherwood Park; and St. Albert Source for Sports.



This was the first year of the Timbits Fall Festival, and it was a great success. The event took place at the Terwillegar Community Recreation Centre on Saturday December 10th. 192 teams participated, and donations to the Edmonton Food Bank totalled 570 pounds of food, and \$458.00 in cash donations.



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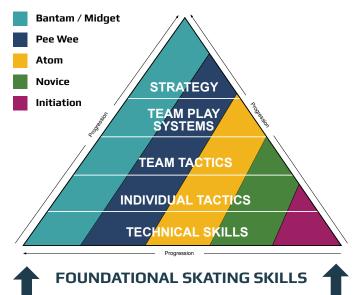


By: Joel Lenius

Each season hockey players are becoming bigger, stronger, and faster. The best hockey players are characteristically the most skilled and the strongest and fastest skaters. Poor skating ability prevents hockey players from performing, and ultimately enjoying the game of hockey to their optimal ability.

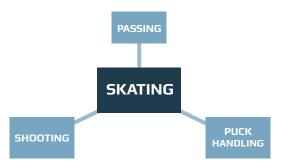
Skating & Fundamental Technical Skills

There are four fundamental technical hockey skills that each hockey player must possess and continue to develop and refine throughout their entire hockey playing career: skating, puck-handling, shooting, and passing. If athletes do not possess these fundamental technical hockey skills, more complicated skills, tactics, and systems become significantly more difficult to perform, and ultimately prevent athletes from optimally enjoying the brilliant game of hockey.



Of these four fundamental technical skills, skating is the skill with foundational properties. Each of the other three skills are built from a strong skating base. If hockey players cannot skate well, they will not be able to handle the puck, shoot, or pass to their optimal ability. Weight transfer, weight distribution, stance, gliding, the use of inside and outside edges, are all skating skills which are compulsory to perform puck-handling, shooting, and passing skills.

To put the "foundational skating theory" into perspective, hockey players can relate it to other life skills humans develop. If humans cannot count, they most likely will not develop the ability to manage data, do calculus, or algebra. If humans do not know the alphabet, they most likely will not develop the ability to read and write. To perform the most complicated tasks and movements, humans must possess a strong foundation to build from and develop skills in a sequential pattern.



Neglecting skating, or over-developing other skills to mask deficiencies in skating, will eventually catch up to hockey players at some point in their development.

How can hockey players develop a strong skating foundation?

1. Learn to skate before registering for hockey programming:

Rushing children into hockey programming at an early age is not necessary and will hinder their overall development rather than improve it. Learning the basics of skating and building a strong skating foundation, before learning other hockey skills, is ideal.

2. Constantly refine skating skills:

Like any skills humans possess, hockey players must continuously perform and refine skating skills at all divisions and categories of play to keep skills precise and robust.

3. Incorporate skating skill development into every practice:

The importance of skating is evident. No matter what concepts, tactics, or systems a coach plans to work on during that practice, skating will be involved. Start the practice with refining the appropriate and relative skating skills that are required to execute the concepts in the rest of the practice plan.

4. Ensure that there is game application

It is important to develop and refine individual skating skill technique, however it is even more valuable to practice those skills in game situational drills.



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To get players to buy into skill development, they must understand how it applies to a game situation and why they are developing that skill.

How can coaches teach skating skills in a progressive manner?

Coaches do not need to be skating experts to incorporate skating skills into every practice. However, coaches should possess the ability to "break-down" skills such as striding, starting and stopping, crossovers, etc. and teach them in a progressive manner. Here is a simple six stage progression to effectively teach skating. The progression is sequential and each stage must be accomplished to optimally develop skating skills for game situations:

- 1. Technique
- 2. Technique under Stress/Resistance
- 3. Technique with Speed
- 4. Technique under Stress/Resistance with Speed
- 5. Technique under Stress with Speed with Pucks
- 6. Chaos! Game situational skating, with no pattern or predetermined route/routine

What key skating concepts should coaches and players consistently refer to?

