

Welcome

With the new hockey season upon us, Hockey PEI is proud to release our first edition of "In the Crease", the official newsletter of Hockey PEI.

In the Crease will provide our members and hockey fans with an insight into amateur hockey on PEI. We are pleased to have the opportunity to share with you many topics including news related to development, officiating, league play, volunteer profiles and bring you inside the lines of Hockey PEI.



Please feel free to share ideas with our staff of what you would like to have included in the newsletter.

We look forward to a great season. Good luck to all participants of the game. Play hard and have fun!

2008-2009 Board of Directors

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Presidents Gather at Annual Workshop

Hockey PEI Minor Council recently concluded their annual Minor Hockey Presidents Workshop at the Stanley Bridge resort. This workshop is an opportunity to bring together representatives (presidents and executive members) from the 21 Minor Hockey Associations to share information and forge common ground on issues related to the game of hockey in the province. Also in attendance are members of Hockey PEI Minor Council, Board of Directors and staff.

The workshop provides the opportunity for information sharing in such areas as: registration, provincial championships, development initiatives, policy decisions and regulations regarding minor hockey. This year many updates and decisions were made. The following is a summary of the workshop.

Coaching Certification

Delegates were updated on recent changes to the coaching certification program approved by Hockey PEI. Certification for "AAA" and "AA" coaches remained the same. The updated change is in regards to the fact that "A" teams must have at minimum one coach with Coach 1 certification. All team officials must have Speak Out certification. Deadline to obtain certification is December 31st.

Helmets on Minor Hockey Coaches

Hockey PEI announced that beginning in the 2008-2009 season all minor hockey coaches must wear a helmet while conducting team practices. This policy was adopted by both minor and development council and passed by the board of directors. As a result of recent incidents across the country and a means of safety Hockey PEI adopted this policy. Currently there are 9 of 13 branches across the country with a helmet policy.

Provincial Championships

A continuous debate held annually surrounds the selected dates for the provincial championships. This year minor council provided a presentation on day one based on feedback from the associations. Presidents had an opportunity to discuss and debate this topic and were presented with four possible options. Associations would vote on their preferred selected dates on the second day of the workshop. The following is the dates for the 2008-2009 provincial championships.

"A" Provincials	March 13-15, 2009
"AA" Provincials	March 20-22, 2009
"AAA" Provincials	March 13-15, 2009
Midget Male "AA" Wildcard	March 13-15, 2009

Novice Hockey

As a result of concerns that have arisen regarding the structure of Novice hockey in the province, minor council and the delegates discussed some of these concerns that were primarily at the "AA" level. As a result, associations agreed that minor council will appoint a coordinator to structure an exhibition schedule that would see teams play a maximum of 36 games throughout the season which includes participation in tournaments. Minor council will review this initiative after the season.

Presentations

In addition to business, delegates were treated to some presentations. Dean McIntosh, Senior Manager, Coaching from Hockey Canada shared his knowledge and vision regarding the game. McIntosh presented sessions on Long Term Player Development and Program Priorities – Building the Best Overall Program for your Community. Delegates were also treated to a great presentation from Kaitlin Murray of Kinkora. Murray provided a presentation from her recent trip in August to Vierumaki Finland where she represented Hockey PEI and Hockey Canada at the 2008 IIHF Youth Hockey Female Development Camp. Murray was one of three Canadian players to be invited to the camp.

Dates to Remember

Nov. 15	Last day for minor hockey transfers.
Dec. 1	Junior and Senior teams reduce rosters.
Dec. 15	Deadline to submit team affiliations.
Jan. 10	Junior and Senior teams reduce rosters.
Jan. 10	Affiliation date for minor hockey.
Jan. 15	Deadline to submit special affiliated player forms.
Feb. 10	Final player registration date.
Feb. 10	Final date for player transfers (branch to branch).

Development Clinics

The following is a list of Hockey PEI development clinics for the 2008-2009 season.

COACHING CLINICS

<u>Date</u>	<u>Clinic</u>	<u>Location</u>
Sept. 28/08	All Female Coach	Summerside
Oct. 17-18/08	Development 1	Charlottetown
Oct. 25/08	Coach	Sherwood
Nov. 8/08	Coach	O'Leary
Nov. 15/08	Coach	Stratford
Nov. 22/08	Coach	Bedeque
Nov. 29/08	Coach	Georgetown
Dec. 6/08	Coach	Charlottetown
Dec. 12-13/08	Development 1	Summerside

OFFICIATING CLINICS

<u>Date</u>	<u>Clinic</u>	<u>Location</u>
Sept. 13/08	Level 3	Charlottetown
Sept. 13/08	Level 3	Summerside
Sept. 27/08	Level 3	Montague
Sept. 27/08	Level 3	O'Leary
Oct. 4/08	Level 1 & 2	Charlottetown
Oct. 4/08	Level 1 & 2	Summerside
Oct. 18/08	Level 3	Charlottetown
Oct. 25/08	Level 1 & 2	Cornwall
Nov. 8/08	Level 1,2 & 3	Summerside
Nov. 15/08	Level 1 & 2	Georgetown
Nov. 22/08	Level 1 & 2	Tignish
Nov. 29/08	Level 3	Charlottetown

SPEAK OUT CLINICS

<u>Date</u>	<u>Location</u>
Oct. 6/08	Charlottetown
Oct. 16/08	Sherwood
Oct. 23/08	Summerside
Oct. 30/08	Montague
Nov. 13/08	Borden
Nov. 20/08	O'Leary
Dec. 2/08	Souris
Dec. 9/08	Charlottetown

TRAINERS SAFETY CLINICS

<u>Date</u>	<u>Location</u>
Nov. 15/08	Charlottetown
Nov. 29/08	Evangeline
Jan. 3/09	Charlottetown

To register for a clinic, please visit our website at www.hockeypei.com. For more information regarding clinics, please contact Technical Coordinator Mike White at 368-4334.

