

EDMONTON *hockey* MAGAZINE

FALL 2018

.....
GEARING UP
FOR THE
2018-2019
HOCKEY SEASON!
.....

NEW NOVICE PROGRAM

Advantageous changes to
Novice Hockey in Edmonton

Also Inside:

Howie Draper & Dr. David Otto Features





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Message From Hockey Edmonton

Welcome to the 2018-19 Hockey Season!

We hope you had some time to get away with family and enjoy the summer. This year, like the past three, has been filled with change.

Novice has experienced a noticeable change with the introduction of the half ice program. The change reflects the countless years of research on player development and scaling the program to meet our younger players' needs. The purpose of the smaller ice surface is so players can touch the puck more frequently, play in close proximity of one another and develop the motor skills needed to play at a higher level. One of our goals at Hockey Edmonton is to increase the number of players who can, or potentially can, play at a higher level as they move up the hockey ranks. Many folks don't realize it's recommended that for every AAA hockey team in bantam or midget, we should have three AA teams feeding it. We need to develop as many players as we can to move forward and it all starts from the beginning of the hockey experience.

"Alberta One" has been introduced this season and a series of training sessions have been held with the new tiering directors and governors. It will be a steep learning curve as these individuals explore their new roles. We ask parents if you have hockey questions please ask your coach first and they will pass it along to your district or operating area category director, who then can move it up the chain.

Hockey Edmonton has embarked on a new mentoring program for coaches with the vision to train and advance as many coaches as we can this year. Over the last decade we've spent hours and large dollars offering numerous programs to players. When we step back we benefited a small percentage of the players in our organization. Now if we train our coaches to meet advanced levels we benefit a larger number of players across the board. This doesn't affect our work or offerings for the individual player, these programs will continue as in the past.

Those parents with players in the elite stream, you'll notice that we now have a mandatory requirement for coaches within the program. Your elite club would be more than happy to share those requirements with you and where they sit in the spectrum.

That's just a small overview of what's in-store for this season. There's much more but our space is limited.

We would like to end with thanking our volunteers, staff and boards. I'm always truly marvelled how tryouts and team formation looks so chaotic and at the end of the day we put 8,700 players on the ice in such an organized fashion. Our Ice Management Committee has been working on this season since February. Did you know this year our Ice Management Committee (Pat, Dave, Ian, Ray and Bernie) will have scheduled over 20,000 ice slots using 65 ice surfaces? Pretty amazing when you think of it!

Enjoy the year and we'll touch base with all of you at Quikcard Edmonton Minor Hockey Week.



Yours in Hockey.

Mark Doram

President Hockey Edmonton

DECLARATION OF PRINCIPLES

Hockey participation offers families value beyond making an individual player a better player or even a better athlete. The game of hockey is a powerful platform for participants to build **character**, foster **positive values** and develop important **life skills**. These benefits are available to all players, desirable to every family and transcend the game.

WE BELIEVE

- Hockey should be an enjoyable family experience; all stakeholders-organizations, players, parents, siblings, coaches, referees, volunteers and rink operators-play a role in this effort.
- Hockey's greatest value is the role it plays in the development of character and life skills.
- All hockey organizations, regardless of size or level of competition, bring value to players and families in their ability to deliver a positive family experience.
- Physical activity is important for a healthy body, mind and spirit.
- There are significant benefits of youth participation in multiple sports.
- Hockey programs should be age-appropriate for all players, accounting for each individual's physical, emotional and cognitive development.
- There is great value in all forms of hockey, both on and off the ice.
- All hockey programs should provide a safe, positive and inclusive environment for players and families regardless of race, colour, religion, national origin, gender, age, disability, sexual orientation and socio-economic status. Simply put, hockey is for everyone.

We believe in our ability to improve lives and strengthen communities globally through hockey. We believe that by living by these principles will provide a health, balanced, and enjoyable experience for all and inspire impactful service beyond the rink.



Message From The Publisher

Welcome back to another hockey season!

In this issue of the magazine, we have a special feature on Dr. David Otto, who is the surgical chair at the University of Alberta Glen Sather Sports Medicine Clinic, and associate clinical professor in the Division of Orthopedic Surgery. Dr. Otto grew up in Edmonton, playing his minor hockey with the South Side Athletic Club, before heading to university to play for the U of A Golden Bears.

With similar U of A hockey roots, we have a feature on Howie Draper, who played for the U of A Golden Bears, coached by the legendary Clare Drake and Bill Moores. Draper learned his craft well, taking this knowledge to the newly launched women's hockey program in 1997. Draper remains the only coach in the history of the U of A Pandas, bringing them eight CIS national championships.

We also have a feature on the Hlinka Gretzky Cup, which took place in Edmonton this past summer. Edmonton (Rogers Place) was selected as the host for this event for 2018, 2020, 2022. This tournament features the best U-18 hockey talent in the world. Since its inception in 1991, Canada has dominated this tournament, winning 22 gold medals, including this year's championship win over Sweden by a score of 6-2.

On the minor hockey side, we have included an article about the new rules on practice ice time for the novice program.

Also with minor hockey, we would like to draw attention to a mainstay in the magazine – our "Spotlight on an Official" feature which graces the last pages of the magazine. We started this feature 18 years ago, and to date, over 50 young officials have been featured. In this issue, we are featuring Boston Pizza Scholarship award winner Simon Weidemann. I met up with Simon at the Hockey Edmonton Awards Banquet back in May, and came away quite impressed. Simon epitomizes all the positive characteristics we see in young hockey officials: intelligence, confidence, maturity, composure, and, fair-minded.

Lastly, we have two mini-features on a couple of young Initiation players. They caught our eye at some early conditioning sessions in August and offer a good reminder about the excitement of playing minor hockey! Hope you enjoy!

Until next time, we wish everyone all the best this hockey season!



Sincerely,
Rob Suggitt

Publisher of the
Hockey Edmonton Magazine



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HLINKA GRETZKY CUP



A CATALYST FOR HOCKEY DISCUSSION FROM GRASSROOTS TO HIGH PERFORMANCE AS CANADA SKATED TO ITS 22ND GOLD MEDAL

BY JAMIE UMBACH

Photos by Andy Devlin | Oilers Entertainment Group

EDMONTON, AB – Oilers Entertainment Group (OEG) CEO and Vice Chair Bob Nicholson's vision for the Hlinka Gretzky Cup presented by RAM wasn't just centred on bringing the world's best under-18 talent to Edmonton. It was a catalyst for the gathering of hockey's greatest minds at Rogers Place for the Centre ICE Summit.

