

# EDMONTON *hockey* MAGAZINE

Fall 2016

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**Edmonton Minor Hockey Kids**  
Take Part in History at Rogers Place

**How to Achieve Successful  
Player Development**



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*Featured On The Cover:*

**GAVIN VAN BRABANT [ with mom, Amanda Van Brabant ]**

*All ready for the new season!*





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# Message From Hockey Edmonton

## Welcome to the 2016-17 Hockey Season!

This coming year will be another year of opportunity for players, coaches, parents and members of our organization.

We kicked the year off with 10 lucky Hockey Edmonton players being the first to touch the ice at Rogers Place. These players, who were picked randomly from our Hockey Canada Registry, experienced a once in a lifetime opportunity. Not only to be the first to skate on the ice surface but to skate with some of their Oiler hockey stars. As an association we would like to thank OEG and Bob Nicholson for making this happen. Hockey Edmonton would like to congratulate the Oilers on the unveiling of Rogers Place.

This past year Hockey Edmonton has worked closely with several of our partners, Bob Nicholson and the Oilers Entertainment Group are one of those partners. We, as an organization, have been very fortunate to have a friend like Bob who has shared his wisdom and vision while we explore new programs and adjust old programs to benefit our players in Edmonton.

Hockey Edmonton has been involved in the repurposing of the Coliseum and working with our colleagues at Northlands and the City of Edmonton. We hope to see this fall into place in the coming months. With all projects we won't see the doors swing open for a couple of years. We want to thank city council for being so supportive in this process.

The City of Edmonton has involved us in the City of Edmonton Recreation Facility Master Plan. We've been able to share our vision and needs with city staff, who will present this plan to city council in the coming months.

Edmonton Girls Hockey and Hockey Edmonton partnered with the U of A Panda's in presenting female elite stream hockey and we've been able to develop a program that will provide training and educational opportunities to our young ladies and their coaches, on and off the ice. There are many eyes on this program both provincially and nationally.

Development, development, development! Over the past couple of years we've been faced with declining number of highly skilled players to fill our boys elite hockey program. We had to make some adjustments to the tryout process and team selections on the club level so we didn't lose one or maybe even two clubs with a deep history of hockey in Edmonton. This change will allow us some time to work on development starting in Initiation and moving up. The goal is to provide more opportunity for all our players not just those who dream of playing at a higher level in our elite stream of hockey. We've used the research and discussed our development with some of the top hockey minds in Canada. I would like to thank our development committee and Hockey Edmonton staff in putting together what is the start of a great development program.

Hockey Edmonton is pleased to welcome several new staff members to the team. These folks come to us very qualified and already making a positive difference in the direction of Hockey Edmonton. They are under the great leadership of our executive director Dean Hengel.

Over the next couple of months, you will see some other very exciting projects unfolding.

In order to move from good to great you need to take some risks and try new concepts. The Hockey Edmonton board is willing to take those risks in order to increase the success of our young people, who play this great sport.

So let's get on the ice and play some hockey!



Sincerely,

**Mark Doram**

President, Hockey Edmonton



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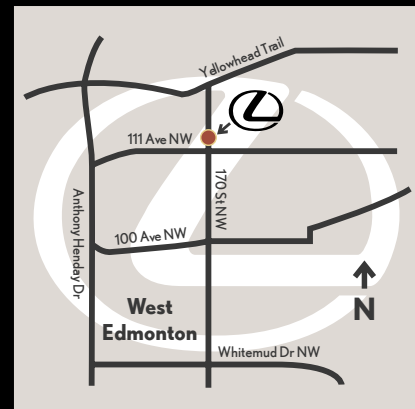
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# An Important Message From The Publisher

Welcome back to another hockey season!

This season marks our 15th year as the publisher of the Hockey Edmonton Magazine. Our company publishes a variety of different magazines and programs, but as a hockey fan, this publication ranks as my favourite.

It's far from profitable, but I get a thrill and sense of pride out of publishing a hockey magazine in partnership with Hockey Edmonton, and for our minor hockey community. I have a great deal of respect for the many volunteers who make up our minor hockey association, and have formed many friendships over the years. (We originally started publishing the magazine when my son was in his atom year, a season when I volunteered my time as an atom director.)

We take a great deal of pride in the quality of the magazine, not just the high quality paper it's printed on, but the quality of the writing and photography, which appears within. All of our writers, editors, photographers and contributors are paid professionals in their field and we are privileged to have their contributions.

A magazine like this needs the support of the business community, so we're grateful for all the advertising support. We encourage our readers to support the businesses who appear within, these organizations who in their own way, make a magazine like this possible.

It was last season that we "broke" the story of a young hockey player who paid his own minor hockey fees and took a bus to most practices and games. We were flattered when "our" story spread to other media, making its way on the pages of the local major daily newspapers, and thereafter, a national story, and a social media sensation.

In this edition, we have coverage on the Edmonton Girls Hockey Association, including an interview with former EGHA player Raylene Emerson, who now plays for the MacEwan University women's hockey team. I recently met an impressive young lady, who we covered over 10 seasons ago, Jenna Klynstra. I was pleased to hear that our coverage inspired Jenna to reach higher levels, and that she went on to earn a four-year scholarship at Colgate University in New York.

One of my favourite magazine mainstays is the "Spotlight on an Official" feature we do each issue. The recommendations always come from Duncan MacDougall, who is Alberta's North Zone Referee representative. Duncan has been a minor hockey volunteer since 1981 (35 years), and I'm always impressed (but never surprised) at the maturity level of the young officials he recommends. Some are as young as 14 years old, and it's a good reminder to parents, coaches, fans, etc. that the officials on the ice are young people, too. When you take their helmets off, and talk to these young officials, it's hard not to be impressed, and a reminder that they, too, are participants in the game.



In closing, I would like to wish all participants in the game a great season: the players, officials, volunteers, the moms, dads and others, who positively support the players on the ice, and help make it all happen! To each and every one of you, I wish you a wonderful minor hockey season!

Sincerely,

**Rob Suggitt**

Publisher of the  
**Hockey Edmonton Magazine**



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# EDMONTON MINOR

# Take Part in HISTORY

[ By Chris Wescott ]

“What kind of scam is this?!”

That was Tony Abdilmasih’s reaction when his wife called to tell him his son, Elias, was being offered an opportunity to be among the first to put blades to ice at the newly built Rogers Place.

“When my wife spoke to them again we were reassured that this was for real,” said Abdilmasih.

It was for real.

Elias, along with several other special minor hockey players, received the opportunity of a lifetime, joining Oilers players Connor McDavid, Ryan Nugent-Hopkins, Andrej Sekera, Brandon Davidson, Mark Letestu, Iiro Pakarinen and Jonas Gustavsson, as the first group of skaters on Rogers Place ice.

McDavid goes down in history as the first to christen the ice, as the very first skater in the beautiful, iconic downtown arena, but Elias can tell his friends for the rest of his life that he was there too. And it all began with a phone call from an unexpected voice on the other line.

“(My wife) handed him the phone, and (Nugent-Hopkins) was on the other line inviting him to come to the Oilers first skate at Rogers Place,” said Abdilmasih.

“If you could see the excitement and awe on Elias’ face at that moment, it could melt the coldest heart.”

Elias’ family called the whole experience “amazing” and the smiles on the young hockey players’ faces echoed the same story. From the outset, the Oilers were hoping to share the first skate with the future of the sport.

Oilers Entertainment Group reached out to the Edmonton Minor Hockey Association, which randomly chose young players — like Elias — from the area to participate in the historic event. A new generation of Oilers and a new generation of fans took to the ice together. Also included in the group were several children from surrounding neighbourhoods, including the McCauley community.

“Bob Nicholson called on my cell phone and asked if we would be interested in participating. Of course, my answer was yes and it would be an opportunity of a life time for these young people,” said Hockey Edmonton President Mark Doram.

“Few have had the chance to visit Rogers Place and experience an NHL game, skate in a skill development session or play in a game but, no doubt, its magnificence will be the source of dreams and inspiration for all for decades.”





# HOCKEY KIDS at ROGERS PLACE

[ Photos courtesy of Andy Devlin / Oilers Entertainment Group ]

OEG CEO and Vice Chair Bob Nicholson spoke about symbolism that day and how the opening of Rogers Place ushers in a new era for both the city and the organization. The symbolism rang especially loud with McDavid's first on-ice steps in the presence of the next generation of hockey players.

"It's important for kids to have dreams and for us to build the fan base right here in Edmonton," said Nicholson. "We really felt the right way to host the first skate was to bring existing Oilers onto the ice with the kids to usher in a new future downtown and the Oilers."

When the children arrived at Rogers Place, after settling into their dressing room, another surprise was waiting for them around the corner as McDavid and Nugent-Hopkins presented them each with their own orange Oilers jerseys. Mr. Abdilmasih was quick to snap a picture of his nine-year-old son and the look of pure joy he witnessed when he was in the room with the players.

"When I texted this picture to my wife she began to cry," said Abdilmasih. "To then go on the ice and have a chance to be a part of history and to share that with his favourite team and players will live in Elias' mind forever."

The look of excitement on the kids' faces that day was to be expected. They were excited to be skating with their idols. The players had similar looks on their faces, as they craned their necks upward to get a good look at the new arena bowl and all of its bells and whistles.

The first skate on Sept. 1, 2016 was the Oilers first chance to get a look at their new home. With the completion of Rogers Place in downtown Edmonton, the players can say with little debate that Edmonton now hosts one of the best and most unique sports and entertainment venues in North America — if not, the world.

"For the little kids coming out here it's exciting, but for us, it's the same thing, the same feeling," said Nugent-Hopkins.

"The first thing you notice is how beautiful Rogers Place is on the outside. It has an absolutely amazing look on the outside and then you come inside and you see everything else it has to offer," said McDavid. "It's a pretty special place and will be a great place to call home."

And home it will be, for not just the Oilers and Oil Kings, but for the entire city, welcome home to Rogers Place! ■

“ To go on the ice and have a chance to be a part of history and to share that with his favourite team and players, will live in [my son's] mind forever. ”



# Mark Messier & The First Shift

## Helping Kids Fall In Love With Hockey

[ By Rob Suggitt ]



*Our mission is to change the way hockey is offered - to bring 1 million new families into the sport globally over the next 10 years. Because we believe in all hockey has to offer kids, their families and our communities, we designed **THE FIRST SHIFT** to break down barriers to entry by offering a program that is **ACCESSIBLE, AFFORDABLE**, and most importantly, **FUN!***

- Bauer First Shift Program -

**The Mark Messier Arena** in St. Albert was bustling with activity and excitement in early March. Hundreds of fans waited to get a glimpse of the man the arena was named after. Many wanted to meet the hockey legend and many wanted to get something signed by the NHL Hall of Famer.

Others in attendance were the parents of 30-40 young players, who are part of the First Shift program.

First Shift is designed to break down the barriers that keep kids from enrolling in minor hockey. Hockey is Canada's national sport (along with lacrosse) and, surprisingly, hockey enrollment hovers at around 10 per cent. Two of the biggest obstacles for low numbers are cost and time.

First Shift is designed to give young children a chance at the game by offering to suit up hockey players (ages 6-10 years old) from head to toe for a mere \$199. And "head to toe" includes skates. And as a bonus, each child receives six on-ice sessions.

For about 35 lucky participants, one of these on-ice sessions took place at Mark Messier Arena, with the arena's namesake in attendance.

In catching up with Messier after the session, I asked him whose smile was bigger – his or the kids in attendance?

Thinking about his answer, Messier's smile widened. "It was great to see the smiles and enthusiasm on the ice. Kids fell down, got up, and kept going. It was a lot of fun."

