

LIGHTNING INSIDER

Clarence-Rockland Girls Hockey Association

2023-24 SEASON

CRGHA is excited to announce our teams and coaches for the 2023-24 Season! We would like to extend our gratitude for all volunteer staff stepping up to support our teams this year and look forward to working with you on delivering a great season!

- FUNdamentals - Benoit Serrurier
- U9 House - Yanick Lalonde & Gary Birtch
- U11 House - Phil Martin
- U11 BB - Patrick Boulerice
- U13 H - Ryan Botcher
- U15 H - Stephane Danis
- U15 BB - Jordan Ashley
- U18 C - Joey Houle
- Seniors B - Marie-Frederique Lavigne

We would also like to take this opportunity to remind members that our organization runs solely on volunteers, this includes coaches, managers, trainers, and executive members, each dedicating a significant amount of time away from their work, family and social lives to ensure our teams have a great season. We implore parents, guardians, and all volunteers to respect the 24 hour rule and all CRGHA and OWA policies as we move into the season. Whatever role you play or however you contribute to the season, remember that the girls look up to all of us as role models, let's set a good example.

1ST ANNUAL LIGHTNING STRIKES GOLF TOURNAMENT

CRGHA hosted the 1st Annual Lightning Strikes Golf Tournament on Saturday, September 2 at the Hammond Golf Course. Hot 89.9 FM was onsite to help us kick off the day with great music and free swag, followed by a shotgun start. The teams enjoyed the beautiful weather and an afternoon of golf, followed by a "cook your own steak" dinner provided by Hammond Golf.

The scramble tournament featured several winners:

- Tournament Winner: Jordan Ashley foursome
- Women's Longest Drive: Jocelyne Periard
- Men's Longest Drive: Julien Raymond
- Women's Closest to the pin: Jocelyne Periard
- Men's Closest to the pin: Doug Veld
- Putting Contest: Michel Beauchamp

Congratulations to all of the winners, along with those of the raffles and 50/50!

A huge thank you to all of our sponsors, volunteers and golfers that helped make the day a success! What a great way to kick off the season!!



HOWIES HOCKEY TAPE GIVES BACK

Use code **CRGHA10** on your next purchase

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.



PAYMENT SCHEDULE

First installments for the 2023-24 Season were due on August 31st. If you have not already done so, please get this payment in immediately. 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](#).



**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!

Clarence-Rockland Arena
Sunday, September 24th
8:00 am - 1:00 pm



Contact Us

LIGHTNING IN NOVEMBER

With the golf tournament behind us, preparations for Lightning in November are underway! Building on the success of the Lightning Day held this past January, CRGHA will be hosting a Lightning in November event at the Clarence-Rockland Arena on November 11, 2023. Plans for the event include league games and fun activities on and off the ice. More information will be shared as details are confirmed. We will also be collecting used hockey gear to donate to Next Shift, so if you have gently used gear you are looking to get rid of, we will happily take it and put it towards this great initiative!

We will also be looking for volunteers for the day of the event if you or your player would like to get involved, please contact Stephanie Desjardins, CRGHA Events Coordinator.

PROFESSIONAL WOMENS HOCKEY LEAGUE

On August 29, 2023 the new Professional Women's Hockey League (PWHL) was unveiled with the announcement of it's six inaugural markets. The first six teams will be based out of Montreal, Toronto, New York, Boston, Minnesota and...drum roll...OTTAWA!

This is extremely exciting news for girls hockey in our area and will provide the opportunity for our players to see the best of the best in action. The PWHL's Ottawa team recently announced the signing of three Canadian Olympic Gold Medalists: Emily Clark (forward), Brianne Jenner (forward) and Emerance Maschmeyer (Goalie) to the team.

The PWHL's first season is slated to start in January 2024. For the latest PWHL news, you can follow @thepwhlofficial and @pwhl_ottawa.



LIGHTNING ON VACATION

Hitting the beach? Heading out of town? Don't forget to pack your Lightning gear and send us a picture of you showing off your Lightning pride!

Contest Rules

- Applicant must be a player registered with CRGHA for the 2023-24 Season at time of entry
- Applicant must submit a photo of themselves on summer vacation (this can be anywhere) wearing at least one item of clothing or accessory with the Clarence-Rockland Lightning Logo on it
- Photo must be submitted by 11:59 pm on September 30, 2023 to CRlightningcontest@gmail.com along with the following information:
 - Player's Full Name
 - Player's Division (FUNDamentals, U9, U11, etc.)
 - Where and when the photo was taken
- All qualified entries will be entered into a random draw for a \$100 gift card to Safeguard by Phil Martin and will be included in an upcoming CRGHA social media post
- A secondary prize will also be awarded to the most creative photo
- One entry per player

Haven't had a chance to pick up your gear yet? Contact [Safeguard by Phil Martin](#) or get creative and create your own!