The summit brought representatives from the International Ice Hockey Federation (IIHF), National Hockey League, Western Hockey League, and local coaches and players to the world-class facility for clinics, leadership seminars and on-ice experiences focused on the grassroots level through to high performance.

The fans in the stands of Rogers Place provided the Hlinka Gretzky Cup and its players with the entirely new dynamic of playing in an NHL arena. The home-ice advantage set the stage for Canada to win its 22nd gold medal since the tournament's inception in 1991 as the Ivan Hlinka Memorial Tournament.

"Bob Nicholson always thought that this event, as respected as it is by the hockey world, was pretty much off the radar from a fan perspective in North America," Kevin Lowe, vice-chair of OEG, said. "Where better than Alberta and Edmonton to do that, where there's a proven track record of having great fan support for sporting events?"

While future NHL stars skated at Rogers Place at the Hlinka Gretzky Cup, Alberta's next generation of hockey players took to the Downtown Community Arena at the Summer ICE Jamboree.



“

SOMETHING THAT IS **SO IMPORTANT** NOT JUST TO
CANADIANS BUT HOCKEY AROUND THE **WORLD**:
HOW DO YOU INTRODUCE KIDS TO THE GAME AT
UNDER 10? ...HOW DO YOU **KEEP THEM INTERESTED**
AND HOW DO YOU **IMPROVE THEIR SKILLS**?

”



The Summer ICE Jamboree, a partnership between Hockey Alberta and OEG, placed novice players on teams representing the tournament's competing countries. The strategy immersed the skaters in the excitement of international hockey while learning and playing the game alongside new teammates.

Learning how to better develop the next generation of hockey players in Canada and around the world was a priority for the Centre ICE Summit and Summer ICE Jamboree, Nicholson said.

"Something that is so important not just to Canadians but hockey around the world: how do you introduce kids to the game at under 10?" he said. "How do you keep them interested and how do you improve their skills? That's one session that was really well attended and looked at from a lot of the different media."

Among the jamboree's participants could've been the next Matthew Robertson and Kirby Dach, both local Hlinka Gretzky Cup gold medalists with Canada and current members of the WHL's Edmonton Oil Kings and Saskatoon Blades, respectively.

"Being able to win the gold medal on home ice is something I'll cherish for the rest of my life," said Dach, a Fort Saskatchewan product. "It was an awesome feeling and we have a bunch of guys in there just happy to win a gold medal."

hockey

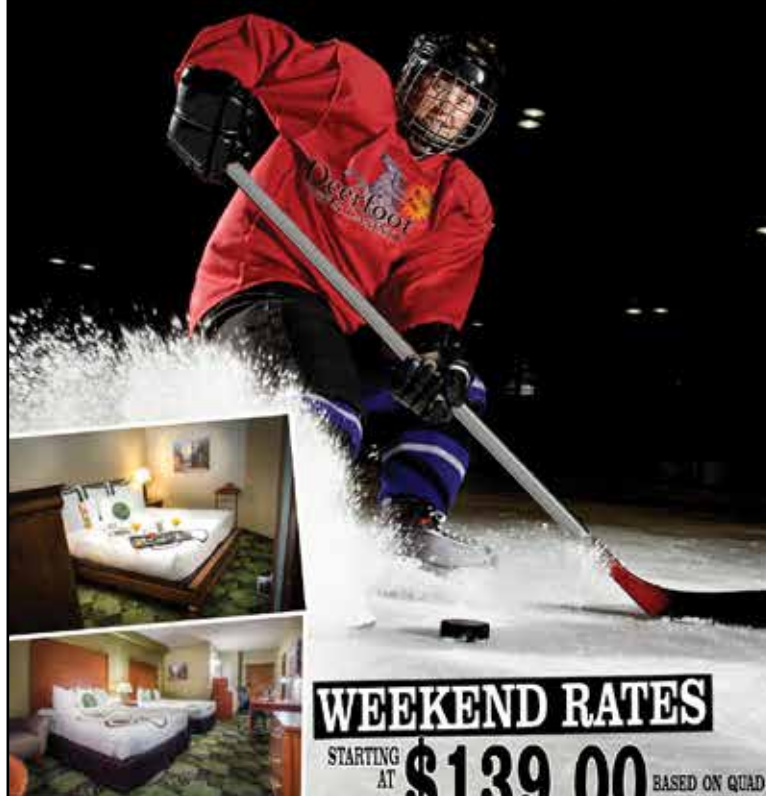
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GEARING UP FOR THE 2018-2019

PHOTOS BY SC PARKER PHOTOGRAPHY

Featured on the Cover: Caleb Van Brabant

We met up with Caleb, a second year initiation player, and his mom Amanda, as they got ready for one of the first practice skates of the 2018/2019 hockey season. Caleb, whose usual playing position is forward, says he is very excited for the coming hockey season. On the ice, he idolizes Edmonton Oiler Connor McDavid and his role model off the ice is his dad, Trevor. Besides the Edmonton Oilers, Caleb's favourite team is the Pittsburgh Penguins. Caleb believes his biggest accomplishment in his skills is his stopping and when asked if he would like to play in the NHL one day, he said "Yes!" without hesitation.



HOCKEY SEASON —

Feature on Initiation Player: **Colton Foley**

Colton is also an initiation player this season. His usual position is forward and he loves to score goals! In fact, his favourite hockey memory is when he scored his very first goal. For this upcoming hockey season, he is looking forward to scoring more goals, making new friends and becoming a better hockey player. His favourite player is Auston Matthews of the Toronto Maple Leafs, which also happens to be his favourite team. Off the ice, Colton's role model is his sister. Outside of hockey, Colton's other hobby is "being a ninja!"



HOCKEYEDMONTON

ADVANTAGEOUS CHANGES TO THE NOVICE PROGRAM FOR THE 2018-19 SEASON

BY JOEL LENIUS

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During the 2016-17 season Hockey Edmonton implemented changes to its city-wide initiation program (TIMBITS), one year in advance of the national Hockey Canada initiation program mandate ([CLICK HERE](#)). The Hockey Edmonton TIMBITS program has since evolved into a nationally recognized program due to the hard work by associations, coaches, directors, committee members, and staff. The program organization, curriculum, coach education, athlete progressions, and resources have also been mirrored by many minor hockey associations across the province and country. The Hockey Edmonton TIMBITS program ([CLICK HERE](#)) will continue to grow and evolve to best cater to young athletes ages four to six years old.