Messier took the time to chat with a number of participants, skated with as many players as possible, and finished the session reminding kids to enjoy the game. That's what it's all about.

Messier's whirlwind tour started early in the day (as part of Hometown Hockey). He was gracious with his time, spending it with the kids on the ice, signing autographs before and after the session, and meeting with your Hockey Edmonton Magazine correspondent after the game.

I asked him about his visit earlier that day to Akinsdale Arena, a place where he practiced or played over a hundred times.

"I remember when it was built. I remember when the Saints' original arena was downtown. We moved to Akinsdale, I think, in my second year, and it was beautiful with all the wood beams. It was a great rink and we were all proud when it was established," said Messier.

"This was the rink that really set me on my course to play professional hockey, right here in St. Albert. I only played eight games with the Portland Winter Hawks before going to the Saints. And I went right into professional hockey from the Saints. I definitely remember leaving here playing Tier II hockey for the St. Albert Saints and going to play professional hockey at 17."

His dad Doug coached Messier in Junior A, and the elder Messier was known for this hard-fisted approach to hockey.

Mark remembers, "He was a colourful character. He definitely put people in the seats. When you played against my dad's teams, you knew you were in for a hard-fought game."

Messier's middle name is Douglas, and when asked if he knew which two former Oilers teammates had the same name, he immediately responded with a grin, "Wayne Douglas Gretzky, of course," and with a bit of contemplation added, "and Paul Coffey, too."

Bauer could not have picked a better ambassador for their First Shift program.

Messier still remembers his first shift on the ice.

"I remember my first shift pro, and I remember my first shift in Portland, Oregon, when my father was playing hockey there."

When asked why he's involved with the First Shift program, Messier lit up (again), commenting, "I love the game and I want to see as many kids as I can get to enjoy the game as well."

And with that, you realize the ambitious goal of the program to see one million new families enroll in hockey over the next 10 years will succeed.

When you have one of the greatest leaders in sports involved in your program, how could it not?



Early morning assist.



# GIRLS PASSION

## FOR HOCKEY CONTINUES TO GROW

[ By Maurice Tougas ]



Photo by EPIC Photography

**[P]**laying organized hockey is a right of passage for Canadian boys and it has been that way for most of Canadian history.

But Canadian girls have only recently discovered the joys of our favourite game and thousands of them have jumped in with both skates.

The Edmonton Girls' Hockey Association has been in operation for 28 years and it has enjoyed steady growth. Rob Reid, president of the EGHA, says registration has been increasing by about four per cent on a year-to-year basis, with noticeable upticks in registration in Olympic years. This past season, the EGHA boasted 22 teams, from initiation to Midget AAA to Junior A.

About 87,000 girls play hockey in Canada, a fraction of the 537,000 boys, who play the game. But the numbers have soared in the last few years. In the 1990-91 season, there were only 8,000 girls playing hockey. The addition of women's hockey in the Olympics — and the heated rivalry between Canada and the U.S., with the world championship and Olympic games getting big audiences on national TV — helped raise the numbers.

By the 2000-01 season, more than 54,500 girls were playing hockey.

Mike Hersche's daughter Emelie, 14, is one of the newcomers to the game. She played ringette for several years before opting to try hockey this past season for the Edmonton Girls' Patriots, and Mike Hersche says she's now all in.

"She's enjoyed it," he said. "She got to a pretty high level for having never played the game."

Hersche has an 11-year-old son, who plays hockey, and Hersche has been involved with minor hockey for about 20 years, so he is in a good position to comment on the differences between girls hockey and the brand played by the boys.

After a season, he's "very impressed" by what he has seen.

"These girls are very competitive. They are very athletic and they work just as hard and compete just as hard as the boys. They prepare for the games just the same," said Hersche. "They want to be successful. They know it's a big commitment on everybody's part, so they want to try to be successful."

There are, of course, differences in the game, and not just due to the rule on open-ice body checking.

"Are the boys faster? Yes. Are they more powerful? Yes. But do they think the game different? No. The girls understand the game," said Hersche.

And just because there is no body checking doesn't mean there is no physicality in the game.

"There is lots of body contact: you separate the player from the puck; you tie them up against the boards. You just can't catch anyone with their head down and stand them up at the blue line," said Hersche.

And if you think that girls hockey is going to lack the edge you may see in a boys hockey game, it's time to get your

*"Canadian girls have only recently discovered the joys of our favourite game and thousands of them have jumped in with both skates."*

The girls are  
**AGGRESSIVE.**  
They don't stand  
down, they're not  
scared to get into  
each other's faces.



Photo by Robin McCarthy



Photo by SC Parker Photography



Photo by EPIC Photography

thinking into the 21st century. These girls are here to play, and play to win.

"The girls are aggressive. They don't stand down, they're not scared to get into each other's faces. It's not perimeter hockey. Some of them can get pretty vicious with the stick," said Hersche. "Hockey is a tough sport and they get bruises like everybody else."

Emelie enjoys hockey so much that she has enrolled in a school with a hockey academy. Hockey can open doors for players like Emelie.

Just like their male counterparts, there are opportunities for female hockey players to cash in on their love of the game — although not at the big money level of the boys.

More than 45 players from the EGHA have received scholarships to post-secondary institutes, including the University of Alberta as well as a number of other Canadian Interuniversity Sport and National Collegiate Athletic Association schools.

"The EGHA also has alumni playing in the Canadian Women's Hockey League, with players on the Clarkson Cup-winning Calgary Inferno," said Reid.

The biggest challenge facing girls' hockey, as Reid sees it, is in "getting the word out there is a place for females to play hockey, from the initiation level up to junior."

At the bantam level, for example, there are about 120 players in Edmonton alone, and taking into account the surrounding area, that figure doubles. Province-wide, there are between 600 and 700 at all levels of bantam.

James Wilson, bantam director for the EGHA, says the hurdles faced by girls hockey are getting smaller and smaller.

"But rather than talk about the hurdles, let's talk about what is the same — the girls love hockey just as much as the boys. They have a huge passion to play and they love all the aspects of being in a team sport," he said. "They may not get noticed as much as the boys, or folks may have a stigma about girls hockey but when you get down to it, the girls and boys both play for the same reasons."

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*Congrats to EG707 Bantam A Chargers  
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Provincial Championships!*

## Feature on EGHA Player : Raylene Emerson

Hockey Edmonton had the opportunity to chat with Raylene Emerson, who just finished her last year with the Edmonton Thunder and is currently a member of the MacEwan University women's hockey team.

Raylene took the time to answer a few questions about her hockey career and her experiences playing with the EGHA.

**Hockey Edmonton: What decisions or influences made you want to join the EGHA instead of a co-ed minor hockey organization?**

**Raylene Emerson:** I started when I was five so it was mostly my parents' decision. My parents valued the aspects that "all girls hockey" offered. I had two older sisters already in EGHA so they knew the program. Playing with girls provided a safe environment for me and helped me create friendships and memories that I will have forever.

**HE: Who is / are your role model(s)?**

RE: My role models are my parents. Both of them work hard to give me and my sisters all the opportunities in life to be successful. They have made many sacrifices which have allowed me to play hockey and have helped get me to such a high level. They give up their time to watch me play and I think in my entire hockey career they have missed only a total of about six games and for that I am truly grateful.

**HE: How has the EGHA helped develop your skills as a hockey player? And how would you say their training / coaching compares to that of other hockey organizations?**

**RE:** EGHA gives all the girls in the program access to power skating camps, and skills and drills both of which I participated in and these programs help improve the major fundamental skills needed to be a successful hockey player. Like all other hockey programs, coaches were parents and I was lucky to have great coaches in EGHA. When playing AAA hockey, the coaches were not parents, but hired coaches. All coaches had Hockey Alberta training and certification.

**HE: Would you say that being a part of the EGHA (or hockey in general) has helped you develop as a person? And if so, how?**

**RE:** Hockey isn't just a physical game; a huge part of it is mental. Hockey definitely helped shape who I am and has taught me many important lessons. It has taught me to be respectful, accountable and enthusiastic. It has also taught me that nothing comes easy and you have to put in a lot of effort to be successful, and that there's always something new to learn.

**HE: Hockey probably keeps you pretty busy but when you aren't playing, what are your other hobbies / interests?**

**RE:** I like almost every sport and I think it's important to be a multi-sport athlete and to cross-train, and I plan to learn fly-fishing with my dad.

**HE: What would you say your ultimate goal is with hockey?**

**RE:** I would like to extend my career and play hockey at a post-secondary school with a scholarship.

**HE: What would you like to say to people who might think that girls teams aren't as fast, strong or competitive as boys hockey teams? Is there a message you might give to young girls / women who have an interest in hockey but are hesitant to play?**

**RE:** Hockey is a game that is played by girls, boys, women and men. There are differences between the men's game and the women's game but both are very competitive. The woman's game focuses on skating and passing – more focus on skills. Girls can shoot the puck hard, skate fast and even without body checking, the female game is still physical. (I have bruises to prove it). If a young girl is even slightly interested in hockey she should go for it. It is an amazing experience and loads of fun! ■

"Our first graduating EGHA player is a true graduate of Edmonton Girls Hockey Association. Raylene Emerson has played EGHA her entire minor hockey career. She began in 2004, at five years old, in Initiation and will finish at 18 years old, as #19, playing for the Edmonton Thunder (Alberta Major Midget Female Hockey League) in 2016! Thanks for sharing your minor hockey career with us Raylene!"

For more information on Edmonton Girls Hockey Association visit: [www.egha.ab.ca](http://www.egha.ab.ca)







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[ Photo Courtesy of D.T. Baker ]

## *Fort McMurray evacuees find home with Hockey Edmonton*

[ By D.T. Baker ]

**T**he wildfire that burned through the Fort McMurray area this past spring was a disaster on a grand scale, covering approximately 590,000 hectares, forcing nearly 88,000 people to flee, destroying businesses and residences, and razing entire neighbourhoods. Amidst the larger disaster were the smaller, family-sized perils. For all the hectares that burned, it was the struggle and heroism of everyday people that had an entire nation holding its breath, and rushing to help.

For many Fort McMurray families, the uncertainty of the wildfire put much of life on hold.

"We really didn't know, as a family, what we were going to do," said Charlene Boe.

The Boes have a lot of history with the community. Charlene lived in Fort McMurray from 1978 to 1991 and returned in 2002. Husband Trevor has called Fort McMurray home since 1998 and son Grayson was born there in 2008.

While Mammoet, Boe's employer, allowed her to work in Edmonton for a few weeks, Trevor was travelling between

Edmonton and Fort McMurray continuing his job with Acuren. Added to the mix of whether to make Edmonton the family's permanent home was the fact that Charlene was to be transferred to Edmonton in the next year and a half.

"So by mid-June we were thinking well, we kind of have had one foot in Fort McMurray, one foot out. Do we go, or do we stay? So we erred on the side of caution, not knowing if there would even be hockey in Fort McMurray that winter. So we registered (Grayson) with Whitemud West," said Charlene Boe.

Grayson Boe is eight years old, and while he misses his friends and teammates in Fort McMurray, he begins his second year of novice with Hockey Edmonton, and has started Grade 3 at St. Edmund elementary/junior high school.

The Boes, like so many, were given about two hours to pack what they could before evacuating their home in the Sapræe Creek neighbourhood, near the Fort McMurray airport.

"The last two years, Grayson had played for Team Alberta -- spring hockey -- so his bag had actually been thrown into the back of the car," said Boe. "Knowing that we were leaving Fort McMurray -- we figured for at least a couple of weeks, that was our initial plan -- he'll have hockey, so we might as well throw his hockey bag in. So he had his hockey gear with him. And we actually had hockey that weekend, so that was a little bit ironic for us in that regard."

