

# LIGHTNING INSIDER

Clarence-Rockland Girls Hockey Association

## 2023-24 SEASON

Despite the holiday break, our teams had a busy finish to 2023 start to 2024 collecting hardware along their way. Our U11 BB and

U13 H teams each brought home TWO silver medals since the last edition of the Insider. Our U11 BB fell second to the Gloucester Stars at the Kickin' Ice in the Capital Competitive Tournament December 8-10, only to meet them again at the Caroline Ouellette Girls Hockey Celebration semi-finals one week later in Montreal. This time our girls came out ahead in an intense 2-1 semi-final win, securing them the opportunity to play in the finals at the Bell Centre, home of the Montreal Canadiens and ultimately finishing second in the A category.

Our U13 H team also continued their strong season bringing home the silver in two consecutive tournaments, the first at the Kickin' Ice in the Capital House tournament December 1-3 and then the first Lightning medal of the new year from the Kingston Ice Wolves' Cup January 5-7.



Our U15 BB team continued the Lightning streak, travelling all the way to New Jersey for the OneHockey New Jersey Tournament January 13-16. The team went undefeated all weekend, ultimately bringing home the gold!! Well done teams!!



CRGHA would like to extend a warm welcome to all new members that joined the Association over the Christmas break. We have several new members joining from the NHL/NHLPA First Shift Program and others joining from Ringette or starting new with us. The Lightning Insider is the Association's monthly newsletter and is our primary way to keep our membership up-to-date on activities, events, fundraisers, etc. We are also very active on social media, using Instagram and Facebook to provide timely updates, game/tournament results, and more! If you have not already done so, please take a moment to follow us on these platforms @crghalightning. We hope you enjoy your first season with the Clarence-Rockland Lightning!

# PWHL

The inaugural PWHL season launched on January 1, 2024 in Toronto with a match between Toronto and New York. PWHL Ottawa took the ice at TD Place the following day for their inaugural match in front of a sold out crowd of 8,318 spectators, setting what was a world record for professional women's hockey. Ottawa's first game against Montreal had it all, fast-paced aggressive play, a penalty shot by Marie-Philip Poulin (denied by Emerance Maschmeyer), and overtime. Ultimately Montreal came out on top, but Ottawa's performance did not disappoint. It looks like we will have a strong team to cheer on this season.

Several of our players were lucky enough to take in the action on opening night and a great time was had by all!!!



**PWHL OTTAWA HOME OPENER**  
*January 2, 2024*

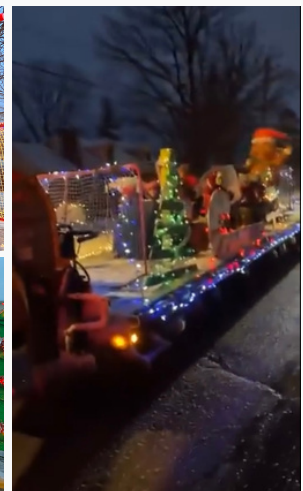


South of the border, Minnesota promptly responded to Ottawa's attendance record with 13,316 fans turning out for their home opener! What an exciting welcome for this professional league.

If you haven't had a chance to check out Team Ottawa, all games are being broadcast on TSN, CBC, and Sportsnet and tickets are still available for most games!

# CLARENCE-ROCKLAND PARADE OF LIGHTS

The Annual Clarence-Rockland Parade of Lights took place on Sunday, December 3rd. The rainy weather didn't stop our girls from having fun! A handful of players and parents braved the weather to ensure Lightning were well represented at this year's parade. Thank you to everyone that participated, helped decorate the float, to Joey Houle for donating the bales, and to Laplante Hauling for generously donating the truck and trailer!



CLARENCE-ROCKLAND GIRLS HOCKEY ASSOCIATION

END OF SEASON BANQUET

2023  2024

**SAVE THE DATE**

Sunday April 21 2024 1-4pm