Whether hockey players are striding forwards or backwards, crossing-over, turning, or in transition, hockey players and coaches should constantly refer to the following concepts when performing any skating exercise:



SKATING STANCE

Bend at the ankles, knees, and hips – drop the butt as if sitting in a chair. Keep the chest upright, head up, and arms in ready position. Maintain proper stance for optimal balance, weight distribution, and weight transfer in pushes. Concentrate more weight on the ball of the foot, rather than on the heels. Ensure that feet are underneath the body, hip width apart, and are on the flats of the blade – not on inside or outside edges.

EXTEND FULLY IN EVERY PUSH

Activate all leg muscles in the pushing phase of striding or crossing over. Finish each push with the "toe-flick" to add more power and length. Pushes should be occurring to the side of the body, rather than straight backwards. The larger the push, the more speed generated, and the increase in efficiency.



Push through the balls of your feet and fully extend the leg. Push to the side rather than to the back.

RECOVER FULLY AFTER EVERY PUSH

Bring the skates back under the body to maintain balance, generate power, and ultimately prepare the legs to push again. Return the pushing foot back under the body in a rapid straight line route, as close to the ice as possible, without kicking up the heels.

CONTROL YOUR UPPER BODY

The upper body must be relaxed yet controlled - working with the lower body, not against it. Keep the head up, shoulders square to the ice, and ensure that the stick is always controlled and on the ice leading the body. A stick that is not controlled has adverse affects on posture, stance, pushes, gliding, etc.

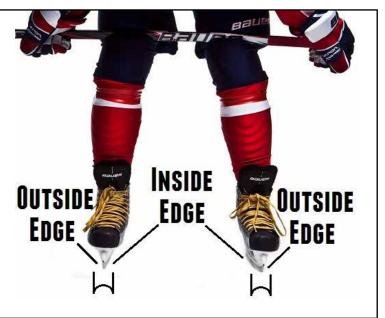
GLIDE

Ensure that the glide is occurring on the flats of the blades during striding, and on the appropriate edges during turns and crossovers. The glide holds all the power that was generated during the push. If the glide is short or inefficient (on the wrong edge), the power from the push will not be echoed. The longer the glide, the more speed generated, and the increase in efficiency.



TRUST YOUR EDGES

The more confidence and trust that hockey players have in their inside and outside edges, the more efficiently they will glide or push. When skating, hockey players are either pushing or gliding - ensure that the appropriate edge is being utilized with confidence, to increase the length of the stride and the smoothness of the glide. When turning, or transitioning, a strong confidence in edges allows for less opportunity to lose generated speed.



As today's hockey players are becoming bigger, stronger, and faster, improving skating technique, efficiency, and ultimately speed is increasingly important. Skating well provides the opportunity for elite athletes to excel and recreational athletes to truly feel comfortable and enjoy the game of hockey.

Skating Resources For Coaches and Players

Please visit the following links for further information on skating drills, education, and clinics:

- > Hockey Canada Drill Hub
- > Hockey Canada Network App
- > Hockey Canada NCCP Instructional Stream Clinics
- > ProSmart Sports Learning Systems
- > Skate Canada CanSkate Certification
- > Skate Canada CanPowerSkate Certification