Like Grayson, Alan Xu is also eight. Now a player with SWAT, Alan is in Grade 3 at Earl Buxton school. His father, Fangwei Xu, has moved the family permanently to Edmonton, while he continues to work for Syncrude up north -- a long commute he's making for the sake of his family's stability. His daughter Chloe is three, and will start her early hockey soon herself.

"After we were evacuated, the first thing we thought about was to find a school," said Xu.

The family left Fort McMurray on May 3. Two days later, they were registering Alan at school in Edmonton.

"And I asked (the school) what do I need to bring for him, and they said nothing. I asked about school supplies, they said we have everything. So they supplied everything for him," said Xu.

That sort of generosity is echoed by Boe. Friends of friends helped out and family from Saskatchewan put together care packages.

"The support we've had from people has been absolutely amazing," she said. "Jasper Place Minor Baseball offered to let Grayson come play baseball free of charge this year, so when we first evacuated, by the second week of May, he was playing baseball twice a week, and met some amazing people there."

It will take more than hockey and baseball to make everything right for the Boes and the Xus - if it can be made right at all.

Boe recalls the fear and uncertainty Grayson felt.

"The first month or so was not great. He struggled with wanting to go home. We did put him in a school down here for about five or six weeks after we evacuated, you know, trying to get some normalcy back in his life. And then when we decided to buy a home, we picked the northwest in Edmonton -- in the hope that putting him in an IB school with a hockey academy would help the transition as well. He desperately wants to go back to McMurray -- he's really missing his friends. So it's been hard on him, but we tried to keep things as normal this summer as we could, going to see grandma and grandpa and stuff like that. He's doing better now I think, because now that school's started, he's made a few more friends," she said.

Xu managed to find humour in his tale of evacuation from the Timberlea neighbourhood that used to be home. The traffic was bad by the time they packed up the car and headed out.

"About 5 o'clock we start to drive. Usually, from my home to (Highway) 63, it takes two minutes. But on that day, it took two hours. And when we were in the line (of cars), I actually went home twice -- I walked home and back to the car twice," he said.

According to Hockey Edmonton, about a half-dozen hockey players that were with Fort McMurray teams last year are with Hockey Edmonton for the current season. At a time of extreme uncertainty such as last May's wildfire, providing children with something certain to hang onto became a priority. That hockey here in Edmonton is part of it will hopefully help the process of healing and moving on. ■



[ Grayson Boe ]



[ Alan Xu ]



[ Grayson Boe ]



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# 7 Ways to Improve Your Focus On The Ice



[ Written by HockeyShot's Mental & Emotional Coach John Haime ]

## Emotions out of the rink impacts performance in it.

Something that's interesting when I work with high-level athlete clients, including hockey players: their focus is often muddled by events that have happened off of the ice, not on it. Something may have happened at home or they are worried about something else in their lives that creates anxiety and hinders them from bringing full focus to the ice. For this reason, attention must be given to what's going on off the ice. Those emotions must be acknowledged and expressed, helping to create a clear mind to focus on the task at hand — using your abilities on the ice.

## What causes you to lose your focus?

Focus is certainly one of the keys to performance excellence. Many performance problems, including a lack of self-confidence, can be traced to problems in the area of focus. The more you lose your focus, the more difficult performance on the ice will be.

What causes you to lose focus on the ice? Could it be players on the other team, off the ice distractions, coaches yelling, too much emphasis on the outcome (the score of the game), unacceptable mistakes, a bad goal, a bad shift, unforced errors? Everyone is different — you might have other factors that impact your focus. As a little exercise, make a list of the things that can distract you in a game.



## A few ideas to improve your focus.

We all know that functional practice is critical to great performance on the ice and in any sport. Part of your

practice should be working on your mental/emotional game, like the great players. Similar to skating skills, shooting skills or tactical work, time and effort are required to build your mental and emotional “muscles” and use all of your abilities.

## Here are seven steps to help you build those muscles and improve your focus on the ice:

- 1** You must be aware of what's going on outside of the rink emotionally so the negative energy doesn't disrupt your focus in it. Express emotions created outside of the rink before you arrive in the rink.
- 2** Construct a routine that works for you — simple, comfortable, reliable actions that put your mind on the task in training and when it counts. This creates consistency and predictability in your behaviour and begins your process of performing on ice.
- 3** If you find yourself drifting, bring yourself back to the centre by asking yourself “where's my focus.” This will create awareness and help you keep your mind on the task.
- 4** Accept that there are things in hockey you can and can't control. Identify what they are and only put focus on those things within your control. Consider this carefully and understand the difference.
- 5** Consider a very short, quiet session each day focusing on your breath. In this mental fitness session, the more you catch your mind wandering off and bringing it back to concentrating on the breath, the more your concentration muscles strengthen.
- 6** Eat high-protein, low-carb meals before practicing or playing. Carbs can cause quick crashes while proteins become brain fuel more slowly, providing a steady energy level helping to sustain focus.
- 7** Focus declines quickly when you are tired, and there's an epidemic of sleep deprivation. Enough sleep can make a difference and help keep your mind on the game.

Focus is a big area in your ability to play well on the ice... and in everything you do. Get to know what allows you to be focused on important tasks. This will help you maximize your abilities and take advantage of all the work you do to become the player you'd like to be.

For more helpful tips & resources, please visit: [HockeyShot.com](http://HockeyShot.com)

# How to Achieve Successful Player Development

Hockey Development ■ Skill Development ■ Coach Development ■ Player Development

[ By Joel Lenius ]

Development is the common term and proposed philosophy within the Canadian hockey community at the moment, and is being thrown-around at all levels of play. What does player development actually mean? How do we successfully develop hockey players? Who is responsible for driving and supporting successful player development in Canada? What is success when speaking about development?

According to Hockey Canada, successful player development is doing the right thing for the individual player at the right stage in their development.<sup>1</sup> Therefore, it is important to relate to each individual in a unique way that best motivates and stimulates that particular player. This article attempts to outline a multiphase process that can be used as a guiding resource to further educate Hockey Edmonton members on how to be innovative and supportive in achieving this definition of player development success.

## PHASE 1 Player development must be age-appropriate

In many instances, Canadians are pushing adult programming into youth hockey curricula; a win-first mentality (ability tiers and statistical recognition), season long training (spring and summer tournaments), full-ice training practices, and early sport specialization philosophies. According to Sport Canada's Long-Term Athlete Development (LTAD) Resource Paper<sup>2</sup>, such concepts do not accurately mirror the physical, mental, emotional

**HOCKEY FOR LIFE, HOCKEY FOR EXCELLENCE**

Sport Canada's Long-term Player Development (LTAD) Resource Paper "Canadian Sport for Life" sets out a framework for sport development in Canada. Hockey Canada's Long-Term Player Development (LTPD) is an nine stage model based on the physical, mental, emotional and cognitive development of children and adolescents. Each stage reflects a different part in developing the player. The first four stages emphasize physical literacy and a broad range of sport experiences. The next five stages focus on development and competitive excellence. Active for Life encourages life-long physical activity and informed healthy lifestyle choices with participation in hockey long after the competitive years.

Physical Literacy	Hockey Specific	Stage	Age Group	Level
DISCOVERY	ACTIVE FOR LIFE	DISCOVERY	MALE and FEMALE 0 - 4	COMMUNITY
FUNDAMENTALS 1	LEARN TO PLAY	FUNDAMENTALS 1	MALE and FEMALE 5 - 6	LOCAL
FUNDAMENTALS 2	LEARN TO TRAIN	FUNDAMENTALS 2	MALE and FEMALE 7 - 8	LOCAL
TRAIN TO TRAIN	LEARN TO TRAIN	TRAIN TO TRAIN	MALE 11 - 12 and FEMALE 10 - 11	LOCAL / PROVINCIAL
TRAIN TO COMPETE	TRAIN TO TRAIN	TRAIN TO TRAIN	MALE 13 - 16 and FEMALE 13 - 15	PROVINCIAL
TRAIN TO WIN	TRAIN TO COMPETE	TRAIN TO COMPETE	MALE 16 - 17 and FEMALE 16 - 18	NATIONAL
EXCEL	TRAIN TO WIN	TRAIN TO WIN	MALE 18 - 20 and FEMALE 18 - 22	INTERNATIONAL
EXCEL	EXCEL	EXCEL	MALE 21 + and FEMALE 22 +	INTERNATIONAL

[ For a larger version of this image, please visit [www.hockeycanada.ca](http://www.hockeycanada.ca) ]

and cognitive developmental needs of Canadian youth hockey players. Canadian Sport for Life sets out this framework for sport development in Canada, from which Hockey Canada has developed their Long Term Player Development (LTPD) framework.<sup>3</sup> Hockey Canada's LTPD is a nine-stage framework based on the physical, mental, emotional and cognitive development of children and adolescents in relation to hockey training systems.

## Hockey Canada's Long Term Player Development Model<sup>4</sup>

The LTPD framework was developed by scientists, physiologists, medical practitioners, coaches, and psychologists, who have a superior understanding on what a player requires to develop, and at what specific times in their life. The framework outlines the nutritional, physiological, mental, and technical requirements of youth (depending on age-range) to optimally develop their on-ice hockey skills.

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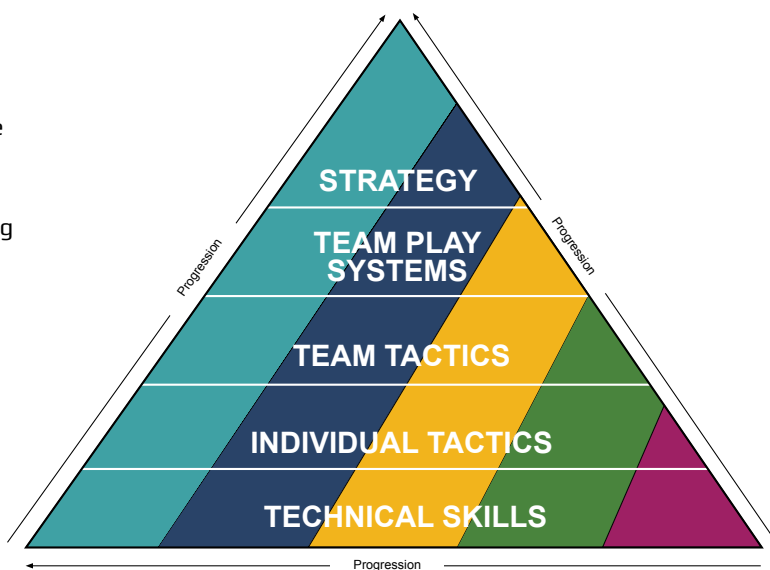
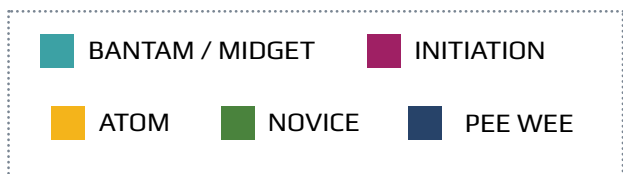
Canadians must be willing to adjust development practices to support an age-appropriate environment for an important Canadian sport that has experienced decreasing registration numbers and also decreasing international and professional success stories in recent years.

To dig deeper into the specific on-ice skill development constituent requirements of a Canadian youth hockey player, Hockey Canada has developed the Player Development Pyramid to outline what type of skill a player should be working on, when they should be working on it, and how much time they should be dedicating to it.

