

LIGHTNING INSIDER

Clarence-Rockland Girls Hockey Association

REGISTRATION OPEN



Registration for the 2023-24 Season is open for all divisions, including FUNdamentals, Intermediate FUNdamentals, U9-U15, and Seniors! Go to the [CRGHA Website](#) to register today or reach out to [Stacey Birtch, CRGHA Registrar](#) if you have any questions!

Note: registration is full at the U18 level for the 2023-24 Season

COMPETITIVE PROGRAM

As announced earlier this year, CRGHA will be implementing an enhanced competitive program this season to support team growth and development. All competitive teams level B, BB, A or AA will participate in this program at an additional cost of \$300 per player. This additional fee will be charged prior to the start of the season, once rosters are finalized and go towards additional ice time and development. Teams that do not qualify for the competitive program (C or House) that would like to secure additional ice time or development sessions are encouraged to contact [Pat Boulерice, CRGHA VP Hockey](#) to discuss how the association can support them in these goals.

U15 & U18 UPDATE

Following the tryouts held earlier this spring, we are excited to announce we will be icing two U15 teams and one U18 team for the 2023-24 Season. We have several new players joining us at these levels from various organizations and would like to welcome them to the Lightning family!

With the formation of these teams, we are also happy to announce the following coaching selections:

U15 C – Stephane Danis

U15 BB – Jordan Ashley

U18 C – Joey Houle

Contact information for coaches and team managers can be found on the [CRGHA Website](#).



U11 & U13 UPDATE

We are currently finalizing the 2023-24 ice times with the City of Clarence-Rockland and will communicate the way forward for U11 & U13 as soon as the information is available. If you have any questions regarding these divisions please contact [Tania Prevost, CRGHA Development Coordinator](#).

GOALIE INCENTIVE



CRGHA is piloting a goalie incentive this season which will provide a 50% registration fee discount to all goalies that play the full season with CRGHA. The discount will be administered via refunds at mid-season (on first installment) and at the end of the season (on second installment). If you have any questions regarding this incentive, please reach out to [Jenn Macleod, CRGHA Treasurer](#).



[Contact Us](#)



CRGHA will be hosting the NHL/NHLPA First Shift Program this year for the first time. This program is designed for those new to hockey and includes six instructor led sessions and a full set of Bauer equipment for all participants. Our program is open to girls ages 5-12 and will run from November 22 – December 17. If you are interested in this program or have any friends or family that might be, please go to www.firstshift.com or email [Stacie Cabana, CRGHA VP Business](mailto:Stacie.Cabana@CRGHA) to find out more!

WEBSITE UPGRADES

We have made several updates to the [CRGHA Website](#) to make it more informative and user-friendly, including:

- Main Menu overhaul
- Information about our organization and programs
- Staff (coach, manager & trainer) resources
- Executive meeting updates
- Sponsorship opportunities
- And more!

We will continue making upgrades over the summer, so if you have any questions or suggestions, please contact [Dylan Waugh, CRGHA Webmaster](#).



UPCOMING EVENTS

LIGHTNING IN NOVEMBER

Back by popular demand!! We will be hosting a Lightning in November event at the Clarence-Rockland Arena this fall. Tentative plans for the event include league games, fun activities and a skills competition. If you would like to get involved, please contact [Stephanie Desjardins, CRGHA Events Coordinator](#). More info coming soon!

CRGHA will be hosting its first Annual Lightning Strikes Golf Tournament on Saturday, September 2nd. The deadline to register is August 20th. We are still looking for golfers, sponsors and volunteers to help make this event a success.

Please reach out to [Stephanie Desjardins, CRGHA Events Coordinator](#) to sign up today!

KEEP CALM AND GOLF ON



Contact Us