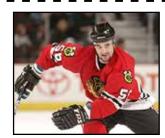




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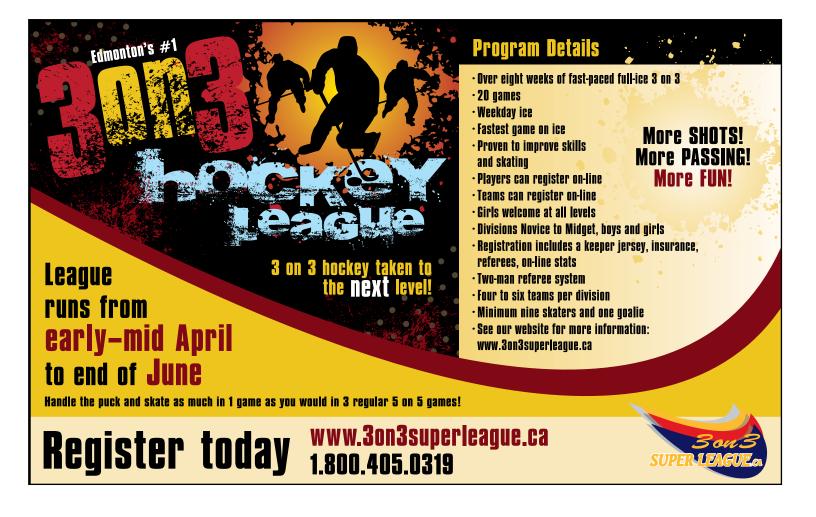
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DEVELOPMENT SERIES

By Joel Lenius

Photos provided by Hockey Edmonton





On Sunday, December 4, 2016, female athletes from Edmonton had the opportunity to participate in a unique, female only, hockey skill development event under leadership from Hockey Canada coaches, Hockey Alberta coaches, and Edmonton's intercollegiate coaches and student-athletes.

Hockey has been one of the most important Canadian socio-cultural learning experiences for boys and men for many years. These same benefits should be afforded to women. This female development opportunity was not only an opportunity for females to develop their hockey skills and to develop relationships with high-performance coaches and athletes, it was also an opportunity for females to develop more friendships, confidence, and self-esteem – all through the sport of hockey.

This event consisted of four different sessions (novice, atom, peewee, and bantam/midget), run at Kinsmen Arena in Edmonton.

Approximately 80 female athletes participated in the event, where they received one hour of ice time and elite instruction, an official Hockey Edmonton practice jersey, as well as snacks and refreshments.

The one hour session consisted of a technical warmup skate, followed by skill development stations addressing skills and tactics such as acceleration, quick-feet,







tight turns, crossovers, escapes, shooting in stride, driving the net, puck retrievals off the boards, puckhandling in tight spaces, etc.

The goal of the sessions was to provide high-intensity and multiple repetitions of drills built from skating, puck-handling, shooting, and passing; fundamental technical skills.

Two randomly selected partcipants from each session received official Edmonton Oilers signed pucks and Edmonton Oil Kings tickets, which were graciously donated by the Edmonton Oilers. A special thank you to the Edmonton Oilers for giving back to the female minor hockey community, and providing the gifts to make this a special event.

A special thank you also goes out to the three women's intercollegiate organizations that participated in the event: the University of Alberta Pandas, the MacEwan Griffins, and the NAIT Ooks. Each team provided coaches and student-athletes to instruct the sessions and run the skill rotation stations. It was an amazing opportunity for these intercollegiate coaches and student-athletes to engage with the female minor hockey community, and it was also an amazing experience for the female minor hockey community to learn from these talented coach's student athletes.

Hockey Edmonton would like to thank all participants that attended this special event. Please view the Hockey Edmonton website for future skill development sessions. Best of luck to all Hockey Edmonton athletes in the second half of your seasons! ■



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Sledges in Schools offers the opportunity to learn about sledge hockey. The program allows individuals with disabilities to participate in school skating activities and a sledge hockey demo introduces this fun, inclusive sport to the entire class or team!

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What is Sledge Hockey?

Sledge Hockey is an innovative team sport similar to stand up hockey, with players sitting on a sled, using their arms to propel.