## Hockey Canada Player Development Pyramid<sup>5</sup>

This pyramid should influence the seasonal plan of minor hockey coaches and associations across Canada. However, in a number of environments, it is noticeable that Canadians are inverting this pyramid to promote a win-first culture and mentality at our youngest and most influential categories of hockey. Is this environment promoting the "right thing for the individual player at the right stage in their development?"

Parents and coaches must evaluate what is more valuable to the player; winning championships at atom hockey, developing players with superior skill sets who excel at the next level,



or developing players who have an unwavering love and passion for the game of hockey.

Hockey Alberta's new vision is "Hockey for Life" and its new mission statement is, "To create positive opportunities and experiences for all players through innovative leadership and exceptional service." It is evident that Hockey Alberta is strongly in support of developing players with an unwavering love and passion for the game of hockey.<sup>6</sup>

## PHASE 2 Player development is multifaceted

The transferability of technical skills between different sports is noticeable.<sup>7</sup> Often, skills used within other sports are physiologically similar to skills within hockey. Positive transfer refers to the ability to learn a new skill successfully because you have learned a similar skill somewhere else. Quick feet in soccer, ball protection in lacrosse, and hand-eye coordination in baseball are all learnt skills that are recognizably transferable to hockey environments. These are examples of positive transfer.<sup>8</sup>

Playing other sports also gives the "hockey body and mind" time to rest and facilitates different forms of physical, mental, emotional and cognitive development.<sup>9</sup> Active for Life is a Canadian not-for-profit social enterprise founded by B2ten, a national initiative created to help parents give their children the right start in life through the development of physical literacy.

Active for Life encourages youth to participate in numerous sports and discourages sport specialization at an early age. Specializing too early could prevent most kids from reaching their full potential in their hockey.<sup>10</sup>

1 - Hockey Canada Long Term Player Development Framework

2 - Canadian Sport for Life Long Term Athlete Development Framework

3 - Hockey Canada Long Term Player Development Framework

4 - Hockey Canada Long Term Player Development Framework

5 - Hockey Canada Long Term Player Development Framework

6 - Hockey Alberta Vision and Mission Statement

7 - Active for Life: The multi-sport advantage

8 - Active for Life: The multi-sport advantage

9 - Active for Life: Specialization: What does it really mean?

10 - Active for Life: The multi-sport advantage

Kids play far too much hockey. I mean, kids are playing 12 months a year—little ones. They don't need it. Play other sports. Have other coaches. Hang around other kids, other parents. I think that's all healthy. I never went to a hockey school until I turned pro and I went as an instructor. Kids don't need to play all year, they can have a program of light exercise and play other sports.

If you look at the best players in all sports, they're athletes— they play other sports.

**- Bobby Orr: How we're killing hockey -**



People always talk about my hand-eye coordination and how that translates from lacrosse to hockey and from hockey to lacrosse, which is true, but the biggest thing that translated for me was using my body to protect the ball, spinning off checks and moving through traffic. All those things translated into skills on the ice that have helped me excel in many areas in hockey, such as puck protection, moving through traffic and gaining time and space from tight checking.

**- John Tavares: John Tavares brings hard lacrosse lessons to NHL -**

If a sport has a high point of the year, it must be the first week of spring. When I was growing up, I used to love this time of year. It was when I put my hockey equipment away and I was absolutely ecstatic to see the end of the hockey season. One of the worst things to happen to the game, in my opinion, has been year-round hockey and, in particular, summer hockey. All it does for kids, as far as I can tell, is keep them out of sports they should be doing in the warmer weather. I could hardly wait to get my lacrosse stick out and start throwing the ball against the walls and working on our moves as we played the lacrosse equivalent to road hockey. All the good hockey players seemed to play lacrosse in those days and everyone of them learned something from the game to carry over to the other – things athletes can only learn by mixing up the games they play when they are young.

**- Wayne Gretzky: One of the worst things to happen to the game: The toll year-round hockey takes on young athletes -**

## PHASE 3 Player development requires sustenance and proper mindset

The most common mistake that parents and coaches make is to ignore the most important question of all: What does the player want? Ultimately, what the player wants will influence what the player is physically, mentally, emotionally and cognitively able and willing to accomplish.

Does the player want to participate in hockey for fun and social experiences, or does the player want to compete and push the physical, mental, emotional and cognitive limits in hopes of developing further than others around him? The answers to these two questions are not up to the parents or the coach – they are up to the player. Parents, development instructors and coaches must understand the desires of the player before they can provide optimal support to that unique individual.

Regardless of the answer to the two questions above, the parents, development instructors, and coaches, who heavily influence the development practices of the player, must embrace a mindset of growth and not a mindset that is fixed.

Carol Dweck, a psychology professor from Stanford University, states in her book “Mindset: The New Psychology of Success,” that people generally fall into one of two categories: a fixed mindset or a growth mindset. A fixed mindset is when an individual believes that “talent” is the underlying success factor and there is very little an individual can do to improve.

People with a growth mindset, on the other hand, see talent as something that can be developed through dedication and effort. Yes, growth-minded individuals are happy if they are talented, but that's just the starting point for them. They understand that no one has ever accomplished great things—not Mozart, Darwin, Wayne Gretzky, or Michael Jordan—without years of passionate practice, learning, and enjoyment. Talent is just the starting point for success, and that natural ability can and must be developed. Regardless of the player's hockey intentions, the growth mindset creates a love for learning, improving, and a sense of resilience that is essential for development at all levels.<sup>11</sup>

Ensure that youth are surrounded by individuals, who understand and support the desires of each hockey player, and that these individuals are growth-minded, influencing the player to learn, improve, persevere, and adopt an appreciation for hockey and constant improvement of ability.



**“ Hard work will always overcome natural talent when natural talent does not work hard enough. ”**

**- Alex Ferguson (Manchester United FC) -**

11 - Carol Dweck: Mindset

12 - Kaiser Family Foundation: Generation M2: Media in the Lives of 8- to 18-Year-Olds

13 - Dave Collins and A'ine MacNamara: The Rocky Road to the Top - Why Talent Needs Trauma

14 - Active for Life: Alberta committed to making hockey a positive experience for its youngest players



## PHASE 4 Player development must be innovative and relatable

iPads, Xbox, Play Station, etc.; it is safe to say that this generation of youth is differently stimulated than the baby-boomer generation. According to the Kaiser Family Foundation, 8 to 18-year-olds devote an average of seven hours and 38 minutes to using entertainment media across a typical day (more than 53 hours a week). And because they spend so much of that time 'media multitasking' (using more than one medium at a time), they actually manage to pack a total of 10 hours and 45 minutes worth of media content into those seven hours and 38 minutes.<sup>12</sup>

Although it would be beneficial for youth to spend more time outdoors playing road hockey, roller blading, or participating in sports other than hockey, it is evident that technology occupies a significant role in their life. Do children learn as effectively from the typical coach lecture, "chalk-talk", or white board sessions anymore? How can parents and coaches use technology to enhance player development in all age and ability levels? Numerous apps, websites, and learning systems are now available to engage youth and support their development as hockey players, and Hockey Edmonton is moving towards supporting players and coaches with encouraging access to the following developmental tools:

- **The Hockey Canada Network App**
- **ProSmart Sports Learning Systems**
- **The Hockey Canada Drill Hub**

## PHASE 5 Player development can include some adversity

Does successful player development mean that everything should come easy to an athlete? Should everyone get a trophy for participating in sport? The answers to these questions depend on the desires and goals of the individual player. Growth mindsets encourage hard work and practice, with which there will undoubtedly be adversity and struggle.

The talent pathway should be a comfortable place, but also offer a variety of lessons to be learnt through both explicit and implicit means. Support through the early challenges, with confidence and skill building debriefs afterwards, will help to optimize the development pathway; although the importance of doing this on an individual basis is obvious.<sup>13</sup>

## PHASE 6 Player development must have purpose

Adopting a philosophy that emphasizes age-appropriate and supportive player development is merely part of the battle. The idea is to adopt player development procedures with quality and purpose. Purposeful development is practicing skills that

require attention and then evaluating the progress along the way. Players, parents, and coaches should all be responsible when developing a plan to ensure that development sessions have purpose for that unique player. Purposeful development can follow this setup:

1. **Identify and outline what skills require development.**
2. **Identify and outline what the goals are.**
3. **Identify and outline how the development will be evaluated and measured.**
4. **Can the development be compared to similar individuals?**
5. **When goals have been met, identify and outline a plan to revisit skills and promote an environment of constant improvement – focus on developing many skills instead of few.**

Hockey Canada offers a number of tools for evaluating player development. Within the Hockey Canada Skill Development manuals there is a core skills document for each category of play, which outlines the skills that should be developed at each level. In Canadian minor hockey, coaches should be encouraged to foster the development of the fundamental skills required to play the game at the minor levels by measuring and providing positive individual feedback on player development.

It is essential that minor hockey associations and parents have a method for measuring success beyond wins and losses - Hockey Canada believes in celebrating skill achievement through their national skills testing program.

Giving kids the physical tools they need to get them excited about playing, and focusing on that enthusiasm — taking a longer term approach to player development — fosters the kind of positive experience and attitude they can take into other endeavours: athletic, academic, and social. Of course, the more fun they have, the more they'll want to play, and the more they play the better they'll get, which means they will have even more fun. Can you say win-win?<sup>14</sup> ■



**\* This is the first development article for the 2016-17 Hockey Edmonton Magazine. We look forward to providing new and innovative player development, player safety, and coach development resources in future editions. The new Hockey Edmonton website, released in September 2016, also houses numerous player development, player safety, and coach development resources for Hockey Edmonton members to access.**

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- 5. Canadian Athletic Club Arena**  
14645 142 Street, Edmonton
- 6. Castle Downs**  
6A3, 11520 153 Ave NW
- 7. Clare Drake Arena**  
87 Ave NW & 115 St
- 8. Clareview**  
3804 139 Ave
- 9. Confederation**  
11204 43 Ave
- 10. Coronation**  
13500 112 Ave NW
- 11. Crestwood Arena**  
9940 147 St NW
- 12. Donnan Arena**  
9105 80 Ave
- 13. George S Hughes South Side Arena**  
10525 72 Ave NW
- 14. Glengarry Arena**  
13340 85 St NW
- 15. Grand Trunk Arena**  
13025 112 St NW
- 16. Kenilworth Arena**  
8313 68A ST
- 17. Kinsmen Twin Arena**  
1979 111 St NW
- 18. Knights of Columbus Sport Complex**  
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14520 66 St
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- 22. Mill Woods Rec Centre**  
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- 23. Nait Arena**  
11762 106 St NW  
Princess Elizabeth Ave NW
- 24. Oliver Arena**  
10335 119 St NW
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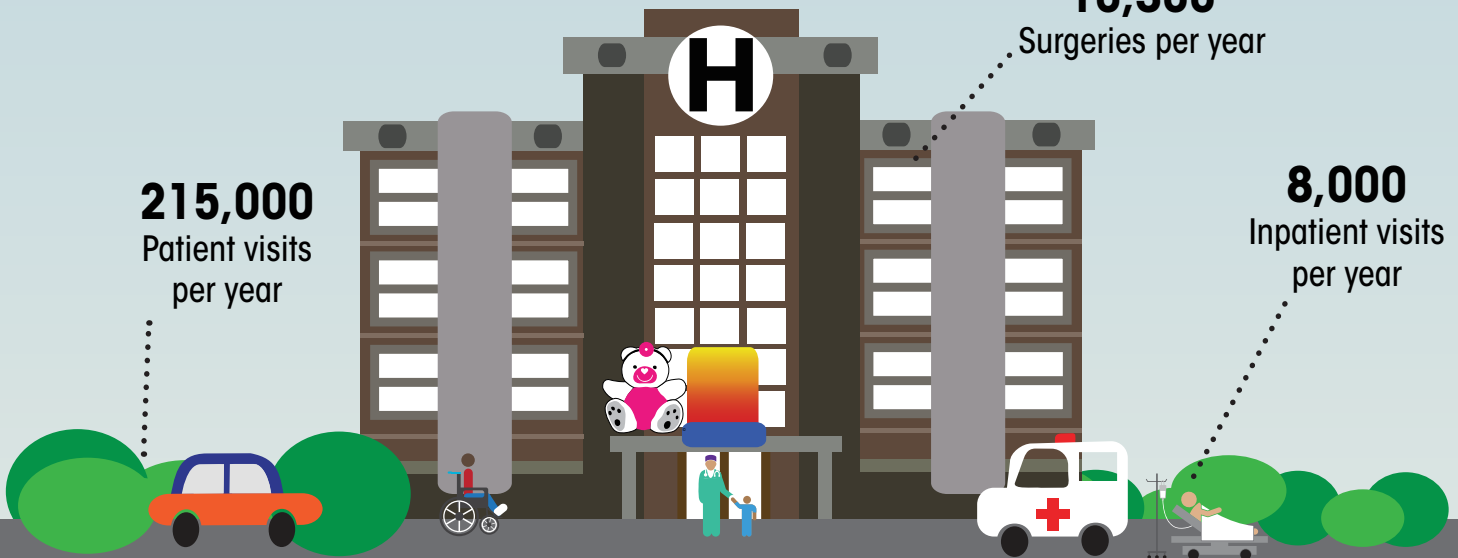
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 Photos courtesy of Matthew Murnaghan [action photos] & James Emery [headshot]  
 Hockey Canada Images

