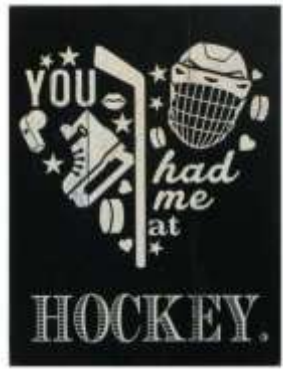




# Spur of the Moment

## 2016 Volume 2 Issue 3



### Hello NOVEMBER!!

**BIG shout out to all of the team managers for meeting their November 15<sup>th</sup> deadline for coaching requirements. Best of luck on their teams seasons! Check out the CNN Spotlight for interviews with 2 coaches, Mark Houlihan & Richard Rowswell.**

CNN welcomes back  
Britney Millar  
from



With her skating expertise and mad name remembering skills!



### CNN GIVES Back



Don't forget to bring your Tree decorating donations to the CNN Fundraiser!



### Team Photos December 5<sup>th</sup> Bon Accord Arena

- |                   |                |
|-------------------|----------------|
| 5:30 Initiation 2 | 7:25 BREAK     |
| 5:50 Novice 2A    | 7:40 Atom 1    |
| 6:05 Novice 2B    | 7:55 Pee Wee 1 |
| 6:20 Pee Wee 2    | 8:10 Atom 2    |
| 6:35 Atom 3       | 8:25 Bantam    |
| 6:50 Initiation 4 | 8:40 Midget    |
| 7:10 Novice 1     |                |

**No Atom 1 or Midget practice in Bon Accord. Initiation 3 & Nov 1, Atom 2 and PW 2 will still practice in Gibbons. (please be ready 15 minutes prior to your time.)**



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### Initiation 4 – Coach Mark Houlihan

We are fortunate to have up to 7 adults on the ice assisting all of the players. Everyone has great ideas that they bring to practices.

Everyone is showing an individual love for the game and making new friends.

**Dynamics:** Working on backward skating and cross overs as a team!

As a child I grew up skating. As soon as the pond was frozen over I would be there playing. (Even made the newspaper a few times)

**Highlight:** watching the kids succeed, huge smiles, positive feedback from parents & grandparents.

**Favorite PUMP UP song:** T.N.T by AC DC

**Goal for 2016-17:** learn new skills, have fun and make new friends. Also creating the excitement for next years hockey season.

### Bantam – Coach Richard Rowswell

My coaching staff is full of experience and gets along which makes a successful bench. The kids and I are very lucky for the group of coaches we have this year!

Our team mutually feels accountable when we don't play well. This makes me feel that our team will do great as our chemistry gets stronger. The chemistry in our dressing room feels great so far and I'm looking forward to a great season.

**Highlights:** Winning our 1<sup>st</sup> tournament! Undefeated in Regular season so far.

I LOVE the game I was raised playing. I LOVE watching kids enjoy the game as much as I did. I LOVE watching them having fun together.

**Favorite PUMP UP song:** Are you ready by AC DC

**Favorite saying?** "WHO WANTS IT?"

**Goal for the 2016-17 season:** GOLD!!





Novice 2B in Warburg  
Tournament.

Look at those smiles!!

**Dee Wee A**  
**1<sup>st</sup>**  
**Place**  
**Slave Lake**  
**Tournament**