The 2018-19 season will mark the beginning of another program change in Edmonton, this time to the Hockey Edmonton novice program ([CLICK HERE](#)). Both the Hockey Edmonton TIMBITS program and the Hockey Edmonton novice program fall within Hockey Alberta's intro to hockey programming model ([CLICK HERE](#)), which encompasses both the Fundamentals 1 and Fundamentals 2 stages of Hockey Canada's long term player development model.

The Hockey Edmonton novice program committee was formed in the spring of 2018, with representatives from across the city. The committee designed the new novice program and will continue to work on the program until full implementation during the 2019-20 season. The current novice program changes will also be one year in advance of the national Hockey Canada novice program mandate ([CLICK HERE](#)). **Please view the chart on the next page for a synopsis of the program changes to minor novice and major novice, for the 2018-19 season:**

MINOR NOVICE (7 YEAR OLDS)

• DEVELOPMENT OF HOCKEY SKILLS & INTRODUCTION TO HALF-ICE HOCKEY;

- Hockey Canada Membership and Insurance coverage;
- Competitive Tiering Model - Alberta One Standardized Tiering Model (Tiers 1-6) ([CLICK HERE](#));
- Hockey Edmonton ice allocation: **16 half-ice games and 30 half-ice practices** (October 1 to March 15);
 - Consistent event locations, dates, times - Hockey Edmonton;
 - Minor Novice Jamboree - March (no playoffs);
 - Quickcard Minor Hockey Week participation;
 - No winners or participation medals;
 - Hockey Edmonton equal play model;
 - No full-time goalies (40% maximum, goalie must also play out);
 - Rotate all players through all positions;
 - Modified team roster sizes - one dressing room per team;
 - If you do not field 12+ players for a game, your team shall practice on other half-ice side, while other team plays game;

• Full implementation of Hockey Canada/Alberta half-ice novice program in effect;

- Half-ice games ONLY;
- NEW Hockey Canada/Alberta novice half-ice game regulations;
- Minor novice game format 4v4 (can be modified if necessary, depending upon roster size/game attendance);
- No score keeping (game sheet), no standings - Hockey Canada/Alberta;
- Game regulations: no faceoffs, off-sides, icings, etc. (see Hockey Canada/Alberta model);
- 1.5-minute shift buzzers during games,
- Regulation sized nets;
- **Blue pucks only** (practices and games);
- Increased playing time (Increased shifts during game-time, less time spent at faceoffs);
- Increased puck touches, passes, shots;
- Increased awareness/ability to play in traffic and tight spaces;
- Increased shots on net for goaltenders;

• Half-ice/shared-ice practices ONLY;

- Increased development of technical skills (skating, puck-handling, passing, and shooting);
- Multiple station works practices to develop technical skills and individual tactics;
- Progressive curriculums should follow the Hockey Canada skill development pyramid;
- Hockey Edmonton novice curriculums ([CLICK HERE](#));
- Hockey Canada network app, Drill Hub, AND Sportgo Lite available to coaches;

• Hockey Edmonton season structure and standards of play;

- Seasonal phases: preseason/team formation phase, development phase, regular season phase;
- 45-55 total practices (maximum) - Hockey Canada/Alberta;
- 30-40 total games (maximum) - Hockey Canada/Alberta;
- 3 tournaments (maximum) - Hockey Canada/Alberta;
- Enhanced NCCP coach certification standards - Hockey Canada/Alberta.

MAJOR NOVICE (8 YEAR OLDS)

- Hockey Canada membership and insurance coverage;
- Competitive tiering model - Alberta One Standardized Tiering Model (Tiers 1-6) ([CLICK HERE](#));
- Hockey Edmonton ice allocation: **18 full-ice games and 26 half-ice practices** (October 1 to March 15);
 - Consistent event locations, dates, times - Hockey Edmonton;
 - Traditional playoffs - Hockey Edmonton;
 - Quickcard Minor Hockey Week participation;
 - Winners medals only (last year);
 - Hockey Edmonton Equal Play Model;
 - No full-time goalies (40% maximum, goalie must also play out);
 - Rotate all players through all positions;
 - Modified team roster sizes - one dressing room per team;
- **Transitional modified implementation of novice full-ice program in effect;**
- **Full-ice games ONLY;**
 - TRADITIONAL Hockey Canada/Alberta novice full-ice game regulations;
 - Score keeping (game sheet), hidden standings - Hockey Canada/Alberta;
 - Full-ice game rules, same referees, same period lengths;
 - Usage of full hour of ice, adjust 5 and 2-minute rule;
 - Regulation sized nets;
 - **Blue pucks only** (practices and games);
 - **Hockey Edmonton equal play model;**
- **Half-ice/shared-ice practices ONLY;**
 - Increased development of technical skills (skating, puck-handling, passing, and shooting);
 - Multiple station works practices to develop technical skills and individual tactics;
 - Progressive curriculums should follow the Hockey Canada skill development pyramid;
 - Hockey Edmonton novice curriculums ([CLICK HERE](#));
 - Hockey Canada network app, Drill Hub, AND Sportgo Lite available to coaches;
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 - 30-40 total games (maximum) - Hockey Canada/Alberta;
 - 3 tournaments (maximum) - Hockey Canada/Alberta;
 - Enhanced NCCP coach certification standards - Hockey Canada/Alberta.

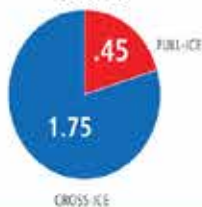


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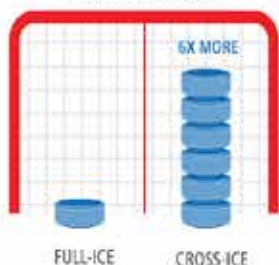
Further changes will be implemented during the spring of 2019, once the Hockey Edmonton novice committee has had a full season to qualitatively and quantitatively evaluate the program.

CROSS-ICE HOCKEY

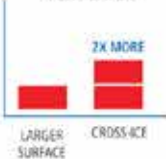
SHOTS PER MINUTE ON GOALIE



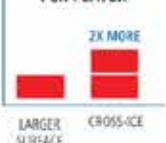
SHOTS PER PLAYER



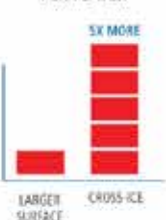
CHANGES OF DIRECTION PER PLAYER



PASS ATTEMPTS PER PLAYER



PASSES RECEIVED PER PLAYER

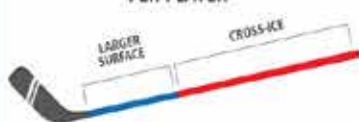


BODY-CONTACT PUCK BATTLES



"Every player benefited from Cross-Ice hockey but more advanced players benefited the most."