# MASCHMEYER *Shines* UNDER PRESSURE IN THE NET

*By Jeremy Freeborn* .....

**Heading into the 2016** Women's World Hockey Championship in Kamloops, British Columbia, the stability of one position on the Canadian national team roster seemed to be uncertain: that of goaltender. From 2009 to 2014, Canada's top goaltender was clearly Shannon Szabados, of Edmonton. But with Szabados unable to represent her country because of her commitments to the Columbus Cottonmouths of the Southern Professional Hockey League, an opportunity was made available to another Canadian netminder. There was no doubt that Team Canada head coach Laura Schuler had options in filling her 2016 Women's World Hockey Championship roster. The decision was made to give playing time to Emerance Maschmeyer, of Bruderheim, Alberta, and Charline Labonté, of Greenfield Park, Quebec. At the 2016 Women's World Hockey Championship, it was Maschmeyer's opportunity to shine and she made the most of her chance. Maschmeyer silenced the critics early with a sparkling performance by making 35 saves on 38 shots in a 3-1 loss to

the United States. She followed that up with 18 saves on 19 shots in a 6-1 round robin win for Canada over Finland and 33 saves on 34 shots in the gold medal game in Canada's tough 1-0 loss to the United States.

Maschmeyer was named the top goaltender of the 2016 International Ice Hockey Federation Women's World Hockey Championship. It was not just the number of saves that Maschmeyer made that was impressive, but the high number of quality saves along the way. At age 21, she has not only proven to be Canada's goaltender of the future, but Canada's goaltender of the present.

It has been a busy time for Maschmeyer. This past spring she graduated from Harvard University with a degree in sociology and economics. While attending one of the most prestigious schools in the United States, Maschmeyer was spectacular with the Harvard University Crimson. In 99 games, Maschmeyer had a record of 59-29-10, a 1.65 goals against average with a .940 save percentage. Of her 59 wins, she had 21 shutouts.

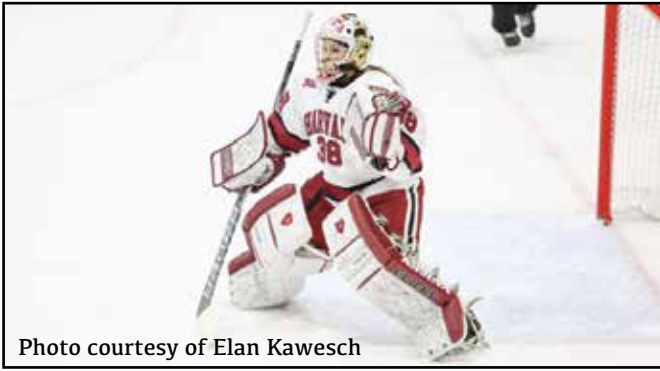


Photo courtesy of Elan Kawesch

In June, Maschmeyer came to Calgary to participate at the National Women’s Goaltending Camp at the Markin MacPhail Arena. Following one full day session, Maschmeyer spoke to Hockey Magazine.

Maschmeyer started playing hockey at age three and goaltender at age seven.

“I have always enjoyed making the big save and helping my team win games that we shouldn’t be winning,” she said as to why the goaltender position appealed to her the most.

Maschmeyer also had lofty goals at a very young age.

“The first time as a goaltender, I was pretty awful. After a year of training, I improved a lot and took it really seriously. At the age of 10, I was very mature. I had goals set in my head, and at the age of 11, I believed I could be on the Canadian national team.”

Maschmeyer grew up in a strong hockey family. Her older sister Brittaney also played in the NCAA with St. Lawrence and Syracuse University, while her older brothers Brock and Bronson played this past year with St. Francis Xavier University and Northern Michigan University, respectively. Emerance’s younger brother Kache has also played for the Fort Saskatchewan Rangers of Midget AAA in the past. Maschmeyer is the only goaltender in the family and she is very close to her siblings.

“They would always push me every day,” recalled Maschmeyer. “Even today when we go on the ice together, we have the same level of competitiveness. They are my biggest support system for sure.”

One of Maschmeyer’s most memorable experiences growing up playing minor hockey in Alberta was playing for Edmonton during the 2004 Brick Invitational Hockey Tournament.

Emerance became the second female goaltender to ever play in the tournament. She followed in the footsteps of Szabados.

“It was one of the most memorable tournaments. It was the team I wanted to make,” said Maschmeyer. “It was awesome. There were a lot of fans, and being right in West Edmonton Mall, there were people watching and a lot of energy. At the time, I thought it was the biggest tournament.”

While playing at the tournament, Maschmeyer had the opportunity to meet Szabados, who was eight years older than her. The two stayed in touch, and Maschmeyer would follow in Szabados’ footsteps by playing in the Alberta Junior Hockey League. Maschmeyer played for the Lloydminster Bobcats of the AJHL in the 2011-12 season.

“*At the age of 11, I believed I could be on the Canadian national team.*”

Szabados was Maschmeyer’s idol.

“Growing up I saw how Shannon always had such a huge presence in the net and was very confident,” said Maschmeyer.

Like many high performance female hockey players in Canada, Maschmeyer played with boys growing up in Alberta. In addition to the Bobcats, Maschmeyer played for the Bruderheim Bruins in novice and then briefly with the Edmonton North SEERA, before playing with the Fort Saskatchewan Rangers from atom to midget.

“They challenged me a lot and I always wanted to prove that a girl could play in those leagues too. I wanted to not only play, but play better than the boys. I loved that challenge and played with the guys until college,” she said.

Maschmeyer’s first greatest achievement in women’s hockey was helping lead Alberta to a gold medal at the 2011 Canada Winter Games in Halifax. Team Alberta had a perfect record of six wins and zero losses, including a 3-2 win over Ontario in the gold medal game.

A year later, Maschmeyer was stellar between the pipes as Canada won the gold medal at the 2012 Under-18 Women’s World Hockey Championship in the Czech Republic. Maschmeyer had two shutouts in three games and only gave up one goal in



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180 minutes. In the gold medal game, Maschmeyer made 28 saves in a 3-0 win over the United States.

Maschmeyer would go on to represent Canada at the 2014 and 2015 Four Nations Cup and was the third string goaltender for Canada at the 2015 Women's World Hockey Championship in Malmo, Sweden.

However, having the opportunity to represent Canada in the gold medal game of the 2016 Women's World Hockey Championship, in Kamloops, for the first time was an amazing experience for Maschmeyer.

"The building was electric. I had been waiting to play in the gold medal game for the national team my entire life. When I got that call it was very surreal. I almost didn't believe it at first. Then it was like, here we go, it is like any other game. When I got there, I looked around and realized this was real. I soaked it all in and loved it," she said.

This upcoming season, Maschmeyer will play for the Calgary Inferno of the Canadian Women's Hockey League. Head coach Scott Reid was pleased that the Inferno selected Maschmeyer fourth overall in the 2016 CWHL Draft.

*“Whenever you can add a player of her calibre, it's going to make your team better...”*

*“We are very excited to have her as part of our team and our internal family.”*

"Whenever you can add a player of her calibre, it's going to make your team better," said Reid. "She plays great under pressure. She showed it at Harvard and then she showed it at the world championship. She is a very hockey-minded, smart goaltender that plays the position very well. The pressure doesn't seem to bother her. Good, or bad, she is even-keel and that is a big plus for sure. We are very excited to have her as part of our team and our internal family."

Maschmeyer has dreams of being Canada's number one goaltender at a future Olympic Winter Games. The 2018 Olympic Winter Games in Pyeongchang, could become an interesting battle between Maschmeyer, and her idol, Shannon Szabados. ■

# hockey

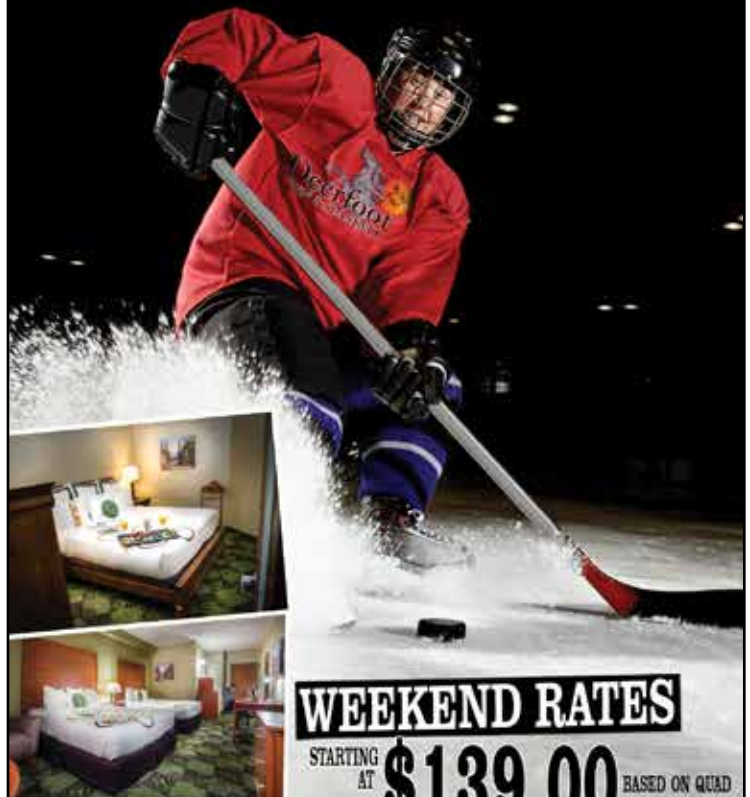
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[ By Jeremy Freeborn ] ▶ ▶ ▶ ▶

# CARTER HART

## TOP DRAFTED GOALTENDER LIVES IN THE MOMENT

**On June 25, 2016**, Carter Hart, of Sherwood Park, fulfilled a lifelong dream. The Philadelphia Flyers selected him in the second round, 48th overall – and the first goaltender to be picked - in the 2016 National Hockey League Entry Draft.