Calendar of Events

Oct. 10-13	Atlantic Challenge Cup – Moncton, NB
Jan. 25	PEI Rocketon
Mar. 13-15	“A” Provincials
Mar. 13-15	“AA” Midget Male Wildcard Tournament
Mar. 13-15	“AAA” Provincials – Atom and Pee Wee “AAA”
Mar. 20-22	“AA” Provincials
Mar. 26-29	Atlantic Pee Wee AAA - St. John's, NFLD
Mar. 26-29	Atlantic Midget AAA - Nova Scotia
Mar. 26-29	Atlantic Midget AA Female - Nova Scotia
Apr. 2-5	Atlantic Major Midget - Saint John, NB
Apr. 2-5	Atlantic Bantam AAA - Sherwood, PEI

Check out www.hockeypei.com for up to date events throughout the season.

Helmets – Minor Hockey Coaches

Hockey PEI announced that beginning in the 2008-2009 season **all minor** hockey coaches must wear a helmet while conducting team practices. This policy was adopted by both minor and development council and passed by the board of directors. As a result of recent incidents across the country and a means of safety, Hockey PEI adopted this policy. Currently there are 9 of 13 branches across the country with a helmet policy.



The following regulation was adopted.....

Regulation 11.02

All coaches and/or volunteers shall wear a CSA certified helmet, properly fastened, while on the ice conducting minor hockey practice.

For more information contact your local minor hockey association of Hockey PEI.

Kaitlin Murray Returns from Finland



Written by Kaitlin Murray
(Canadian Delegates – Kaitlin is top left)

Attending the 2008 IIHF Youth Hockey Development Camp in Vierumaki, Finland, with female hockey players from all over the world, was an amazing experience. First of all, I got to meet people from over 37 different countries from across the world. Learning about them, their cultures, countries, and ways of playing hockey was so interesting. Second, having so many people ask me questions about Canada and our hockey made me realize how popular our country is. They really love Canada and admire our passion for hockey. Third, seeing different coaching tactics from Australia, Japan, Italy, Slovakia and Switzerland taught me a lot. The hockey they play all over the world is unique in every country. Fourth, this experience made me realize how lucky Canadian athletes really are.

We have so much more opportunity in sports, especially hockey, and our provinces and country gives us athletes so much support. All of these things are what made my trip to Finland, playing hockey, a one of a kind opportunity that I am very lucky to have achieved.

Fitness Tips

By: Kris MacPhee
Can-Fit-Pro Certified Personal Trainer

Ready to hit the ice - The Benefits of Pre/Post Ice Routines

Hockey training camps and early season is usually a time of great importance and high intensity. Players are fighting for positioning on their respective teams and coaches are trying to determine who is willing to work to make the team while preparing that team for the season. As well, training camps are often physically demanding, so it may come as no surprise that this is the time of year when most injuries occur. Common early season hockey injuries are pulled groins, hamstrings, and hip flexors. The problem usually stems from the body being unable to cope with a sudden increase in demands.



However, there are several ways in which you can reduce the risk of injury in a hockey practice, game, or off-ice activity.

First, a proper hockey specific conditioning program designed by a professional and focused on the physical demands of the sport and the individual will enable you to improve your overall strength and conditioning base over the summer. It will also adequately prepare you for the sport's physical requirements. Second, a proper warm-up and stretch should precede every practice, game or dryland training session. This should include 8-10 minutes of low impact activity followed by static stretches that focus on muscle groups associated with hockey specific movements. Focus on stretching the groin, hips, hamstrings, and quadriceps. Dynamic warm-ups along with functional stretching are also very helpful, but are more difficult to do properly and require specific instruction. Third, ten minutes of low intensity activity followed by static stretching should end every workout. The muscle temperature is most conducive to positive results during this period. Avoid skipping the cool-down as this should be viewed as the first step in preparing for the next session.

Benefits of off-ice warm-ups, cool-downs, and stretching:

1. Help players reduce the risk of injury, and allows them to adequately prepare and recover from their session.
2. Can also be a time of team building and mental focus pre-game or post-game.
3. Provides coaches more on-ice time which can be spent on individual skill development and the teaching of team tactics.
4. Enhances physical performance through increased range of motion (longer skating stride), more efficient movement patterns and muscular recruitment.

Stretching Notes:

1. Stretching should only be completed when the body has had a chance to warm-up internally (ie. good muscular temperature).
2. Static Stretches should be held for 20-30 seconds each for adequate response.
3. Always move slowly and smoothly through the stretches.