PUCK TOUCHES PER PLAYER



CROSS-ICE HAD:

2X MORE

PUCK TOUCHES

2X MORE

SHOT ATTEMPTS

2X MORE

PASS ATTEMPTS

CONCLUSION:

Cross-Ice training is better at supporting kids to reach their hockey potential and more fun!

On December 7th, 2014, USA Hockey and Little Caesars 8U Mite Team met at the Joe Louis Area for study with an NHL Analytics Team. They got the kids to demonstrate an exercise of playing Hockey on Cross-Ice, Half-Ice and Full-Ice.

PROGRAM BENEFITS:

Change is always challenging. However significant change from a very long-standing traditional program can be increasingly trying. Changes to the Hockey Canada novice program have not been mandated without significant research and proof. There are numerous benefits to the changes that Hockey Edmonton will implement to the novice program this coming season:

1. IMPROVED TECHNICAL SKILL DEVELOPMENT

When the playing surface size decreases, the amount of times an athlete touches the puck, passes the puck, shoots the puck, and changes skating direction increases. The NHL and Sport for Life have produced a document outlining the technical skill development advantages for athletes 8 and under within the new programming model.

2. IMPROVED PUCK POSSESSION SKILL DEVELOPMENT

With some exceptions, most elite level hockey is played within small spaces of the various arena zones. High-level athletes are constantly attempting to maintain possession of the puck and gain possession of the puck if it is lost. Therefore, the lessons of creating space and eliminating space are also crucial. Condensing playing surface space at earlier divisions of play will help to improve puck possession skills, decision making skills, hockey IQ, and will also make the transition to elite level hockey easier.



3. MORE AGE APPROPRIATE TRAINING

Soccer, tennis, and basketball are all sports which modify playing surfaces and equipment to cater to younger athletes. Hockey has been putting younger athletes on the same sized ice sheet as adults for years. Why have we been treating young hockey players the same as adults? To demonstrate how a full sheet of ice looks to a child, USA Hockey put adult players on an extra-large rink with giant nets to simulate what a child sees ([CLICK HERE](#)). The players found the games tiring, difficult and said they would lose interest quickly in the sport if those were the conditions they faced.



4.

MODELLING SMALL AREA PROGRAMMING AFTER EMERGING HOCKEY COUNTRIES

Although there is no denying Canada's rich hockey history and the professionalism of which Hockey Canada runs its high-performance programming, it is becoming increasingly obvious that other countries are catching up. Here are some interesting facts:

- The percentage of Canadian-born NHL players playing in the NHL has decrease to below 50 percent for the first time ever;
- Canada has only medaled five times in the past eight IIHF World Junior championships;
- Canada has only medaled three times in the past eight IIHF World championships;
- Canada's national women's team is currently ranked second in the world;
- The CHL has significantly increased the incorporation of import players into the Canadian hockey league.

These results, along with other data, indicate that it is time to consider change within Canada! What better way to change then to observe how emerging hockey countries have been conducting their training at younger divisions of play. USA Hockey, Sweden, and Finland have each implemented small area training for younger divisions of play and have observed a significant growth in NHL draft and international hockey championship success in recent years.

With any significant program change implementation it is understood that there will be growing pains and learning. However, the developmental benefits should be observed more quickly than in the past. Athletes should develop improved skills to play the game they love and to also prepare them for higher levels of play.

RESOURCES:

To better educate coaches, Hockey Edmonton has incorporated numerous parent and coach education opportunities in advance of the 2018-19 season:

- Hockey Edmonton Intro to Hockey Celebration: August 11, 2018
- Hockey Alberta Summer Ice Jamboree: August 11-12, 2018
- Hockey Edmonton Novice Directors Meetings: August 28, 2018
- Hockey Edmonton Minor Novice Coach Meetings: September 25-27, 2018
- Hockey Edmonton Major Novice Managers Meeting: October 3, 2018
- Hockey Edmonton Major Novice Coach Meeting: October 22, 2018

Further resources are also available within the following websites:

- Hockey Canada TIMBITS Initiation Program:
<https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/initiation>
- Hockey Canada Novice Program:
<https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/novice>
- Hockey Alberta Intro to Hockey Program
<https://www.hockeyalberta.ca/players/intro-hockey/>



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HOCKEY EDMONTON

ADDITIONAL CHANGES COMING IN 2018-2019

BY SARAH KENNEDY



PHOTO BY EPIC PHOTOGRAPHY

There are multiple changes happening within Hockey Edmonton and the Edmonton Federation Hockey League this upcoming season which we would like to tell you all about.

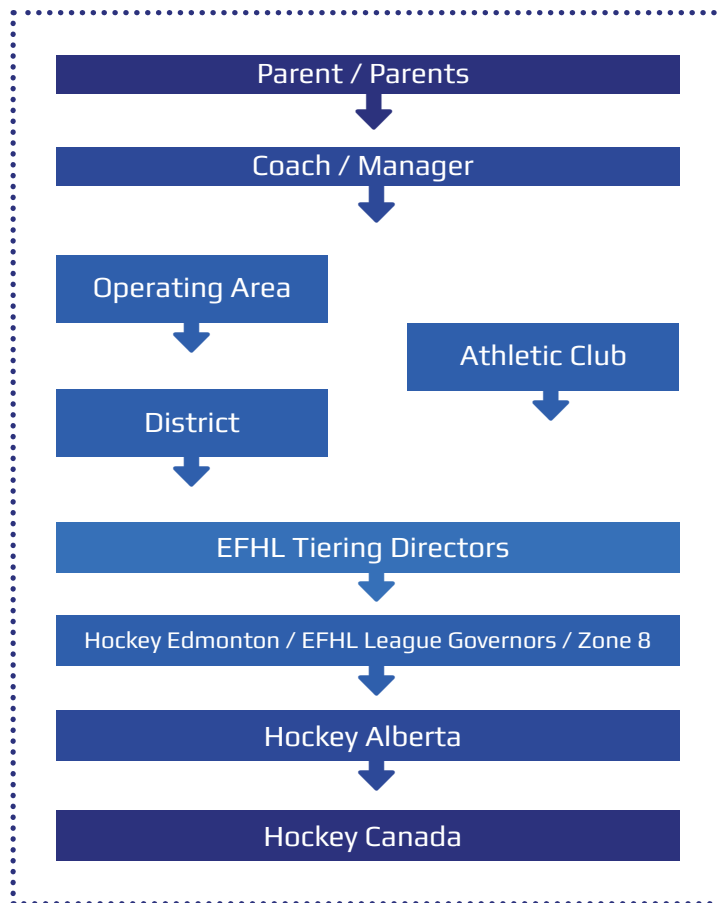
The Alberta One Standardized Tiering Model was announced by Hockey Alberta in April and looks to ensure consistency in tiering across the province. This issue has been a concern raised by parents from across the province through the Hockey Alberta participant satisfaction surveys. Hockey Alberta therefore assigned Hockey Alberta's minor leagues committee to develop a tiering model that ensures teams are tiered accurately and consistently across the province. This will eliminate any issues coaches and managers have when looking to attend tournaments and ensure they are entered in the correct tier.