“When I had my name called, there was so many blanks in my head. I didn’t know what to think. It was crazy and exciting,” said Hart.

Hart had an excellent season with the Everett Silvertips of the Western Hockey League in 2015-16. In 63 games, he had a record of 35 wins, 23 losses, one overtime loss and three shootout losses. His save percentage was .918. His goals against average was 2.14 and was even better than the 2.29 goals against average he posted with the Silvertips in 2014-15 that led the WHL.

In the 2015-16 WHL playoffs, Hart helped the Silvertips sweep the Portland Winterhawks in the Western Conference quarterfinals, before losing four games to one to the Seattle Thunderbirds in the Western Conference semi-finals. During the Memorial Cup festivities in Red Deer, Hart won the 2016 Canadian Hockey League Vaughn Goaltender of the Year Award.





**It was an incredible feeling to throw on that maple leaf sweater and represent your country.**



Photos courtesy of Chris Mast | Everett Silvertips

Being named the top goaltender of the year in junior hockey was a marvelous achievement, but Hart sees it is as a stepping stone to his greater goal—winning a Stanley Cup.

Hart first started skating when he was three years old. He remembers being put in power skating lessons. At age five, Hart started playing in the Fort Saskatchewan Minor Hockey Association, where he continued for the next eight seasons until at the age of 14 his family moved to Sherwood Park.

"I originally started off as a skater because I wanted to become like my dad. When I was nine years old, our regular goaltender in novice got hurt. I was asked if I wanted to go in. I said, 'Yeah.' The first time I wasn't really good. But I liked stopping the pucks more than scoring the goals. I liked being the one to make the big save," said Hart.

Hart's most brilliant season while playing minor hockey in Alberta came in 2013-14 when he posted a record of 14-3-4 in 21 games with the Sherwood Park Squires Minor Midget team of the Alberta Minor Midget AAA Hockey League. He also had a goals against average of 1.93 and a save percentage of .936. After the season, Hart was named the top goaltender and the most valuable player of the AMMHL.

Even though Hart put up phenomenal numbers in 2013-14, he was only drafted in the eighth round, 158th overall, by the Silvertips in the 2013 Western Hockey League Bantam Draft.

"The draft number doesn't matter," Hart

said. "It is just a number. You still have to show up to camp and perform like the next guy. You just have to worry about yourself."

In his rookie season with the Silvertips, Hart helped Everett eliminate the Spokane Chiefs in the WHL's Western Conference quarterfinals. In the seventh and deciding game in Spokane, Hart made 53 saves as the Silvertips beat the Chiefs 2-1 in triple overtime. Hart was named the game's first star.

"I remember after the game, our coach Kevin Constantine came into the locker room and gave everyone hugs. To be a part of that was really special."

Hart has learned a lot from Constantine, who has NHL coaching experience with the San Jose Sharks, Pittsburgh Penguins and New Jersey Devils.

"Kevin is one of the better coaches I have ever had. He is one of those coaches who is honest with you and tells you right away, what you are doing wrong. Off the ice, and away from the rink, he is a pretty funny guy. We've had quite a few laughs in the dressing room, either before practices, or after games," said Hart.

This past June, Hart experienced a thrill of a lifetime when the Philadelphia Flyers' organization called his name at the 2016 NHL entry draft in Buffalo.

"I remember when I got drafted I stood up and hugged my parents, and my Everett billet, Parker. He has been with the team since it started in 2003 and has had a lot of guys come through his house. He is the best billet in the Western Hockey League. I love that guy. I am so glad he was able to come," said Hart.

In addition to his billet, Hart recognizes his parents, who traveled monthly to Everett. He says they have always been there for him.

In order to help with the mental side of his game, Hart works regularly with professional psychologists in Edmonton.

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Hart says John and Jaci Stevenson of Zone Performance Psychology have helped him immensely.

"John really stresses controlling what you can control and living in the present moment. When you are in the game, you are focused on the game. He emphasizes on worrying about the things that are in your control—such as your pre-game routine, tracking the puck, staying calm and being able to switch channels when things are not going right. Being able to work with John, and his wife Jaci, who has focused on the vision side of things, has really elevated my game," he said.

Interestingly, the Stevensons are also the psychologists for reigning Vezina Trophy winner Braden Holtby of the Washington Capitals.

In the summer of 2015, Hart played two games for the gold medal-winning Canadian team at the prestigious Ivan Hlinka Memorial Tournament in Breclav, Czech Republic and Bratislava, Slovakia. He backstopped Canada to a 3-1 win over the Czech Republic and a 9-2 win over Switzerland.

Hart says the team was a tight knit group, elite players both physically and mentally and they have all remained close.

"My roommate and goaltending partner Dylan Wells of the Peterborough Petes (an Edmonton Oilers' prospect) is one of my best friends now. I talk to him every day. Being able to create those new friendships that can last a lifetime is really cool. Winning the gold medal in the Czech Republic was one of my favourite hockey moments. It was an incredible feeling to throw on that maple leaf sweater

and represent your country," said Hart.

In December, Hart will be considered to represent Canada at the 2017 International Ice Hockey Federation World Junior Hockey Championship in Montreal and Toronto. But that isn't his focus.

"Right now, I have a lot of work to do. I have to live in the moment and worry about getting better every day. My goals down the road will hopefully be taken care of because I have put in the work. If I had the chance to represent Canada again, that would be such a huge honour. When I wore the sweater for the under-18 team, I did not want to take the sweater off. It was such a cool feeling," he said.

Outside of hockey, Hart watches the Food Network on a regular basis. He enjoys cooking and admits he is a better cook today than he ever used to be.

For those up and coming goaltenders, Hart offers his experience.

"Stick to the process. It is a long process. You don't want to get too ahead of yourself. You have to worry about getting better every day. If you come to the rink and are wanting to get better, then you're going to get better. You always have to have that mindset for whatever you're doing. That goes for your stretching, workouts and skating. You have to be 100 per cent dialed in to what you are doing and worrying about getting better every day."

Staying in the moment has helped Hart reach his hockey goals. The Flyers management should be very pleased with the high level of maturity of their young goal tending prospect. ■

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Favourite Hockey Player: \_\_\_\_\_

Who is your Role Model: \_\_\_\_\_

Other Hobbies / Interests: \_\_\_\_\_

Favourite Hockey Memory: \_\_\_\_\_

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# CZECH IT OUT:

## Calling All Adult Intermediate-Level Recreational Players

By Jon Hagan

### Rex Tucker is a proud Canadian hockey man, but he has a passion for all things Czech.

As a hockey instructor and owner of Tucker Hockey in Calgary, Rex spent seven summers (including the last two) across the pond in the Czech Republic teaching the game he loves to people who share his passion. As a head coach, he traveled with a Canadian under-18 select team on a five country European hockey tour of Germany, Czech Republic, Austria, Italy and Switzerland in 2002. As a global citizen, he has been a frequent traveler to Europe, staying in Prague, the capital city of the Czech Republic, on 16 different occasions. To cap it off, he married Marcela, a Prague native.

The Czech Republic may not be in Rex's blood, but coming this spring he wants to show you why it's in his soul. And for a Canadian hockey man, what better way to introduce fellow Canadians to the Czech Republic than by using our sport as the backdrop?



Prague Castle

## A HOCKEY TOUR LIKE NO OTHER

In May 2017, Rex, Marcela and some Tucker Hockey staff will lead participants on a once-in-a-lifetime hockey tour to experience the sights, sounds, and the ice of seven storied Czech and Austrian cities.

"The cities we'll be visiting on the tour are quite beautiful, but nothing like what we have in Canada," says Rex. "Prague -- where we'll be spending most of our time -- is one of the most beautiful cities in the world. It has incredible architecture, and the culture, just like the beer, is second to none."

The tour, which runs from May 7 to May 20, is open to male and female intermediate-level recreational players. It will include a number of hockey and non-hockey-related activities, such as arrival and departure receptions for all tour participants, a five-game hockey series in cities in the Czech Republic and Austria, and three to four-star hotel accommodations along the way. The cost of the tour will also include most meals, travel to and from various attractions, and group travel attire for all participants, including a personalized game jersey.

## TIME FOR YOURSELF

From tours and dinners to practices and games, each day will have a Tucker Hockey event planned, but that doesn't mean you won't have spare time to branch out on your own. There will be plenty of opportunity for you to set out and explore the sights for yourself, if you so choose.

"The tour will feature something for everyone. It will be a great opportunity for tour participants to play hockey against players they normally wouldn't get a chance to play against, learn from Czech coaches and build new friendships and expand their cultural boundaries," says Rex.

"And in the remaining time, which we've certainly allotted, if they want to get out and explore on their own, Marcela and I will be there to provide them with any information they need to help them get around."



Charles Bridge

## ABOUT TUCKER HOCKEY

Tucker Hockey (1997) based in Calgary, Alberta, Canada, provides quality year-round professional ice hockey instruction including power skating, and hockey skills development to players of all ages, backgrounds and skill levels to grow their love of the game while improving their hockey skills.



Rex and Marcela enjoying the IIHF World Hockey Championship festivities in Prague.

## BLAST OFF!

The next step is for all participants to make their own way to Prague for May 7. "We wanted to give a day for everyone to orient themselves. Then we'll all come together the next day on May 8 for the welcome reception, which should be a great time," says Rex.

Rex and his team at Tucker Hockey have put a significant amount of planning into the tour.

Rex has drawn on the contacts he has made over the years in the Czech hockey community to create a truly unique event for everyone who participates. Beyond that, the Tour offers an introduction to Prague as a great home base for exploring other parts of Europe.

"Prague offers flexibility in that it's so centrally located," says Rex. "You're basically an hour away from Paris, Venice, or Zurich, for example, so if people want to come a bit earlier than May 7 or stay later than May 20 they'll be able to visit other places as well." While family members can certainly register, there's only space left for 16 players to represent the hockey team in the practices and games.

## STAYING INFORMED HAS NEVER BEEN EASIER

Once a down payment is received and registration is finalized, Rex will hold information meetings in Calgary with participants to discuss itinerary and other details.

"These meetings are pivotal," says Rex. "They help everybody get on the same page and to make sure everyone's questions are answered."

Don't despair, if you're unable to attend any of the meetings, though. Rex has you covered.

"People can always call me up and I'll spend whatever time is needed to make sure I answer all their questions and give them the most up-to-date information I have," he says.