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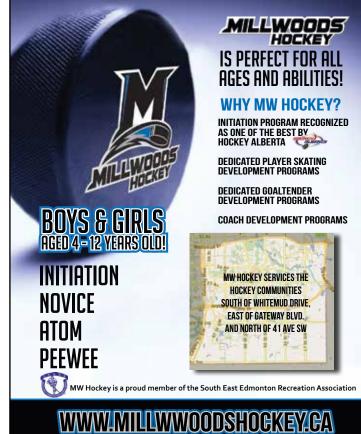
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HOW PLAYOFF OFFICIALS ARE CHOSEN

By Rob Suggitt

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The National Hockey League has

33 full-time referees and 33 fulltime linesmen during the regular season, each official working 73 games in the NHL regular season. Only the highest rated officials are chosen to work the NHL playoffs, and the very best are selected to work the Stanley Cup Finals:

1st ROUND -20 Referees and 20 Linesmen 2nd ROUND -12 Referees and 12 Linesmen 3rd ROUND -8 Referees and 8 Linesmen

STANLEY CUP FINALS -4 Referees and 4 Linesmen

Former NHL referee Stephen Walkom is the Senior Vice President and Director of Officiating for the NHL. As part of his duties, Walkom administers performance evaluations for all NHL officials to determine which officials are assigned for post regular season games. Former NHL referee Kerry Fraser describes the process best.

"Data is submitted through a computer generated game supervision report that is compiled by Walkom and his supervisory staff every time they attend a game and observe a crew of officials. These off-ice officials travel around the League and similarly observe all the officials on staff.

The evaluation form or supervisor report deals in part with an official's skating ability, positioning and a "catch-all" category called comportment. Comportment includes how an official communicates and interacts with the game participants (players, coaches, fellow officials) and reacts to situations that are presented throughout a game. Comments will be included relative to the standard of enforcement employed by the official including any calls perceived to have been made in error or missed as well as areas of concern or recommendations for improvement.

Hockey Operations monitors every game that is played during the regular season and playoffs from the "situation room" in Toronto. League personnel that staff this room will record and clip questionable calls that they view or situations that are commented upon by play-by-play and game analysts for Stephen Walkom to review.

Aside from officiating complaints received by Hockey Ops and/or the Director of Officiating via telephone communication during or after games, team General Managers can also submit a written request for review of a call or an official's performance. When this occurs Stephen Walkom is obliged to investigate the claim and respond back to the team with his findings.

This adds up to a full season of scrutiny that the official's performances are subjected to. As with any rating system there is some subjectivity that is imposed by the people that review the performance and input the data. Office politics applies in every corporation, organization and job on the face of the earth and the NHL evaluation process for their officials is no different.

Any and all material gathered from the above listed sources can't help but influence the perception held by Officiating Managers to some degree as they conduct their evaluation process. A comprehensive package of information including discussions amongst the supervisors and evaluation meetings scheduled by Stephen Walkom are utilized to determine each individual official's ranking."

That's a lot of scrutiny, and if you include 18,000 screaming fans, it takes a special breed to be an NHL official. You definitely have to have thick skin.

Check out the spring edition of the Hockey Edmonton Magazine for our exclusive interview with NHL's top referee, Wes McCauley!

NHL Referee Wes McCauley

Photograph by Andy Devlin - Oilers Entertainment Group



www.bulldoghockeyacademy.com

Caling All GOLD MEDAL-WINNER

If your child won a gold medal at the 2017 Quikcard Edmonton Minor Hockey Week, we want to hear from you! Please complete the following questionnaire and send it in by February 15th, 2017, and your child could be featured in the 2017 yearbook edition of the Official Hockey Edmonton Magazine! Send in completed entries, along with a photo (preferably in a hockey uniform) to:

publisher@hockeymagazine.net Or you can mail in submissions to: Hockey Edmonton Magazine

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Who is your Role Model:
Other Hobbies / Interests:
Favourite Hockey Memory:

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SPCTLIGHT on an official

[By Rob Suggitt]

We met up with 20-year-old Mark Grundy, our "Spotlight Official" for this edition of the Hockey Edmonton Magazine. Mark started officiating hockey at 13 years of age and is currently in his eighth season as a minor hockey official.

MAR

Mark is a graduate of Archbishop MacDonald High School, and he's currently taking Education at the University of Alberta. Mark plans to be a high school physics teacher when he finishes up with his studies. In his spare time, Mark enjoys video games, golf and slo-pitch baseball. Mark took the time out of his busy schedule to answer a few questions on how he got involved in officiating and what he likes most about officiating minor hockey.