Kris MacPhee
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Can-Fit-Pro Certified Personal Trainer
Certified Sports Conditioning Specialist - 2007

Chrysler Launches Program on PEI

Chrysler Canada and Chrysler Jeep Dodge retailers are proud to sponsor minor hockey teams across Canada through the **Dodge Caravan Kids** program. Dodge Caravan Kids is a joint effort between participating amateur hockey organizations across Canada and Chrysler Jeep Dodge retailers

DODGE
Caravan Kids

Initially established in Ontario two years ago, Dodge Caravan Kids has grown from 50 teams in year one to more than 350 in year two. Within Hockey PEI, Chrysler will be funding **Atom "A" teams** contributing to the development of minor hockey players at the grass roots level. The program will provide funding to all applicable teams.

This is a great opportunity for applicable teams. It will provide funds to help offset costs for ice time, tournament fees, jerseys, equipment

etc. All participating teams will wear a **Dodge Caravan Kids** logo on their team sweaters.

Interested teams should contact their minor hockey president or the Hockey PEI office for more information.

Nutrition Tips

By: Nancy Fong, BSc., R.D.
Registered Dietitian

Optimizing Performance - Nutrition for Hockey

Another hockey season is upon us, but before lacing up your skates, ensure you include proper nutrition into your training regime. Proper nutrition in the form of food and fluids fuels the body to do work and enhance performance. Adequate fueling prior to, during, and after training or games you can aid in maintaining optimal health, decreasing the risk of injury, delay fatigue, and sustain skill, technique and coordination.

The athletes' day to day nutrition is important for overall health and performance, but what does an athlete require for their daily training and/or games? The information supplied below is a *general* outline to help design a nutrition strategy for your hockey performance.

Perfect Timing- Nutrition Before, During, & After Training/Games

	Perfect Timing- Nutrition Before, During, & After Training/Games	
Before	<p>Meals and snacks consumed prior to training supply ample energy but should be timed precisely to allow adequate absorption & digestion.</p> <p>Focus On- Carbohydrates, protein, and fluids</p>	<p>Timing: approximately 3-4 hours prior</p> <ul style="list-style-type: none"> √ 200-300 g of Carbohydrates √ 10-20 g of high quality protein √ Obtain fluid balance <p>Or</p> <p>Timing: Approximately 2-3 hours prior</p> <ul style="list-style-type: none"> √ 100-200 g of carbohydrates √ 10-20g of protein √ Obtain fluid balance <p>√ 15-30 minutes prior 250-400 ml of fluids</p> <p>* High fat, high fibre, and high protein foods will delay digest so try to limit .</p> <p>* Amount of carbohydrates will depend on timing prior to training</p>
During	<p>For training sessions lasting longer than 60 minutes, nutrition support is valuable in <i>maintaining</i> an adequate fuel and fluid supply.</p> <p>Focus On – Carbohydrates and fluids</p>	<ul style="list-style-type: none"> √ Drink fluids to stay hydrated 150-300 ml per 30 minutes √ Consume 30-60 grams of carbohydrates per hour <p>For training/games longer than 60 minutes, sport drinks can be ideal. They supply a compact form of fluids and carbohydrates. (Check Nutrition Facts Table for amounts of carbohydrates. 5-8% is an ideal amount of carbohydrates.)</p>

Recovery	<p>Immediate refueling after training promotes adaptation to training & refuels the athletes for subsequent activities (including additional training sessions).</p> <p>Focus On – Carbohydrates, protein, and fluids</p>	<p>Timing: Immediately after training session (within 1 hour)</p> <ul style="list-style-type: none"> √ 0.5g- 1g/kg. of body weight of carbohydrates √ 10- 20 grams of high quality protein √ Fluids – replace amount lost during training <p>Repeat recovery feeding plan every 1-2 hours until regular meals resume.</p>
	<p>Portable Snacks Containing ~ 50 g of carbohydrates</p> <ul style="list-style-type: none"> • 3 medium pieces of fruit or 2 bananas • ½ cup of dried fruit or raisins • 1 large bagel or 2 English muffins, or 1 large muffin • 2 large cereal bars • 1 cup of plain pasta • 600-900 ml of sport drink or 2 sport gels 	<p>Snacks containing ~50 g of carbohydrate+10 g protein</p> <ul style="list-style-type: none"> • 8 pieces of melba toast + 3 oz. cheese • 2 English muffins + 3 tablespoons of peanut butter • 2 meat (2 oz.) + cheese (1 oz.) sandwiches • 1 cup of fruit salad + 200 g of fruit yogurt • 250 ml of fruit smoothie

Note: The above are *general guidelines* can be used to design your individual nutrition strategy. It is important to note, nutrition strategies should be individualized to suit your training/games, age, gender, and tolerance. If individual strategies are required consult a local sport dietitian in your area.

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Sherwood Falcons Awarded 2009 Irving Oil Cup

Each hockey season, 1,600 bantam hockey players throughout Atlantic Canada compete for the opportunity to participate in the Irving Oil Challenge Cup. Hockey PEI and Hockey Canada's Atlantic Regional Centre recently announced that the Sherwood Parkdale Minor Hockey will host the 18th Annual Irving Oil Challenge Cup, Atlantic Canada's Bantam Hockey Championship.