“ *What better way to introduce fellow Canadians to the Czech Republic than by using our sport as the backdrop?* ”



Old Town Square

***So, if you're an avid intermediate-level recreational hockey player and you're interested in learning more about Tucker Hockey's 2017 European Adult Hockey Tour, call Rex at (403) 244-5037 or visit <http://www.tuckerhockey.com/PDF/Adult%20European%20Tour%202017.pdf>***

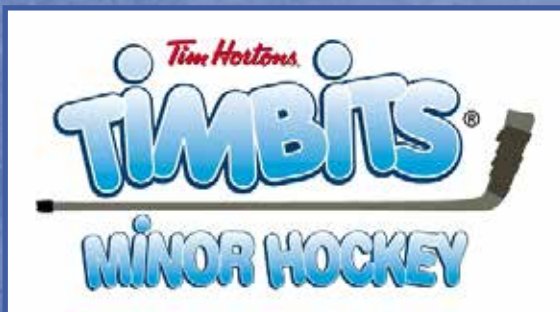
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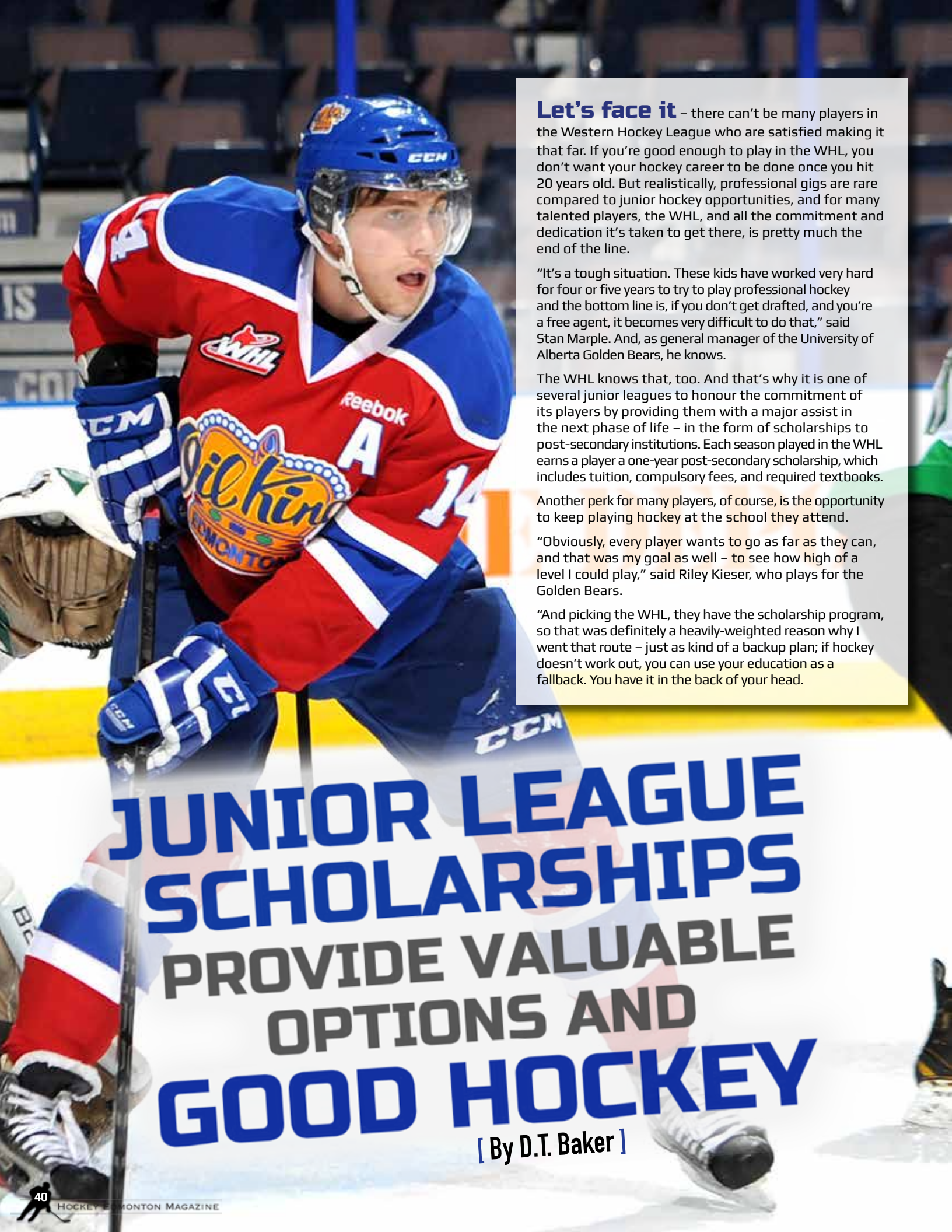


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Photos Courtesy of SC Parker Photography



**Let's face it** – there can't be many players in the Western Hockey League who are satisfied making it that far. If you're good enough to play in the WHL, you don't want your hockey career to be done once you hit 20 years old. But realistically, professional gigs are rare compared to junior hockey opportunities, and for many talented players, the WHL, and all the commitment and dedication it's taken to get there, is pretty much the end of the line.

"It's a tough situation. These kids have worked very hard for four or five years to try to play professional hockey and the bottom line is, if you don't get drafted, and you're a free agent, it becomes very difficult to do that," said Stan Marple. And, as general manager of the University of Alberta Golden Bears, he knows.

The WHL knows that, too. And that's why it is one of several junior leagues to honour the commitment of its players by providing them with a major assist in the next phase of life – in the form of scholarships to post-secondary institutions. Each season played in the WHL earns a player a one-year post-secondary scholarship, which includes tuition, compulsory fees, and required textbooks.

Another perk for many players, of course, is the opportunity to keep playing hockey at the school they attend.

"Obviously, every player wants to go as far as they can, and that was my goal as well – to see how high of a level I could play," said Riley Kieser, who plays for the Golden Bears.

"And picking the WHL, they have the scholarship program, so that was definitely a heavily-weighted reason why I went that route – just as kind of a backup plan; if hockey doesn't work out, you can use your education as a fallback. You have it in the back of your head.

# JUNIOR LEAGUE SCHOLARSHIPS PROVIDE VALUABLE OPTIONS AND GOOD HOCKEY

[ By D.T. Baker ]



As you play, your coaches will let you know if there's any scouting interest and that kind of thing, and then you kind of get the feel if there's a route to keep going or the route to start thinking about which school is right for you."

Being a Sherwood Park boy, Kieser gravitated toward home and the UAlberta. He's entering his third year as a Golden Bear, after playing his last year of junior with the Edmonton Oil Kings.

"I think we take the approach that education is very important and that it essentially comes first," said Ryan Marsh, an assistant coach with the Oil Kings. "If it's a 16-year-old coming in to play for us, we want to make sure that they have all the resources that they need to be successful throughout Grade 11 and Grade 12. And we're preaching that education's important to set them up for post-secondary education, if they need it. That's the key."

For Marple, the relationship between leagues like the WHL and the Canadian Interuniversity Sport (the organization overseeing most major Canadian university athletics) works well for both.

But the scholarships are not just handouts.

"First and foremost, there's obviously certain academic criteria that the players have to meet, and that's set by the university, not by me," said Marple. "They have to get in on their own merit. There's no special compensation because they're playing varsity sports or anything like that."

Marsh says players who are good academic students are becoming more the norm.

"They're seeing it as a viable option, that, 'Yeah, I want to go to school someday, but I want to play my time in the western league and accumulate a number of years of scholarship money,'" he said.

"There's a lot of good, smart, academic players in the league right now that are taking advantage of that scholarship program."

Plenty of WHL players move on without necessarily playing hockey – the education for the rest of their lives is what matters. They finish university and take on careers such as doctors or lawyers or businessmen.

For others who want to continue playing hockey, Marsh says they actively seek help from teams like the Oil Kings to find a school that will give them that opportunity.

Marple says those hockey players use schools like the UAlberta to further hone skills that might help them reach professional hockey once school is done.

"Being from Sherwood Park, I had been to U of A games, I knew of the great program that they have and their tradition of winning," said Kieser. "That was why I wanted to go there. Also, the Oil Kings had a good year in my 20 year, so the university scouted me and it was a perfect fit that they wanted me and I wanted to go there."

Kieser is in the faculty of science, with plans to transfer to engineering or, failing that, going into environmental science. He says that education was always stressed by his parents and as he did well in school, he was prepared to go to university.

"It's not the end of your career by any means to go to the CIS. That was kind of the perception for a number of years that when you chose to go to a Canadian university, your career was ending," said Marsh.

"There are good players that are now taking that money and going to school, where that wasn't always the case. So that's given them a much bigger talent base of players at the CIS level – and it's been good for both parties."

[Pictured Left] Riley Kieser, Oil Kings Hockey Club 2013-14  
Photo courtesy of Andy Devlin / Oil Kings Hockey Club

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**“ Why not come to the U of A, get your university education paid for by the WHL and by us, and then work on those deficiencies? We have a fulltime strength and conditioning coach here, we want to try to get guys to the next level. ”**

General Manager of the U of A Golden Bears, Stan Marple  
Photo courtesy of the Golden Bears and Panda Athletics

“Why not come to the U of A, get your university education paid for by the WHL and by us, and then work on those deficiencies?” Marple asked. “We have a fulltime strength and conditioning coach here, we want to try to get guys to the next level. The bottom line is, in some instances, they need to become a better player before they get that opportunity.”

Many WHL players have continued after getting their degrees, playing professional hockey in North America or Europe.

Having both major junior and title-winning CIS in the same city is a major plus, Marsh adds.

“To speak from the Oil Kings’ perspective, we have a really good example with the University of Alberta right in the same city. So players can easily go and watch games to get a bit of a feel for the calibre of play,” he said.

“In the Western Hockey League, you’re dealing with only three guys that are 20 years old, and depending on the team’s makeup, you could have 14 guys on your team that are only 17, 18 years old,” Marple pointed out.

“Here, we’ve got guys from 20 to 25. The big difference for them is the extra strength you need to play at this level – the guys are bigger, they’re stronger, they’re faster. The biggest adjustment I find that players need to make is that they’re used to playing a 72-game schedule. Here, we only play 28 league games – there’s a lot riding on every game, every game is like a playoff game.”

Kieser joins Marsh and Marple in saying that hockey at the university level is good.

“It’s fast-paced, more mature,” said Kieser. “I think the CIS is a great league, there’s a lot of graduating players from the WHL that go there.” ■



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Riley Kieser of the U of A Golden Bears  
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# ICE ALL

## Puzzling Together Ice-time

[ By Maurice Tougas ]

We've all played with a Rubik's Cube...

the devilishly difficult 3D puzzle, where you try to match all the colours on a six-sided cube. When the Rubik's Cube was first marketed, it was advertised as having "three billion combinations but only one solution."

Talk to Dave Linman, the manager of ice operations for Hockey Edmonton, and the Rubik's Cube gets mentioned a lot. Linman may not have three billion combinations to deal with when managing the ice needs of Edmonton minor hockey players, but there is no doubt that his job is basically Rubik's Cube with sheets of ice.

"We allocate out or schedule ice to approximately 900 teams in 65 arenas for about \$4.5 million to \$5 million worth of ice annually," Linman said.

The allocation area includes Edmonton proper, plus coordination for interlocking games with Onoway, Stony Plain, Spruce Grove, Sherwood Park, Fort Saskatchewan, and Beaumont. And it's not just game times, but practice times too, for all those teams.

That's one big Rubik's Cube.

Minor hockey is just one part, albeit a very big part of the puzzle.

If Edmonton minor hockey has Edmonton's 32 indoor sheets all to itself, scheduling would be a snap. But this is Canada, where ice is a plentiful menace outdoors in the winter, but precious and fought over indoors.

Dividing up ice time in Edmonton is the job of the Arena Users Committee, which is made up of representatives from every group that wants a piece of ice time, everyone from minor hockey to adult hockey to figure skating to power skating to sledge hockey to ringette to lacrosse (without the ice), and others. Once Hockey Edmonton gets its piece of the pie, it's up to people like Linman to divvy it up. And it's a year-round scheduling challenge.

Adding to the complexity of the puzzle is something called the 'standard of play.' Established by Hockey Canada, the standard of play sets goals for how many games and how many practices players should get in a season.



[ Photo Provided by EPIC Photography ]

"The standard of play means what you need to do to provide a good program to Edmonton participants in the sport of hockey," Linman said. "(However), the standard of play from Hockey Canada is one thing, the ice that we can gather in the city of Edmonton is a different thing. If we put our true standard of play, we would gobble up every rink in the city of Edmonton. Our demand is probably between 39,000 to 40,000 hours. We get around 29,000."