Hockey Edmonton: How many years did you play hockey before becoming a minor hockey official?

Mark Grundy: I played from initiation through to my second year of midget (mostly centre), so three years doing both – playing hockey and being a hockey official.

HE: When did you start officiating hockey?

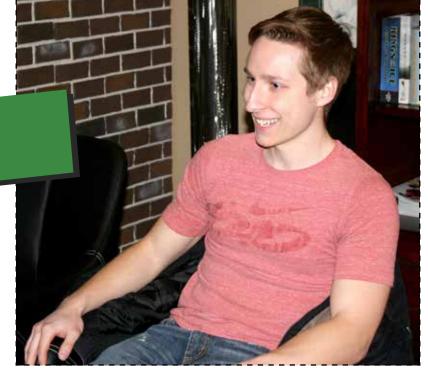
MG: I started the first year I was eligible, when I was 13.

HE: What made you want to become a hockey official?

MG: At first, it was the money! There aren't very many ways to make money at 13, and officiating seemed to be a fun way to do that.

HE: How many games did you officiate last season?

MG: I would estimate 60, maybe 70.



HE: How many games do you plan to officiate this season? MG: As many as I am able.

HE: What level of hockey are you currently officiating?

MG: Everything from pee wee up to midget AA and junior C.

HE: How many years have you officiated during Minor Hockey Week?

MG: Every year I've officiated, so this season will be my eighth.

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HE: What makes you volunteer your time as an official for Minor Hockey Week?

MG: The games are far more exciting than during the regular season, the crowd and parents are far more engaged, overtime is even more tense, and if you get the chance to officiate a final all of this is heightened.

HE: Any special memories from Minor Hockey Week?

MG: As a player, I've had the pleasure of being on winning teams three times, so each of those tournaments have been especially memorable.

HE: What do you enjoy most about officiating hockey games?

MG: The challenge of it, it's not an easy job and there's always ways you can improve.

HE: What kind of training were/are you provided?

MG: Other than the clinic all officials complete every year, we are supervised fairly regularly by other officials who work higher level hockey than us, especially going into A-program hockey. The talks you have with your supervisor between periods or after the game is where a large portion of your learning as an official happens, as only so much can be covered in a clinic. After that, you just have to focus on whatever pointers they gave you in future games to try and improve.

HE: Do you have a role model or mentor who has helped you along the way?

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MG: I can't think of any single person in particular. I've drawn on the knowledge of countless officials in developing what I do on the ice.

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HE: How have you improved your skills as an official?

MG: Usually after I am supervised there will be a couple points brought up that I can work on or change in my game. I then focus on those items during my next few games, for example reminding myself I need to do X before every faceoff, until it just becomes a habit and is a part of what I do.

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HE: What is the toughest part about being a referee?

MG: Much of what we do as officials is subjective, especially penalty calls, and trying to explain our perspective on a call or non-call to an emotionally charged individual such as coach or player can be difficult.

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HE: Ever suffer any injuries as an official? Any close calls?

MG: No injuries more serious than bruises but more close calls than I can count! Most are due to pucks in and around the head area. Just the other day I had a player on a dump in shoot a puck a couple inches from my face before I could tell him to look where he was shooting.

HE: How do you handle criticism on the ice?

MG: When I'm criticised I remind myself that hockey is an extremely emotional sport and because of that it is nearly impossible to leave the rink with everyone involved thinking you were perfect, even if you believe you called a good game. Criticism is a part of being a referee, and if I do make a mistake I tell myself that I'm only human and focus on learning from my errors, rather than the comments I may hear from the stands or the benches.

HE: Do you have comments you wish to share with parents,

coaches or anyone watching minor hockey?

MG: I think a lot of people believe referees think of themselves as infallible, and this simply isn't true. We know when we've made a mistake, even if we can't show it. All a referee is trying to do is facilitate a fair and safe game, if we are given the chance to focus on that rather than having to ignore or shrug off comments, we're probably going to be able to do a better job.

