



# Spur of the Moment

## February 16, 2016

Volume 1 Issue 5



As we come to the end of league play the CNN board would like to wish all teams the best of luck in league playoffs. Keep up the sportsmanship, team bonding and development. Go Spurs!

Last call to Coaches, managers & parents to send us your photos, ideas, success stories & development to [cnnspurs.minorhockey@gmail.com](mailto:cnnspurs.minorhockey@gmail.com).

### Message from the President

Communication is a key to success, and what a better way to communicate than the "Spur of The Moment". Absolutely great idea. Thank You Jodi!

Provincials are done, regular season is ending and playoffs are fast approaching we have only one month left in 2015-16 hockey season. The CNN executive is already looking ahead to next season as budgeting and player forecasts have started. I would like to remind everyone that our Annual General Meeting (AGM) will be held in April, date to be determined. As always, we are looking for volunteers for various board positions for next season and I would like to encourage all members of the association to step up.

I would like to thank everyone on the CNN board for all the time they have dedicated to ensure that our kids have the best environment to play hockey in.

If you have any questions regards to volunteering on the board please feel free to email me at [cnnspurs.president@gmail.com](mailto:cnnspurs.president@gmail.com).

Next Issue: Initiation Half Ice Program

*Jason Berry*

CNN President



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### **SPURS HIGHLIGHT**

#### **CNN Spurs Dee Wee Coaches & Teams**

##### **Dee Wee 1**

- We have a very small 13 player roster but a great group of kids with great attitudes. Our team has not only met my expectations but surpassed everybody's, including their own. We started off in last place the first 2 months and are hoping to possibly finish in the top 3 or 4.
- Coaches include Rod Lewis, Marvin Michaluk & Ron Herd. Manager, Lorriane Ritcher is a huge plus. The coaching staff has a great deal of experience and grew up playing in and around the area playing with and against each other. Having the same views and ideas about the game makes the bench succeed.
- Head Coach Richard Rowswell grew up playing for CNN and it makes him happy watching his team do the same. "I love the game and I love being on the bench and watching the kids have fun. I have been head or assistant coach within CNN for 9 years"
- One of his favorite memories is "tough to choose. From the pond hockey parties, finishing 2<sup>nd</sup> in Ponoka after winning during 3 on 3 in OT in the Semi, to the great bus trip to Kitscoty for Provincials. The parents have also been fantastic and that really helps us all succeed."
- "Looking forward to the rest of the season and sad to see it ending so soon."

##### **Dee Wee 2**

- The Pee Wee team has 13 players, 11 skaters and 2 goalies consisting of a wide variety of skill sets and personalities.
- The coaching staff: Head coach Bob Stefanik, Assistant Coaches Rod Ozirney, Glen Oswald, Terry Smith, Levi Pedgerachny and Manager Jeff Faucher. Every coach brings their own unique style to the group.
- Head Coach Bob Stefanik comes to CNN with many years of experience. He has played hockey for 30 years. He has volunteered as either head coach or assistant coach for 11 years!
- His favorite thing about the season is watching the kids improve as player and people over the year.



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The **FINAL 1660** **playoff format** can be found on their website.

[www.1660.ab.ca](http://www.1660.ab.ca)

1660 has reminded all *Associations* about their reminder on the leagues

**ZERO TOLERANCE** for **ABUSE** policy.

**Keep it Positive.**

## Player Development

**Atom A** also had **Oiler Alumni Chris Joseph** come out and work on shooting. Players and coaches enjoyed the session and learned some skills.

Details at [www.basehockey.ca/edmonton](http://www.basehockey.ca/edmonton)

(Check out some of our own **CNN Spurs** on his webpage!)



“Train like McDavid”

“One of the **SECRETS** to becoming an **ELITE** player is **Small Area/Resistance Training...**”



The Novice A team had **Power Edge Pro** come out to run a couple of practices. Just like their hockey role model **Connor McDavid** has practiced for years.

<http://powerededgepro.com/pep-welcomes-mcdavid/>



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## Team Photos



**Dee Wee A Pond hockey Party**



**Pee Wee A bus trip to Kitscoty**



**Pee Wee A  
Weekend  
Warrior  
Hat**



**Atom B Provincial Action Shots**