The Sherwood Falcons will host the event at the McLaughlin Arena on the UPEI Campus from April 2-5, 2009.

The championship will crown the top Bantam AAA team in Atlantic Canada. Teams will include the provincial Champions from Newfoundland and Labrador, Nova Scotia, New Brunswick, PEI and the host Sherwood Parkdale Falcons.

Sherwood Minor Hockey was successful in their bid attempt, as they were selected among two bids that were submitted to Hockey PEI. A committee comprised of members of Hockey PEI Minor Council reviewed the bid applications and made the selection for the championship.

"Sherwood Parkdale Rural Minor Hockey is very pleased to have been selected as the host Association for the 2009 Irving Oil Bantam Cup. Our committee looks forward to working with everyone from Irving Oil, Hockey PEI and Hockey Canada's Atlantic Regional Centre," states association president Joe Doran.

"Congratulations to the Sherwood Falcons for being chosen to host the 2009 Irving Oil Challenge Cup," comments Lisa Savidant of Irving Oil. "Our company has been a great supporter of Bantam AAA Hockey throughout our region and it is exciting that the people of Sherwood Parkdale will have the opportunity to host these tremendous young athletes."

Irving Oil has sponsored bantam hockey throughout Atlantic Canada since 1992. The company sponsors over 50 bantam teams during the hockey season, their respective provincial league championships, as well as this Atlantic Championship tournament.

Hockey PEI Announces Coaching Staffs for 2011 Canada Winter Games

Hockey PEI has completed its selection process of team staffs for the 2011 Canada Winter Games to be held in Halifax, NS. Billy McGuigan will lead the men's team as head coach while Robyn MacDonald was selected to lead the female team for the games.

McGuigan a native of Charlottetown is currently the coach and general manager of the Miramichi Timberwolves of the Maritime Junior Hockey League. He brings a wealth of coaching and playing experience to the position. McGuigan spent the past four seasons behind the bench of the Charlottetown Junior "A" Abbies in the capacity as assistant coach, and then promoted to head coach. In 2007, McGuigan also joined the Texas Wildcats of the East Coast Hockey League as an assistant coach. His playing career is extensive. McGuigan was a member of Team PEI at the 1991 Canada Winter Games. This experience would launch a long playing career that saw stops in the Ontario Hockey League with the Kitchener Rangers and would have stints in the Colonial, Central and West Coast hockey leagues.

Joining McGuigan as his assistants with the team are Jeff MacDonald (Stratford) and Ryan Ramsay (Charlottetown). Both MacDonald and Ramsay have been behind the bench of the Charlottetown Midget AAA Abbies for the past four seasons. Both will be returning to the team this season to defend their provincial championship. In addition, both MacDonald and Ramsay have been part of the Hockey PEI Program of Excellence in the past in the role of assistant and head coaches.



Billy McGuigan



Jeff MacDonald



Ryan Ramsay

MacDonald to Lead Female Team

For Robyn MacDonald a native of Mt. Mellick, she will be returning to the Canada Games team in a new capacity as the team's head coach. MacDonald had been the assistant coach of the female team at the Canada Winter Games in 2003 (Bathurst) and 2007 (Whitehorse). In addition to her vast experience at the Canada Winter Games she has also played a vital role with Hockey PEI's Program of Excellence in a variety of positions including head coach, assistant coach, trainer, fitness coordinator and director of operations. In addition to coaching, MacDonald's playing career was extensive including representing PEI at the 1991 Canada Winter Games, 1993 Junior nationals and several years representing PEI at the Esso Women's National Championships.

Joining MacDonald on the bench as her two assistants are Chris Aiken (Sherwood) and Brandy MacLellan (Wellington). Aiken served as an assistant coach with the men's team at the 2007 Canada Winter Games in Whitehorse. Last season he was the head coach of the Pownal Bantam AAA team. MacLellan is relatively new to the coaching profession, however has many years experience as a goaltender and as such will focus her attention with the teams goaltenders. This season, MacLellan will be joining the Pownal Midget AA Red Devils female team in the role of assistant coach.



Robyn MacDonald



Chris Aiken



Brandy MacLellan

Both coaching staffs were selected by a committee comprised of member's representing the Hockey PEI board of directors. Team managers will be appointed in the near future. Staffs will begin the process of player selections beginning officially at the 2009 Spring Program of Excellence Camp in April.

Program of Excellence

The Hockey PEI Mark's Work Wearhouse Program of Excellence (POE) is a development opportunity for all Under 14, Under 15, and Under 16 male and all Under 15 and Under 18 female hockey players. Registered players attend the Spring Camp from which up to forty-five players in each group are identified and selected to attend a summer selection camp. From this camp, players are selected to Team PEI. This Spring Camp is open to all age appropriate players who are residents of Prince Edward Island. Every fourth year the Program of Excellence also helps to identify and prepare players for their potential involvement in the formation of the Provincial teams participating in the Canada Winter Games.

Team PEI Prepares for Atlantic Challenge Cup

Hockey PEI will be well represented at the 13th Annual Atlantic Challenge Cup on October 10-13th in Moncton NB. The annual event showcases the best players in Atlantic Canada representing their respective provinces.