Hockey Edmonton had begun the shift last season moving to tiers 1-6 but including subsections within these tiers of A-D. We will be finalizing the changes this year with the amalgamation of the subsections leaving simply tiers 1-6. As the Edmonton Federation Hockey League (EFHL) includes many teams there will be the addition of pools within tiers similarly to our usual playoff procedures. For tiers 1-3, teams will continue to participate in league games across all associations in EFHL. For tiers 4-6, conferences will be established in a regional manner to reduce travel throughout the EFHL. Regardless of conference, all teams in a given tier will compete together for Quikcard Edmonton Minor Hockey Week and ENMAX Hockey Edmonton championships to crown one champion per tier.

Hockey Edmonton will continue to send teams to Hockey Alberta provincial championships in peewee, bantam and midget. Bantam and midget will continue to send the top Edmonton based teams in a playdown format for bantam and midget tiers 1 and 2. Hockey Alberta is piloting a "NEW" provincial championship format for peewee for the 2018-19 season. EFHL peewee tiers 1-4 will have the opportunity to qualify for Hockey Alberta provincial championships. For each of tiers 1-4 and peewee AA in the EFHL peewee division, EFHL will send the ENMAX Hockey Edmonton champion to represent EFHL at the Hockey Alberta provincial championships to be held March 28-31st, 2019.

The changes to the novice program have been well publicized so we won't be going in depth here. However, as many of you know Hockey Canada will be making half-ice play mandatory for the 2019-20 season. In anticipation of this change Hockey Edmonton has decided on a transition year, instituting Minor Novice and major novice categories for the 2019-20 season. The complete details of each category are featured in the article "Advantageous changes to Hockey Edmonton Novice Program" (on page 12) for 2018-19 Season in this same magazine. **Please have a read to familiarize yourself with the details.**

Additionally, Hockey Edmonton has made our own changes to the structure of how the Edmonton Federation Hockey League is overseen. Last season there were six league governors, one for each division novice through to midget. The league governor position consists of many responsibilities and each of the league governors oversaw many teams in their division. To serve our coaches, parents, and players better we have made the switch for the 2018-19 season from six league governors to six league governors and six tiering directors in each division. The tiering directors will be taking over many of the league governor duties allowing for speedier replies and faster approvals. League governors will be responsible for over-seeing their entire division still but will be able to handle more complicated questions or issues by watching over the categories instead of being entrenched day-to-day. Hockey Edmonton will therefore have a new communication map (see graphic to the right). Please ensure when you have questions that you approach your coach/manager, so they can then direct the question accordingly. Following this information flow will ensure quick and more importantly accurate answers to your questions.



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9200 - 163rd Street
- 3. Broadmoor Arena (Sherwood Park)**
2100 Oak Street, Sherwood Park
- 4. Callingwood Arena**
17650 - 69th Avenue
- 5. Canadian Athletic Club Arena**
14645 - 142nd Street
- 6. Castle Downs Arena**
6A3, 11520 - 153 Avenue
- 7. Clare Drake Arena**
87th Avenue & 115th Street
- 8. Clareview Arena**
3804 - 139th Avenue
- 9. Confederation Arena**
11204 - 43rd Avenue
- 10. Coronation Arena**
13500 - 112th Avenue
- 11. Crestwood Arena**
9940 - 147th Street
- 12. Donnan Arena**
9105 - 80th Avenue
- 13. George S. Hughes Arena**
10525 - 72nd Avenue
- 14. Glengarry Arena**
13340 - 85th Street
- 15. Grand Trunk Arena**
13025 - 112th Street
- 16. Kenilworth Arena**
8313 - 68A Street
- 17. Kinsmen Twin Arena**
1979 - 111th Street
- 18. Knights of Columbus Sport Complex**
13160 - 137th Avenue
- 19. Londonderry Arena**
14520 - 66th Street
- 20. Michael Cameron Arena**
10404 - 56th Street
- 21. Millennium Place (Sherwood Park)**
2000 Premier Way, Sherwood Park
- 22. Mill Woods Rec. Centre**
7207 - 28th Avenue
- 23. Nait Arena**
11762 - 106th Street
- 24. Oliver Arena**
10335 - 119th Street
- 25. Russ Barnes Arena**
6725 - 121st Avenue
- 26. Servus Credit Union Place**
400 Campbell Road, St. Albert
- 27. Terwillegar Rec. Centre Subway Arena**
2051 Leger Road
- 28. The Meadows Community Rec. Centre**
2704 - 17th Street
- 29. Tipton Arena**
10828 - 80th Avenue
- 30. Westwood Arena**
12040 - 97 Street
- 31. Downtown Community Arena (Rogers Place)**
10330 - 105th Avenue



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HOWIE DRAPER



[Photo by D.T. Baker]



EVOLVEMENT OF WOMEN'S HOCKEY EXCITES LONG-TIME PANDAS HEAD COACH

BY D.T. BAKER

Let's begin with the following scenario: the creation of the University of Alberta Pandas hockey program in 1997 revolutionized women's hockey in Edmonton. And since Howie Draper has been the only coach in the team's history, it's fair to say that he has been a witness to that. Let's go from there.

"At that time, there was maybe 80 girls that tried out – many could hardly skate," Draper said of the early days of Pandas

hockey. "There were a few club players, there were some obvious 'beer-leaguers,' girls that were just playing senior hockey. There were some figure skaters, there were some ringette players. We didn't really have any high-performance athletes. So that was probably one of the unique challenges, just the opportunity to bring a high-performance mentality to them."



Draper himself came up through the men's side of U of A hockey. At that time the Golden Bears were coached by the legendary Clare Drake and Bill Moores. "I had seen how a program and a culture was best built, by Clare Drake and Bill Moores. So when we started, we tried to create a carbon copy of that program and it worked out really well for us."