[Photos by Avonlea Photography]









Checking From Behind

If a player pushes, body-checks or cross checks an opponent from behind, a checking from behind penalty may be called. It is a game misconduct (ejection), coupled with a two or five minute penalty, depending on the severity of the offense.

Boarding

If a player is checked into the boards in a violent manner, then the referee may call a boarding penalty. A two minute penalty will be given for boarding, and in situations where the offense is more serious (when a player is vulnerable, etc), a five minute major penalty and game ejection may be called.

Body Checking

Body-checking is not allowed until the bantam level. Delivering a body-check in the lower divisions will result in a two minute penalty being given. The referee's signal is an arm across the chest with a flat hand.



Butt Ending

If a player jabs (or attempts to jab) another player with the shaft of his or her stick above the upper hand, a butt-ending penalty may be called. The referee holds one forearm over the other, the upper hand flat and the lower hand makes a fist.

Charging

If a player takes more than two steps or strides, or jumps into an opponent when body-checking, a charging infraction may be called. The referee signals this call by rotating clenched fists around each other in front of the chest.



Checking To The Head

A minor or major penalty, depending on the degree of violence of impact and shall be assessed to any player who checks an opponent in the head area. A match penalty could also be assessed under this rule. If a player is injured, a major and game misconduct penalty or match penalty must be assessed.



When a player uses the shaft of his stick, held between the hands, to check an opponent. The referee signals with a pushing motion of the arms, fists clenched and shoulder-width apart. (This signal imitates the action of a cross check.)



The referee may call an elbowing penalty when a player hits or checks an opponent using his elbow. The referee signals by grabbing either elbow with the opposite hand.

High Sticking

This occurs when an an opponent is checked by another player's stick held above the normal height of the shoulders. A more severe penalty may be called for flagrant high-sticking fouls, including ejection from the game. The referee signals this call by clenching their fists and mimicking a player holding a stick above their shoulders.

Holding

This is called when a player grabs the opponents body or stick and holds them back from play. The referee motions this call by grabbing either wrist with the opposite hand.

Roughing

This penalty may be called when a player uses his arms or fists to hit another player. The referee's signal for this is a clenched fist extended out to the front or side of the body.

Hooking

This penalty is called when a player slows down an opponent by hooking his stick on any part of the opponent's body or stick. The referee signals this call with a

pulling motion with both arms as if holding a stick.



Interference

This penalty is called when a player impedes the progress of an opponent who does not have the puck. The referee signals this call by crossing his or her arms across the chest.



Slashing

This penalty is called when a player deliberately hits an opponent with his stick. The signal for this call is a flat hand chopping down on the opposite forearm.



Spearing

Spearing occurs when a player thrusts or jabs the blade of his stick toward an opponent. Players are usually ejected from the game for spearing. The signal for this call is similar to hooking, however instead of a pulling motion with both arms toward the body, it is an outward jabbing motion.



Kneeing

If a player uses his knee (this includes sticking his knee out) to take down or check an opponent, the referee may call a kneeing penalty. If the infraction is of a more serious nature, the referee may consider a major and a game misconduct instead of a minor penalty. The referee signals this by bending down and grabbing his knee.

Misconduct

This penalty may be called when a player demonstrates extreme and inappropriate behaviour toward another player or a game official. Depending on the severity of the offense, the player may be given a ten minute misconduct penalty. The penalized team, in this case, does not play shorthanded, unless there is contact involved.



Tripping

This penalty may be called when a player uses his or her stick or any body part to trip the opponent with the puck. However, if the player touches the puck prior to contact with the other player, there is usually no penalty called. The referee signals this call by bending down and striking their leg with their hand, below the knee.

> Unsportsmanlike Conduct

> > This penalty may be called when a player exhibits poor sportsmanlike or inappropriate behaviour on the ice. A "T" is made with the hands to signal this call.

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