Twenty teams will converge on the Tim Horton's 4 Ice Centre in Moncton looking for an Atlantic Championship. The Atlantic Challenge Cup is the "Best of the Best" competition for Atlantic Canada's top Under 15 and Under 18 Female, as well as the top Under 14, Under 15 and Under 16 Male Players.

Provincial teams from New Brunswick, Newfoundland and Labrador, Nova Scotia and Prince Edward Island, will compete in the round robin event. Upwards of 400 players, will represent their province with pride and compete for the title of Atlantic Champion.

The Atlantic Challenge Cup is the culmination of the High Performance Programs in each of the aforementioned provinces. The High Performance Program at the provincial level has provided players, staffs, and officials with an opportunity to develop, learn and challenge themselves as they strive for excellence. Hockey PEI's development process begun in April and will conclude with the Atlantic Challenge Cup. The players and staff continue to train and prepare as they await the opportunity to challenge themselves against their counterparts from the other Atlantic Provinces.

Keep up to date by checking out the Atlantic Challenge Cup website at www.atlanticchallengecup.com. This website will have live scoring throughout the event.

Under 15 Female

F	Ellen Beck	Charlottetown
G	Jessica Cameron	Mt. Mellick
F	Kate Cashin	Summerside
D	Nicole Corcoran	Bloomfield
F	Jennifer Dillon	Summerside
F	Jocelyn Dougan	Tracadie Cross
F	Allyssa Ferguson	Murray River
D	Kristi Glover	Bedeque
F	Maggie Grimmer	Charlottetown
F	Kaylin Buttimer	New Glasgow
F	Madeline MacIntyre	Alberton
D	Samantha MacIsaac	Charlottetown
F	Sasha Mooney	Cardigan
D	Kristen Murray	Charlottetown
D	Hannah Nabuurs	Cardigan
G	Joanna Palmer	East Bideford
D	Katie Parkman	Stratford
F	Sarah Steele	Stratford
F	Emily Taylor	Stratford
F	Kaylee Watts	York

Under 18 Female

D	Carrie Bernard	Hunter River
F	Katharena Bradley	Mt. Stewart
D	Laura Bradley	Mt. Stewart
F	Vanessa French	Stratford
F	Kaitlyn Gallaway	Stratford
F	Molly Gotell	Georgetown
F	Katherine Johnston	Charlottetown
F	Sarah Larkin	Stanley Bridge
F	Marina MacAulay	Vernon River
F	Lauren MacLean	Charlottetown
D	Melanie Matthews	Alberton
F	Jordan Miller	Murray River
D	Kaitlin Murray	Albany
F	Ashlyn Somers	Murray River
G	Allison St. Pierre	Stratford

D	Emily Vandiepen	Morell
D	Keirstin Visser	Crapaud
F	Hilary Waugh	Lower Bedeque
G	Catherine Wood	Albany

Under 14 Male

F	Zach Beaton	Stratford
F	Blaize Bridges	Summerside
F	Alex Cyr	Abram-Village
F	Tristan Daw	Charlottetown
D	Brett Doiron	Hunter River
D	Nathan Ellis	Ellerslie
F	Alex Gallant	Stratford
F	Benji Gaudet	Tignish
F	Willie Gaudet	Tignish
D	Branson Groom	Summerside
D	Samuel Hughes	Stratford
G	Daryl MacCallum	Charlottetown
F	Damon MacDonald	Stratford
F	Dalton MacDonald	Vernon River
F	Zachery MacEwen	Stratford
D	Brooks MacLean	Hunter River
G	Cole MacLean	Charlottetown
F	Mark MacMillan	Charlottetown
D	Andrew MacNair	Charlottetown
F	Thomas Stavert	Kensington

Under 15 Male

F	Stephen Anderson	Morell
D	Tyler Baker	Stratford
D	Brett Beauvais	Summerside
F	Josh Bowman	Stratford
G	Chris Gallant	Charlottetown
F	Jordan Gallant	Stratford
F	Griffin Gallant	Summerside
D	Brandon Gaudet	Murray River
G	Chase Gaudet	Summerside
F	Isaac Jay	Kinkora
F	Ross Johnston	Charlottetown
F	Stephen MacInnis	St. Peter's Bay
F	Craig MacLauchlan	Charlottetown
F	Ross Martin	Winsloe
D	Jake McKenna	Charlottetown
F	Jonathan Richards	Cornwall
F	Logan Smallman	Elmsdale
F	Jack VandenBroek	Cardigan
D	Dakota Vessey	Charlottetown
D	Harrison Wood	Charlottetown

Under 16 Male

F	Brent Andrews	Hunter River
F	Darcy Ashley	Alberton
F	Ben Buchanan	Stratford
F	Jason Cameron	Cornwall
F	Evan Carmody	Charlottetown
D	Drew Coulson	Kensington
G	Ryan Deagle	Montague
F	Thomas Flynn	Souris
D	Ben MacDonald	Charlottetown
D	Isaac MacDonald	Cornwall
F	Brad Mackenzie	Charlottetown
D	Jordan McInnis	Souris
G	Cleve McNeill	Richmond

F	Dylan McQuaid	Cornwall
F	Bradley Milligan	Ellerslie
F	Blake Millman	Alberton
F	Spencer Montgomery	Kensington
F	Daniel Muise	Bloomfield
D	Tim Paynter	Freetown
F	Matthew Stead	Hunter River

Officials Selected for Atlantic Challenge Cup

In addition to this being a great event for the selected players, Hockey PEI is proud to have officials represent the branch at these championships. The selected officials will have a chance to work games at these championships and have the same goal as the teams, as they also want to earn a spot in the gold medal games.