That's not to say that Draper didn't have plenty to learn and he laughs now at some of the things he didn't know about coaching female athletes. "Back then, I probably never even thought that there would be a difference in the way men and women think," he said, "and communicate, and feel emotion, and express emotion, and all that stuff."

He must have sorted it out pretty quickly. The Pandas have won seven national championships since they began, more than any other university in that time. With the help of fellow Golden Bear alumni, Draper has also helped create a dedicated development system for aspiring female hockey players. The Edmonton Female Athletic Club started in 2016, to create a competitive club hockey pipeline for bantam and midget-aged female hockey players on par with similar systems already in place for young men. That's been one of the major changes Draper has seen in his tenure.

"Some young female hockey players thrive going through the boys' system, maybe they really appreciate that challenge and appreciate a grittier game," he said. "Other players don't, and they would be better suited to be in a female environment, whether it's the social side or the on-ice side. It varies from individual to individual. But I have also seen that parents, and sometimes players, think that because there's the opportunity to play at a higher level on the boys' side, that they're kind of rammed into it, like a square peg being put into a round hole. In the end, I think it's what suits the individual best. And parents have to be vigilant in trying to help a young player find what best fits."

Draper's own hockey experience was in the Edmonton minor hockey system. He grew up in Jasper Place and his father helped coach the team. He switched over to Meadowlark and went to the Peewee A team. After peewee, he got into the club system with the Canadian Athletic Club, which he says was a "great experience." He got on with the Sherwood Park Crusaders when he finished his last year of midget and then was recruited by Clare Drake to play at the U of A.

[Photos Left by D.T. Baker]

Draper says that being named coach of the U of A Pandas had as much to do with being in the right place at the right time as it did being mentored by icons like Drake and Moores. But it's obviously worked out, both for him and the many athletes that have been through the Pandas system. Being a university coach, Draper adds with a touch of humour, has helped underscore the fact that he's still learning a lot himself.

"Male versus female – I'm still working on that," he admitted. "To be honest, I'm a hard-wired guy, so I don't know if I'll ever be able to think or fully appreciate the female athlete. I certainly think I do a pretty good job now, but we're different. Now, whether it's society that's instilled that in our genders, I don't know exactly and I haven't done that research. I probably should have, seeing as I'm at a university."

But he has managed to learn a thing or two. "I think I was probably more rigid as a coach when I first started," he said. "I think what I've learned over the years is that rather than thinking males versus females and placing all your bets on one coaching style, you have to learn how to have many different styles in your coaching toolbox so you can connect with a variety of different players. That's probably what I've learned the most."

And with the development of the women's game, and the sophistication of the systems in place to train them, Draper only sees more promise in the future. "I think we're seeing stronger athletes come into our program," he said. "I think they're more highly trained in their younger years so they're coming to us as stronger hockey players in general. It's been quite exciting seeing it evolve in that period of time."

“

...you have to learn how to have many different styles in your coaching toolbox, so you can connect with a variety of different players. That's probably what I've learned the most.

”

[Photo provided by U of A Panda Athletics]



WELCOME TO THE 2018-2019 SEASON

New for this year

- Intro to Hockey (Novice and Initiation)
- Female Hockey Day, December 15
- Standardized Tiering for teams across Alberta
- New format for Pee wee Provincial Championships (pilot project)
- Parent Engagement guide

For more info on what's new, or anything hockey-related in Alberta check out HOCKEYALBERTA.CA

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DR. DAVID OTTO

**FORMER GOLDEN BEAR
CONTINUES HIS PASSION
FOR SPORTS THROUGH
ORTHOPEDIC SURGERY**

BY D.T. BAKER
PHOTOS PROVIDED BY THE U OF A ATHLETICS DEPARTMENT

IMPROVING CORE STRENGTH & BALANCE CAN HELP WITH KNEE INJURIES

When fans of a certain age think of “hockey” and “knee surgery” in the same sentence, images of Bobby Orr are almost inevitable. Dr. David Otto gets that. The orthopedic surgeon and former University of Alberta Golden Bears hockey player has made knees a specialty, but that’s where his dedication to sport only gets started.

Otto’s practice encompasses more than the sport medicine knee injury. He also deals with arthritic problems where people may need knee replacements. Injury care for fractures and such is also a focus.

But sport is certainly what brings Otto to these pages, who readily admits that knees have many challenges athletically. “Well, there are certain sports, and certain people, with certain types of knees, that probably don’t go well together,” he conceded. “Not for everything, but they certainly are at risk. Our population around here, lots of soccer injuries, anything like soccer where you’ve got a lot of running, quick changes of direction, so basketball, football, rugby, those are the big ones.”

Otto is surgical chair at the University of Alberta Glen Sather Sports Medicine Clinic and associate clinical professor in the Division of Orthopedic Surgery. He is also one of four surgeons keeping an eye on things at every Edmonton Oilers home game. “We’re not the primary sport medicine physicians looking after the day-to-day medical needs of the players and coaching staff, but we provide consultation for those injuries that need a surgical opinion or need some ongoing care, whether they’re fractures or joint injuries, over and above what the sport medicine physician can care for,” he said.

“...MEDICINE AND SURGERY
AND KNEES - ALL THAT KIND OF FELL INTO
PLACE LATE INTO HIGH SCHOOL AND SOME
EARLY UNDERGRADUATE COURSES, TAKING
A LIKING FOR ANATOMY AND SPORT,
MUSCULOSKELETAL THINGS, AND I JUST
KIND OF GOT IN TO IT, I GUESS.”

“One of us is at each game so that we can be there for injuries that might occur to either team,” he said, referencing an Oilers injury of the recent past that caused pain for many. “We’re there if anyone needs any urgent surgical care. Sometimes things happen urgently, like broken collar bones and things like that.” McDavid’s rookie year, anyone?

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Otto's own hockey past is Edmonton through and through. Growing up in the Lansdowne area, he was in the southwest zone. He played minor hockey in Lansdowne until bantam then it was on to the South Side Athletic Club where he played two years of bantam, two years of midget, and one year of juvenile. After one year in the Alberta Junior Hockey League he entered the Golden Bears program.



