

LIGHTNING INSIDER

Clarence-Rockland Girls Hockey Association

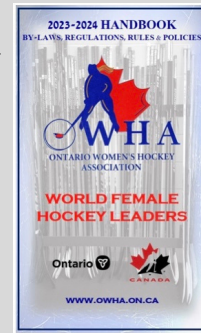
2023-24 SEASON

And just like that...we dive into the season. Many teams have started playing games and we are off to a great start! It is so exciting seeing the girls back out on the ice, doing what they love.

This season we are welcoming many new families to our membership and are celebrating an 19% increase in players from beginner to U18. Girls hockey is growing in Clarence-Rockland! Welcome everyone to the Lightning Family!

Be sure to follow us on Facebook and Instagram (@crghalightning) to keep up-to-date on teams' schedules and game/tournament results!

The Ontario Women's Hockey Association (OWHA) announced the release of their updated handbook and renewed policies earlier this month. This update constitutes the first time the association has revisited the handbook since the COVID-19 pandemic and covers the updated Hockey Canada change room policy, OWHA's approach on gender expression/gender identity, and the addition of a dedicated focus on promoting positive behaviour. We encourage all members to familiarize themselves with the handbook and reach out to our executive team if you have any questions.



OWHA HANDBOOK



CRGHA will be hosting a Lightning in November event at the Clarence-Rockland Arena on November 11, 2023. The event will include league games for each division, along with various fun activities set up in the lobby of the arena. We are excited to welcome back Safeguard by Phil Martin who will be onsite with the latest Lightning gear and to introduce several new activities this year, including BeaverTails Pastry who will be parked outside of the arena throughout the day selling everyone's favourites.



We will also be holding an equipment drive for Next Shift Canada, an Ottawa based program that collects and redistributes used hockey equipment at no cost. This is an amazing program whose number one goal is to ensure all kids can play this great game. If you have used equipment laying around, please consider donating it.



The Rockland Nationals Jr A team have invited us to join them after the event for Lightning Night at their 7:30 pm game. Tickets for all CRGHA members will be discounted to \$10 and all players will be FREE! Additional details on this event, including how to secure your tickets, will be shared soon!



We are looking for volunteers for the day of the event to assist with running various activities. Volunteer opportunities are open to parents, staff, and all U15/U18 players. If you would like to volunteer, please reach out to your team's manager.



Contact Us

PAYMENT DEADLINE OCTOBER 31, 2023

Second installments and competitive fee payments are now open in RAMP. The deadline for these payments is October 31, 2023 and can be completed through the [RAMP Registration Portal](#). If your child is playing on a competitive team (level B or higher), please ensure you select the competitive package as this will facilitate the payment of your \$300 competitive fee.

If you have any questions, or there are any concerns regarding your payment, please reach out to [Jenn Macleod, CRGHA Treasurer](#).



THE FIRST SHIFT
**NO EQUIPMENT?
 NO EXPERIENCE?
 NO PROBLEM.**

NHL/NHLPA FIRST SHIFT

Program starts November 5th - Spread the word!

CRGHA and Safeguard by Phil Martin are bringing the NHL/NHLPA First Shift Program to Clarence-Rockland! The program will run from November 5th to December 17th and we still have spaces available! If you know any girls between the ages of 5 and 12 that want to tryout hockey with a minimal financial or time investment, this is the program for them! Please help us spread the word! Go to www.firstshift.com or email [Stacie Cabana, CRGHA VP Business](#) to find out more!

CHALLENGE

CRGHA AUTUMN DRY LAND CHALLENGE

CRGHA is excited to announce the first association-wide challenge for the 2023-24 Season! The CRGHA Autumn Dry Land Challenge starts NOW and ends November 10th. Check out our [website](#) to download the challenge sheet (snapshot provided here) and to learn more! Don't miss your chance to improve your skills at home and win!



Autumn

DRY LAND CHALLENGE

- FUNdamentals/U9 players: complete **any 3 activities**
- U11/U13 players: complete **any 3 activities 5 times**
- U15/U18 players: complete **any 5 activities 5 times**

COMPLETE THE CHALLENGE BY NOV 10 FOR A CHANCE TO WIN!

SUBMIT YOUR NAME, TEAM AND ACTIVITY SET [HERE](#).

100 Burpees	100 Jumping Jacks	100 Snap Shots
100 Slap Shots	20min Run	<u>Stick Handling Drills</u>
<u>Jump Rope Drill</u>	100 Wrist Shots	<u>Hockey Yoga</u>

Hosted by CRGHA 2023



[Contact Us](#)

HOWIES HOCKEY TAPE GIVES BACK



Time to start your Christmas Shopping!

As one of our sponsors for the 1st Annual Lightning Strikes Golf Tournament, Howies Hockey Tape generously donated various items and they want to keep to giving back.

If you make any purchases on the [Howies website](#) between now and the end of December, please **use code CRGHA10** and Howies will give 10% back to CRGHA.

PROFESSIONAL WOMEN'S HOCKEY LEAGUE

The inaugural PWHL draft was held on September 18, 2023 at the CBC headquarters in Toronto, making history as the first of its kind for professional women's hockey. The 15 round draft had teams select from a pool of 268 players

PWHL Ottawa had the fifth pick, selecting Savannah Harmon (defence) as their Round 1 pick. The draft continued in a snake format with the following results for PWHL Ottawa:

- Savannah Harmon (D)
- Ashton Bell (D)
- Jincy Dunne-Roese (D)
- Gabrielle Hughes (F)
- Hayley Scamurra (F)
- Darryl Watts (F)
- Aneta Tejralova (D)
- Kateřina Mrázov (F)
- Zoe Boyd (D)
- Kristin Della Rovere (F)
- Lexi Adzija (F)
- Sandra Absteite (G)
- Amanda Boulter (D)
- Caitrin Lonergan (F)
- Audrey-Anne Veillette (F)

These picks will join Emily Clark (F), Brianne Jenner (F) and Emerance Maschmeyer (G) who were previously signed to the team during the league's free agency period. PWHL training camps are scheduled to kick off November 15, 2023, with the inaugural season still on track to start in January 2024.

For the latest PWHL news, you can follow @thepwhlofficial and @pwhl_ottawa.

CONTEST

LIGHTNING ON VACATION

Congratulations to Laurence Lord (U15 BB) on winning a \$100 Gift Card for Safeguard by Phil Martin and to Alyssa Waugh (U11 BB) for winning the most creative photo. Thank you to all that participated, it was great to see everyone enjoying their summers. Special thank you to Safeguard by Phil Martin for sponsoring the contest!



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Promotional Items & Apparel Specialist

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