Officials selected for the championships are Jackson Doughart (Kensington), Corey MacPhee (Charlottetown), Patrick Callaghan (Cornwall), Valerie Vuillemot (Charlottetown) and Jeff Heron (Charlottetown).

Team Officials

The following individuals will lead the respective teams at the Atlantic Challenge Cup.

Under 15 Female

Head Coach	Jen Power
Assistant Coach	Mike French
Assistant Coach	Genna Phelan
Trainer	Rose Arsenault
Director Operations	Chelsey MacLellan

Under 18 Female

Head Coach	Al MacKay
Assistant Coach	Brandy MacLellan
Assistant Coach	Lisa Cameron
Trainer	Katie McKenna
Director Operations	Nadine Stavert

Under 14 Male

Head Coach	Kris MacPhee
Assistant Coach	Ryan MacPhee
Assistant Coach	Will Zafaris
Trainer	Jerry McKenna
Director Operations	Baron Delaney

Under 15 Male

Head Coach	Kelsey McIntosh
Assistant Coach	Mike Lord
Assistant Coach	Andrew Cameron
Trainer	Donnie Robbins
Director Operations	Jason MacLean

Under 16 Male

Head Coach	Shane Dunn
Assistant Coach	Mark White
Assistant Coach	Duane Richards
Trainer	Rob Vickerson
Director Operations	Derek Quinn

Development Corner

Players Tip: The Backhand Shot

The **backhand shot** is the most difficult shot to learn. Most goalies fear the backhand shot because its trajectory is so difficult to read. This shot is very effective when cutting in front of the goal or when the pass is made on your backhand side at close range to the net. A player should practice the backhand shot as much if not more than any of the forward shots.



Technique-Use the proper stick grip and take on the proper hockey stance. Move your hand down one-third the length of the shaft. Bring the puck just behind or even with your back leg. Position the puck on the back third of the blade (in the middle of the straight section close to the shaft). Roll your wrists to tilt the blade over the puck. Keep the line of shooting close enough to your body so that you stay balanced but far enough to provide good arm movement.

In the **wind-up position**, your body weight should be on the leg closest to the puck. With your head up looking at your target, move your arms across your body shifting your weight to your front leg (dip your front shoulder down and lean on the stick). You really have to roll your wrists as the shot is released and point the toe of the stick to the target. Follow through until your palm is pointing up. The higher the follow through, the higher the puck will rise.

Provided by "On The Fly" - Hockey Canada's Atlantic Regional Centre

Charlottetown to Host World Sledge Hockey Challenge



Hockey PEI in partnership with Hockey Canada announced that the City of Charlottetown has been awarded the 2008 World Sledge Hockey Challenge. The event will be held at MacLauchlan Arena on the UPEI Campus from November 18th – 22nd.

Canada is the defending champion of the World Sledge Hockey Challenge, having won the 2007 tournament in Kelowna, BC. That event was not only a success for Canada on the ice, but it also set a new standard for attendance at sledge events, with thousands of fans packing the Capital News Centre in Kelowna.

Canada, which is also the defending World and Paralympic champion, will be joined by sledge hockey powers Norway, Japan and USA. The teams will each play three round-robin games, with the top two teams playing for gold on the final day. All games will be played at the MacLauchlan Arena in Charlottetown.

"Hockey PEI is proud to be the host branch for the World Sledge Hockey Challenge. We know that local hockey fans will be treated to some great hockey and have a chance to witness these world class athletes over the five days of competition," stated Gordie Whitlock, President of Hockey PEI. "We invite local fans to come and watch this exciting game and help cheer Canada to a gold medal."

This past March, Hockey PEI and the City of Charlottetown were proud to host the National Men's Sledge team for a mini training camp at MacLauchlan arena as they prepared for the World Championships in Boston. This pre tournament camp was instrumental in securing this event through the bid process.

"This is another fantastic opportunity to showcase sledge hockey in our country," says Jeff Snyder, head coach of Canada's National Sledge Team. "Our team is excited to play in a major international event in Canada, and we're looking forward to putting on a great show for the fans in PEI. Our coaching staff and players are thrilled to kick off the 2008-09 season with such a big event, and we look forward to putting ourselves to the test against the best in the world."

There will certainly be an Island connection to this event. PEI native Billy Bridges was born in Summerside, PEI and was born with a spinal cord disability and has been playing Sledge Hockey since he was 12 years old. At the age of 15, he was the youngest player ever to join Canada's National Sledge Hockey Team in 1999. This is a great opportunity for Bridges to return to his home province to play in an international event.

Ticket information for the 2008 World Sledge Hockey Challenge will be available soon at www.hockeycanada.ca.

History of Sledge Hockey

Sledge Hockey is a sport that was designed to allow participants who have a physical disability to play the game of ice hockey. It follows the rules of the International Ice Hockey Federation and the ice surface and markings, nets and pucks are all the same as able-bodied hockey. Other than the use of specially designed sledges and two sticks, it is very much the same as mainstream hockey; fast paced and highly physical.