Otto was part of the Golden Bears national championship team of 1986, but he knew even then that his calling lay elsewhere. "Yeah, I don't think as a kid I had visions that I was going to be a professional hockey player," he said. "I enjoyed playing the game, and I wanted to take it as far as I could, but I never envisioned myself at that level. Certainly, growing up in Edmonton, Clare Drake and the Golden Bears program was always something that was at the forefront where maybe I thought I could have an opportunity, and that's how it played out at the end of the day. But medicine and surgery and knees all that kind of fell into place late into high school and some early undergraduate courses, taking a liking for anatomy and sport, musculoskeletal things, and I just kind of got in to it, I guess."

Otto's love for hockey continues to this day. He still plays a weekly game with a group of fellow Golden Bears alumni and has recently added administrator for the recently-formed Edmonton Female Athletic Club (see page 21) to his resumé. Last year he coached a team that his daughter played on. This year he's a midget director. "It's a lot of work, but it's been a lot of fun, 'cause there's lots of Golden Bears alums helping out," he said.

Helping is the reason most doctors become doctors of course, and Otto has some advice to help people avoid needing his surgical skills. The majority of athletics-related knee injuries are usually a non-contact event, such as a sudden change in direction or jumping and landing awkwardly. It's usually not a big, sudden or dramatic event.

"So the soccer world's full of those stories, and that's where injury prevention is mostly directed," he said, noting that FIFA has sponsored a number of on-line programs directed at improving core strength and balance so that in landing and moving, the athlete does a better job of protecting their knee.

The issue, though, he says, comes in getting people to do the programs regularly. However, he points out that the Glen Sather Clinic at the U of A, is "working hard at that type of system for athletes," and the Bridge Advanced Sports Therapy, in Sherwood Park, "also has an excellent group of therapists out there that are really aware of the knee injury risk and have evolved programs to help their young athletes and injured people."



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Or you can mail in submissions to:
Hockey Edmonton Magazine
10177 - 105 Street
Edmonton, Ab, T5J 1E2



Name: _____ Age: _____

Current Team: _____

Number of Years Played: _____ School Grade: _____

Usual Position: _____

Favourite Hockey Team: _____

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Who is your Role Model: _____

Other Hobbies / Interests: _____

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COLTON BROOK



Age: 14
Current Team: NW 241 Outlaws
Number of Years Played: 8
Grade: 10
Usual Position: Wing
Favourite Hockey Team: Edmonton Oilers
Favourite Hockey Player: Connor McDavid
Who is your Role Model: My Dad
Other Hobbies & Interests: Badminton, bowling, soccer, golf & volleyball
Favourite Hockey Memory: Scoring the OT winner to win the city championship in 2012!

ELLIOT TOMLINSON



Age: 7
Current Team: NE204 Eagles
Number of Years Played: 3
Grade: 3
Usual Position: Centre
Favourite Hockey Team: Nashville Predators
Favourite Hockey Player: P.K Subban
Who is your Role Model: My Mom
Other Hobbies & Interests: Soccer & reading
Favourite Hockey Memory: Winning gold at Minor Hockey Week 2018!

MAKSYMILIAN RYBAK



Age: 9
Current Team: North Seera Revolution
Number of Years Played: 6
Grade: 5
Usual Position: Left wing
Favourite Hockey Team: Edmonton Oilers
Favourite Hockey Player: Leon Draisaitl
Who is your Role Model: My Mom & Dad
Other Hobbies & Interests: Soccer & tennis
Favourite Hockey Memory: Winning gold at Minor Hockey Week with my teammates!

RKAN SHAMIE



Age: 11
Current Team: KC - St. Matthew Warriors
Number of Years Played: 6
Grade: 7
Usual Position: Centre / Forward
Favourite Hockey Team: Chicago Blackhawks
Favourite Hockey Player: Connor McDavid
Who is your Role Model: My Father
Other Hobbies & Interests: Martial Arts
Favourite Hockey Memory: When I scored 2 goals that won the gold medal during Minor Hockey Week 2018

SPOTLIGHT

ON AN OFFICIAL

PHOTOS BY SC PARKER PHOTOGRAPHY

simon WEIDEMANN

Hockey Edmonton Magazine had the pleasure of meeting Simon Weidemann at the Hockey Edmonton Awards Banquet this past April, where he was awarded with the Boston Pizza Scholarship. He has since graciously taken the time to discuss why he took up officiating and what he enjoys most about being a minor hockey official in Edmonton.

Simon, who just turned 18 years old, started officiating hockey when he was 13 and is currently a linesman for Minor Midget AAA and lower, and officiates for all levels of peewee and some levels of bantam.

He is taking nursing at the University of Alberta in French, at Campus St. Jean, and works part time in the meat department of Save On Foods. When he has the spare time, he enjoys going to the outdoor rink with his friends.

HOCKEY EDMONTON: What made you want to become a hockey official?

SIMON WEIDEMANN: I found myself to be very fond of the game and the technicalities involved. I wanted to be a part of a group that doesn't get very much appreciation but creates a safe environment for the players and other team members.

HE: What other sports or activities do you participate in?

SW: This past season I played hockey for NWZ Midget Tier 1. As well I was on my golf team at school.

HE: Do you still play hockey, and if so, for what team?

SW: I no longer play ice hockey, however I have moved to ball hockey. I did play ice hockey from ages 5-17, where I played right wing pretty much the whole time.

HE: How many games did you officiate last season?

SW: I officiated close to 200 games last season.

HE: How many games do you plan to officiate this season?

SW: Since I am in school it will probably be closer to 100 this season.

HE: Have you officiated Minor Hockey Week and if so, what makes you volunteer your time as an official?

SW: Yes, I have officiated for Minor Hockey Week. I enjoy giving my time back to the sport that shaped my childhood. I remember when I played hockey and participated in Minor Hockey Week and how those officials gave their time to officiate my hockey. It's a cycle of giving back some of what you took from Minor Hockey Week and I'm proud to say I volunteered.



HE: Any special memories from Minor Hockey Week?

SW: As a player I don't have too many memories but as an official I always enjoy reffing the Minor Hockey Week final for any level. No matter what the level, the final game is always super intense and entertaining for all.

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

SW: This past season during my own provincial play down against KC, I lead my team with six goals and one assist in the game to defeat KC 7-4. This was a proud moment for me and I felt extremely satisfied to give service to a group I enjoyed playing with so much.

HE: Last season, you won the Boston Pizza Scholarship Award. How did you achieve this, and how did you feel winning this award?

SW: Winning the Boston Pizza award was a very proud moment for me. Last year I spent most of my time after school focusing on my school work and attaining honours. By achieving the grades I did, I felt as though my efforts had paid off. Not only did my grades help me win this award but I had also done service for my community through school by organizing a ball hockey tournament at Archbishop MacDonald High School. After a few other additions to my resume I felt as though that these two things were a big factor in helping me stand out.