According to Hockey Canada, teams should get between 30 and 40 games and practices a season. But in Edmonton, the figure is 20.

Once the Arena Users Committee allocates time to hockey, the Ice Management Committee then carves up the pie between the 42 different organizations that are part of Hockey Edmonton "and each one does everything a little differently. That's the challenge," Linman said.

He estimates that if minor sports takes up 80 per cent of the ice time available, of that total about 90 per cent is Hockey Edmonton.

It's virtually impossible to coordinate something as complex as ice times in Edmonton and still make everyone happy.

Reaction from parents is usually just what you'd expect, with a common question being, "Why are we on the ice at 6:30 a.m. when at 4:30 p.m. there is an adult team playing?" Parents may wonder why their kid has the early morning practice while a neighbour's kid on a different team has an afternoon time.



# EDUCATION

## Scheduling is no Easy Feat

Linman hears the complaints, but he says knowledgeable hockey people are understanding. "People who are active in minor hockey who tell us about the complaints tell us, 'We understand your job, we don't want it, take it away and take care of it.'"

This is not to say that the rules are set in stone. One of the only constants in ice allocation is change.

"The system evolves. When people complain 'we didn't like this,' or 'we didn't like that,' we change. And as we keep doing that, we get better at meeting the expectations of the people who are running the program."

The scheduling is "computer driven, then audited visually," Linman said. "Basically what we're looking at is what did the computer do, and does it make sense."

When asked if there was one message he could deliver to every hockey parent, Linman does not hesitate.

"Don't just give your kid to us for 20 practices and 20 games for the year. Get involved." Linman quotes Stephen Covey, author of the famous book *The 7 Habits of Highly Effective People*: 'Seek first to understand, then to be understood.'

"I think that would be a good gem for parents. When they look at the way something is run, seek first to understand it, and then to raise their issues and concerns and to have those understood to see how we can make change."

[ Terwillegar Community Recreation Centre ]



Linman says back in the early 1990s, there was little discussion between the various groups that wanted scheduled use of the ice. Soon, all the ice users started to get together to maximize their time. Linman gives the example of ringette, which has two major tournaments a year in November, based in Terwillegar. They agreed to move one of their tournaments to the second week of Minor Hockey Week when ice time is more plentiful. It was a win-win and a good example of how cooperation works for everyone.

What it all comes down to, Linman says, is the one thing all winter sports can't exist without ice.

"Ice isn't separate," he said. "Ice is the core of what goes on. Ice provides the facilities and everything that is needed to make it all go on."

Ice is, indeed, the biggest piece of the puzzle that is hockey in Edmonton. ■



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# SPOTLIGHT ON AN OFFICIAL

## TATE LAUBER

[ By Rob Suggitt ]

We met up with 18-year-old Tate Lauber in early September, just as he was getting ready for the 2016-2017 hockey season. Tate is in his sixth season as a minor hockey official, starting out when he was only 13 years old. Tate has progressed well as an official, and credits this to experience (games officiated) as the biggest reason why.

Tate is currently enrolled in the culinary arts program at NAIT, and while he "retired" from playing hockey two seasons ago, he plans on officiating for years to come. Tate took the time to answer a few questions on how he got involved in officiating and what he likes most about officiating minor hockey.

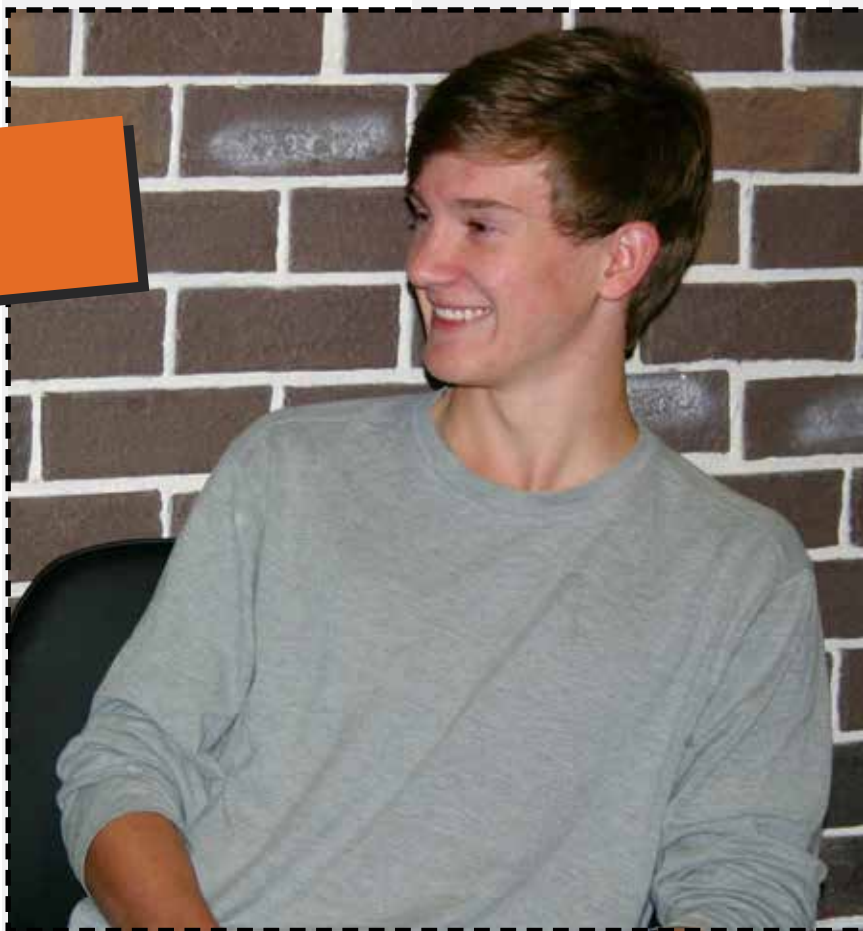
### **Hockey Edmonton: When did you start officiating hockey?**

**Tate Lauber:** My first ref assignment was October 8, 2011. I reffed novice 8 with a second year ref, Scott Kramers, who is only a year older than I am. I was very short! Most of the novice players were all taller than I was. This always forced me to be a bit tougher as the coaches on the bench always felt I was too young to ref.

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

**TL:** Initially, for the money and now it is a passion of mine.

### **HE: How many games did you officiate last season, and how many games do you plan on working this season?**



**TL:** I did over 50 games last season, and I will probably do the same if not more this season.

### **HE: What level of hockey are you currently officiating?**

**TL:** I push lines for Bantam AA's, and call some Bantam games.

### **HE: Do you have any highlights related to big games or tournaments to pass along?**

**TL:** I did some reffing for retired professional hockey players: Ryan Smyth and Georges Laraque were among the players involved in a charitable event last year. (Hockey Helps the Homeless which was featured in a past edition of the Hockey Edmonton Magazine.)

### **HE: What do you enjoy about officiating hockey games?**

**TL:** The adrenalin and the power I have once the jersey comes on.



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

**TL:** I had to do the standard training everyone has to go through, as well as I took a linesman clinic.

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

**TL:** My dad (Ross). He hasn't so much taught me about reffing, however, he has been to every game, supporting all the calls I make.

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

**TL:** I am more vocal now and I try to make eye contact with my partner so that we stay in sync.

**HE: How did you have the composure at such a young age to officiate hockey?**

**TL:** I started out with pre-novice, and lower tiers, so the pressure was not too intense to begin with, and then you just progress from there.

**HE: Do you hear the parents in the stands, or the coaches on the bench, when they're yelling about calls?**

**TL:** I just try to focus, but sometimes my brain wanders, and then I remind myself to tune out (of the noise coming from the stands), and focus on the game.

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

**TL:** Having two games on the same day that are at different rinks.

**HE: Have you ever suffered any injuries as an official? Any close calls?**

**TL:** I took a puck to the ribs once, but nothing serious.

**HE: How do you handle criticism on the ice?**

**TL:** By listening to what they have to say, and usually correcting them.

**HE: Do you have any comments you wish to share with parents, coaches or anyone else watching minor hockey?**

**TL:** Not really. After all, they are part of the reason the job never gets boring or dull.



**Lauber reffing a peewee game at Rexall - 2015**

*Wishing all players, coaches & parents a great season*



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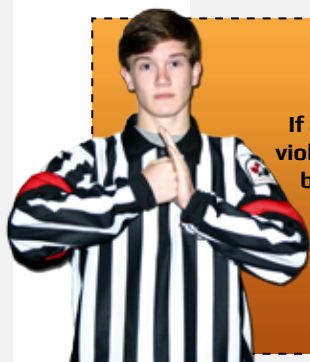
# SPOTLIGHT

## Referee Signals



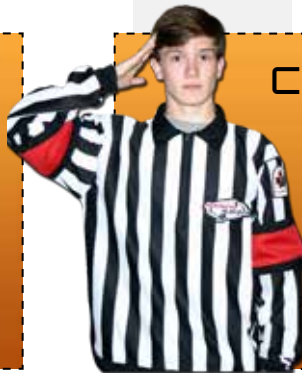
### Checking From Behind

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.



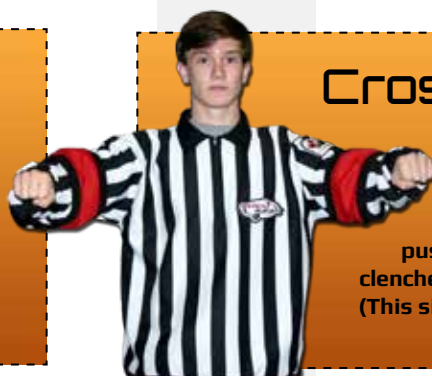
### Checking To The Head

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.



### 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.



### Cross Checking

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.)



### 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.



### Elbowing

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.



### Charging

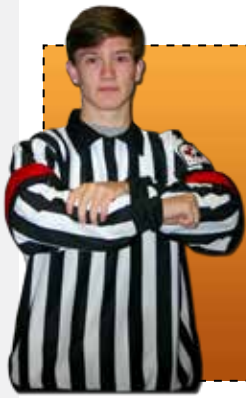
If a player takes more than two steps or strides, or jumps into an opponent when body-checking, a charging infraction may be called. The referee signals this call by rotating clenched fists around each other in front of the chest.



### High Sticking

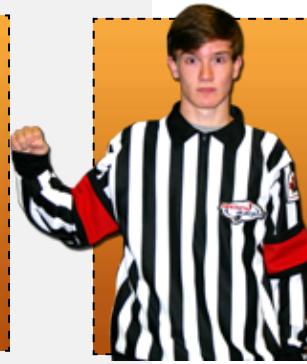
This occurs when an opponent is checked by another player's stick held above the normal height of the shoulders. A more severe penalty may be called for flagrant high-sticking fouls, including ejection from the game. The referee signals this call by clenching their fists and mimicking a player holding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



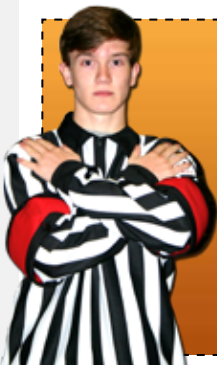
## Hooking

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.



## 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.



## 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.



## 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.



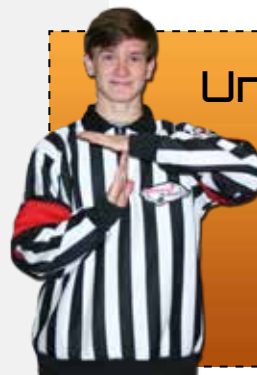
## Tripping

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.



## 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.



## 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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