The history of sledge hockey began in Sweden in the early 1960's but it wasn't until 1982 that Canada had its first team. In 1994 Sledge hockey debuted at the Paralympic Winter Games in Lillehammer, Norway and in 2006 Canada won its first Gold Medal at the games in Torino, Italy.

Since its debut at the 1994 Lillehammer Paralympics, sledge hockey has grown dramatically and now has participation by athletes in over twelve (12) countries, through the International Paralympic Ice Hockey Committee. It has quickly become the biggest spectator draw at the Paralympic Winter Games.

With the growth of the game and administrative inclusion of Sledge Hockey under the Hockey Canada umbrella, such events will help extend efforts to educate fans and promote the game.

Rule Emphasis for 2008-2009 Season

Hockey Canada – Action Bulletin A09-01

The 2008 – 2009 Rules Emphasis has been approved by the Hockey Canada Board of Directors, and mandates that all Hockey Canada participants are to adhere to these guidelines.

The enforcement of this rules standard in our game will continue to allow for improved skill development and positive hockey experiences.

The mission of Hockey Canada is clear; the game will be enhanced through the application of the standard of enforcement and rules emphasis.

RULES EMPHASIS

• SHARED RESPECT

The "SHARED RESPECT INITIATIVE" calls for all participants of the game to respect one another.

The intent of Hockey Canada is to enforce a standard of play that promotes an exciting and fun game for all its partners.

All partners share an equal responsibility to ensure the integrity of the game is upheld. Through this process of change, the onus is not only on our game officials but all its participants.

• CHECKING TO THE HEAD – (contact physically or with a stick to another players' head area).

Deliberate checks to the head remain to be a major problem in today's game. Concussions not only deprive players of playing time, they end players' careers and can have long term effects.

*Checks to the Head demonstrate a lack of respect and fair play and must be penalized. Any moderate or severe blow to the head must be penalized with a Minor Penalty and a Misconduct or a Major penalty and a Game Misconduct for Checking to the Head as concussions and other head injuries are having a major impact on the game. A Match penalty could also be assessed under this rule. These are aggressive fouls and must be called at **ALL** occurrences during the hockey game, including shorthanded situations.*

Whether it is elbowing, high sticking, roughing or cross-checking, hits to the head are an intentional act of violence and must be treated with zero tolerance on the part of the official at all times.

• CHECKING FROM BEHIND

*We want to continue to work to eliminate any contact from behind, as the resulting injuries, especially to the head and neck can be catastrophic. It is a dangerous and cowardly act. It is imperative that coaches instruct their players to **STOP** and eliminate all checking from behind. Strict application of this rule is needed to remove this foul from our game.*

STANDARD OF PLAY

Continued enforcement of the standard of play with regards to the restraining (Hooking and Holding) and stick fouls (Slashing, High Sticking, Cross-checking) at all levels will be maintained to allow for further enhancement of the quality of our game.

We ALL play a role in supporting the improvement of our game.

All partners must demonstrate awareness and support for the application, spirit and the respect of the rules.

If you have any questions regarding the standard of play or rules emphasis for this season, please contact your Branch Referee-in-Chief or Minor Hockey Referee-in-Chief for further clarification.

Goalie Equipment Changes - DELAYED

Hockey Canada – Action Bulletin A08-19

In response to feedback at the minor hockey association and membership levels, the Hockey Canada Board of Directors and member branches approved a one-year delay in the implementation of new goaltender equipment rules, which will now take effect for the 2009-2010 season.

EFFECTIVE FOR THE 2009 – 2010 SEASON

Goaltender's Equipment

(a) With the exception of skates and stick, all equipment worn by the goaltender must be constructed solely for the purpose of protection of the head or body, and must not include any garment or contrivance which would give the goaltender undue assistance in keeping goal. Abdominal aprons extending down the thighs on the outside of the pants are prohibited.

Note 1: Protective padding attached to the back of, or forming part of the goaltender's blocker glove, shall not exceed 20.3 cm (8 in.) in width nor 38.1 cm (15 in.) in length. Any measurement exceeding 20.3 cm (8 in.) measured anywhere across the full length of the wrist area, or more than 38.1 cm (15 in.) anywhere on the length constitutes an illegal blocker glove.

Note 2: The base of the goaltender's catching glove shall be restricted to a maximum of **20.32 cm (8 in.)** in width, which is to include any attachments added to that glove. **The distance from the heel of the glove along the pocket and following the contour of the glove to the top of the "T" trap must not exceed 46 cm (18 in.)** The heel is considered to be the point at which the straight vertical line of the cuff meets the glove. Any measurement exceeding **20.32 cm (8 in.)** measured anywhere across the full length of the wrist area. The maximum circumference of the legal goaltenders catching glove cannot exceed **114.3 cm (45 in.)** (see Appendix "B" for diagram). The lacing or webbing or other material joining the thumb and index finger of a goaltender's glove, or any cage, pocket or pouch created by this material, must not exceed the minimum amount of material necessary to fill the gap between the thumb and the index finger when they are fully extended and spread. Any other pocket, pouch or contrivance added to the glove by a manufacturer or otherwise is not acceptable and makes the glove illegal.