Simon Weidemann (Middle) with Hockey Edmonton President, Mark Doram (Left) & Roger Brodeur of Boston Pizza (Right)
Photograph by Avonlea Photography

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

SW: My favourite part of officiating would be the fast pace and intensity that is involved. Making a quick judgement call to not slow down the play is essential in good officiating.

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

SW: Before the hockey season starts I am refreshed on my rules through an in-class clinic where I am required to pass a test in order to be allowed to ref.

A large advertisement for Infinite Eye Photography. The background is a photograph of a hockey player in a blue and yellow jersey, wearing a helmet and holding a stick, looking intently. The text "WE SHOOT... YOU SCORE!!!" is written in large, bold, blue letters with white outlines at the top. Below this, a list of services is provided: TEAM & INDIVIDUAL PHOTOS, ACTION SHOTS, TEAM PANORAMICS, TEAM BANNERS, CUSTOM PRINTING, and EVENT COVERAGE. At the bottom, the Infinite Eye Photography logo is shown, along with the phone number 780.570.2545 and the email address hello@InfiniteEye.ca.

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

SW: During the year I am often supervised by many other officials and pointers are given to me in order to better my officiating. But my main mentor has mainly been my dad. Even though he isn't able to always give me proper advice on officiating, he is able to give me life advice on how to handle situations and human communication. He was the one who helped me overcome the fear of coaches getting upset and yelling at me.

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

SW: I feel as though I have improved my officiating in taking my time when I have the time to make a call. If after the play I see a border-line major penalty, I don't rush to make the call anymore like I used to. I wait for the play to die down completely and consult my other officials before committing to a call.

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

SW: For many young referees, the toughest part about getting on the ice each time is the constant concern of coaches, players and even parents getting verbally involved. It can be very intimidating for a young official to be yelled at throughout the course of a game and can be a main cause of losing officials.

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

SW: I haven't suffered too many bad injuries besides a couple bumps and bruises by some pucks but other than that nothing.

HE: How do you handle criticism on the ice?

SW: Everyone handles criticism differently but when I am faced with direct criticism from coaches and players, I often have a face-to-face conversation between whistles or after a period and sternly but not aggressively, tell them that I am here to make the calls and paid to be here. I then let them know that if



Remember that hockey is about going out and having fun in a competitive environment. If the fun is lost by the competitiveness then the sport loses its meaning. I would encourage everyone to try hockey at some point in their lives because it truly is a great way to bring communities together.



they are still concerned about my reffing that they can contact my supervisor. By doing this calmly and collectively I establish respect with the coach and set him in his place. If it gets out of hand I will eject anyone causing a disturbance to the game.

HE: Do you have any future aspirations in officiating?

SW: I would love to get all the way to junior hockey as an official, but my main aspiration is to continue to get better and do my best no matter the level.

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

SW: I would like to finish off by saying for all players and parents to remember that hockey is about going out and having fun in a competitive environment. If the fun is lost by the competitiveness then the sport loses its meaning. I would encourage everyone to try hockey at some point in their lives because it truly is a great way to bring communities together. As well, for those of you playing hockey this season, good luck and have a great season!

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

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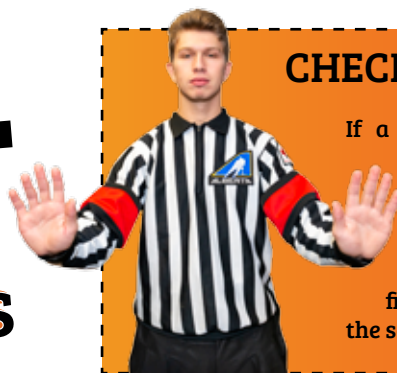
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SPOTLIGHT

Referee Signals



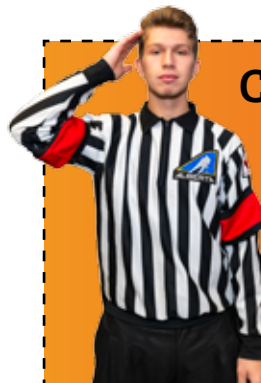
CHECKING FROM BEHIND

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 from the game), coupled with a two or five minute penalty, depending on the severity of the offense.



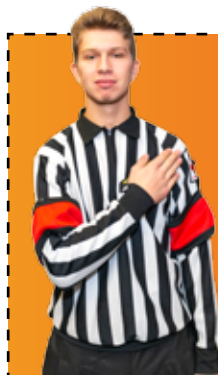
BOARDING

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.



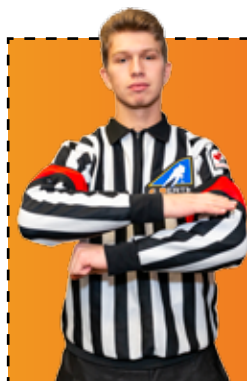
BODY CHECKING

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.



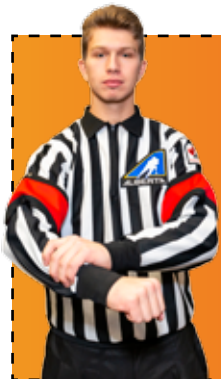
CHARGING

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.



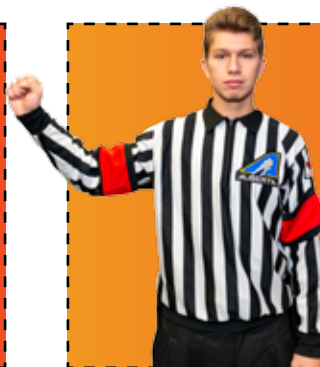
HIGH-STICKING

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.



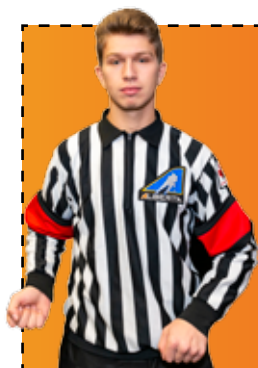
HOLDING

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



HOOKING

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



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.



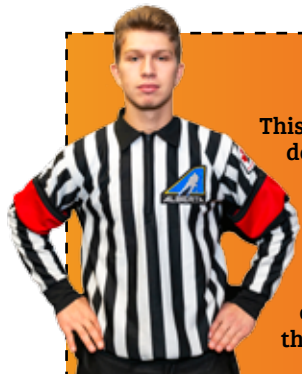
KNEEING

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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