Note 3: The binding and/or stitching at the edges of both goaltender's gloves shall not be included in the measurement of either the length or width.

Note 4: When a request for a measurement of a goaltender's glove has been made the team shall state the glove that is to be measured and whether the length or width of the glove are in question.

(b) Goaltender's pads, shall not exceed **27.94 cm (11 in.)** in width and **96.52 cm (38 in.)** in length as measured on the goaltender and shall not be altered in any way. **The minimum length of the boot of the pad is to be no less than 17.78 cm (7 in.). The boot is the bottom**

of the pad that sits over the top of the skate. The boot channel of the goalkeeper pad must be flat or concave in appearance.

Note: Puck foil (a plastic piece attached to the bottom of goaltender's pads designed to stop the puck) is considered to be illegal equipment.

(c) A Minor penalty shall be assessed a goaltender guilty of using or wearing illegal equipment.

(d) A goaltender shall remove her face protector for purpose of identification, if so asked by the Referee. A goaltender who refuses this request shall be assessed a Gross Misconduct penalty.

Chest and Arm Pads

1. No raised ridges are allowed on the front edges or sides of the chest pad, the inside or outside of the arms, or across the shoulders.
2. Layering at the elbow is permitted to add protection but not to add stopping area. This layering, both across the front and down the sides to protect the point of the elbow shall not exceed 17.78 cm (7 in.).
3. Shoulder Cap Protectors must follow the contour of the shoulder cap without becoming a projection/extension beyond or above the shoulder or shoulder cap. This contoured padding must not be more than 2.54 cm (1 in.) in thickness beyond the top ridge of the shoulder and shoulder cap.
4. On each side, the Shoulder Clavicle Protectors are not to exceed 17.78 cm (7 in.) in width. Their maximum thickness is to be 2.54 cm (1 in.) This protection is not to extend or project above or beyond the shoulder or shoulder cap nor extend beyond the armpit. No insert is allowed between the Shoulder Clavicle Protector and the chest pad that would elevate the Shoulder Clavicle Protector.
5. If the shoulder and/or shoulder cap protection is pushed above the contour of the shoulder when the goalkeeper assumes the normal crouch position, the chest pad will be considered illegal.

Any questions or concerns on the above should be addressed to your Branch Referee-in-Chief or to Todd Anderson, Manager, Officiating, Hockey Canada. Todd can be reached at (403) 777 – 4587 or via email at tanderson@hockeycanada.ca.

Hockey Canada Hosts High Performance Seminar at UPEI

Every summer, Hockey Canada delivers only two High Performance 1 Coaching Seminars for coaches to reach that next level in becoming more experienced and qualified to pursue their coaching aspirations. Hockey Canada moves this Seminar around different locations throughout the country and in certain regions, like that of Atlantic Canada, is only offered every second year to allow for other regions to host this national certification via the Coaching Association of Canada.

This summer, Hockey Canada's Atlantic Regional Centre had delivered the High Performance 1 Coaching Seminar from August 5th-10th in Charlottetown PEI at the University of Prince Edward Island Campus. There were 36 delegates that came from all over Canada

and even some from the US. Some came from Alberta, Ontario, Michigan and all four Atlantic Provinces. These delegates are currently involved in coaching at all levels and have various experiences. Coaches come from coaching Major Midget, Junior, Senior, University (NCAA, CIS) and at the minor hockey levels from the AAA level and above. There is a set standard level a coach must be involved with to take the course and all delegates are chosen by application and selection only by committee. Coaches are selected based on their experiences, level they are coaching and aspirations to become qualified coaches to get the most out of young athletes and improving them to get to the next level.

Aside from the delegates who attended the course, the curriculum of the course was delivered by different presenters from all over the country. These presenters come from various backgrounds and delivered a wide range of topics. Some of the presenters are currently coaching at the University level, Hockey Canada National Team level, QMJHL level, work in areas of Leadership and Business Development as representatives in their respected organizations and University Professors. Certain topics that were delivered throughout the week were Yearly Planning, Human Motivation, Practice Planning, Motivating Athletes, Video, Goaltending, Athlete Development, Player Recruitment amongst others. The week started off with a key note session delivered by Rick Bowness who gave some great tips and advice to all in attendance.

Throughout the week there was a great variety of course content. There were presentations delivered by the presenters, group work and individual and an on ice component where coaches had an opportunity to lead organized practices during Hockey PEI's High Performance Summer Evaluation Program where players are selected to participate in the Atlantic Challenge Cup in October. The High Performance 1 Coaching Seminar is required to be tied in with a branch Summer Camp so the coaches have an opportunity to participate in running practices and taking part in actual games. These games were intra-squad games where the High Performance 1 Coaching Seminar Coaches had an opportunity to coach and work with other coaches and learn from one another.

Once these High Performance Coaches completed the full week of intense sessions they leave the week with the practical component left to do over the course of the upcoming season. There are three parts of the High Performance 1 Coaching Seminar to fulfill; the actual full week of sessions, a full season of practical assignments to be handed in and then the practical game and practice evaluation once all assignments are handed in.

Hockey PEI delegates this year were Billy McGuigan, Ryan Ramsay, Brandy MacLellan, Kelsey McIntosh, Kris MacPhee, Al MacKay and Josh Andrews.



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