

LIGHTNING INSIDER

Clarence-Rockland Girls Hockey Association

2023-24 SEASON

It is hard to believe we are nearing the end of the 2023-24 Season...and what a season it has been! Together, as an association, we have many achievements worth celebrating and we hope everyone will join us at this year's End of Season Banquet to send the girls off with a fun-filled afternoon (details on page 2). This will be the final edition of the Insider for the 2023-24 Season, however, please stay tuned to your emails and social media for any updates regarding tryouts and that 2024-25 CRGHA Season.

CRGHA SPRING TRYOUTS

CRGHA will be holding spring tryouts for U13, U15 and U18 in the coming months. Dates, times and locations have been posted to our [website](#). Registration opens March 30th! Please check back regularly as this information is subject to change.

CALLING ALL COACHES



Apply NOW

Coaching applications for the 2024-25 Season are now open. CRGHA is looking for parent and non-parent coaches to lead our teams through the 2024-25 season. If you are interested in coaching next season, APPLY NOW! If you know someone that is interested in coaching, or know someone that would make a great coach, please spread the word. Applications close April 19th.

YOUR OPINION MATTERS

COACHING EVALUATIONS

Coaching evaluations for the 2023-24 Season are now open and will close April 12th. Please note that that our executive team takes coaching evaluations into consideration when making selections for the following season so your feedback is important. Please take a few minutes to complete these evaluations.

MEMBERSHIP SURVEY

The CRGHA executive is seeking members' feedback on the 2023-24 Season. Member surveys are used to guide executive decisions and improve the association. Please take a few minutes to complete this anonymous survey. Survey will close April 12th.



PWHL COMES TO ROCKLAND

On March 9th our players had the opportunity to see the PWHL Ottawa team up close and personal as they came to practice at the Clarence-Rockland Arena. Our girls had the opportunity to watch the 1.5 hour practice and meet many of the players who took the time to chat with our players, take photos, and sign autographs. What an amazing experience for all that participated!



END OF SEASON BANQUET

2023 2024

Clarence-Creek Arena (upstairs) Sunday April 21 2024 1-4pm

1:00 **MAGIC SHOW- BORN TO AMAZE**
Ottawa based magician, Chris Pilsworth, will be putting on a show for all ages!

2:00 **AWARDS CEREMONY**
Let's celebrate our girls' achievements!
3:00 FUNDamentals - U18

3:00 **FUN ACTIVITIES**
Remix Dance will be onsite to teach the girls a fun dance routine, face painting, Safeguard by Phil Martin end of season blowout sale, and more!

The CRGHA 2023-24 End of Season Banquet will be held Sunday, April 21st from 1-4 pm at the Clarence-Rockland Arena (upstairs). This event is open and free to all registered players and immediate family members and is shaping up to be a great afternoon of fun for all ages! If you have any questions or would like to donate door prizes, please reach out to [Stacie Cabana, VP Business](#).

CRGHA ★★★★★ TROPHY CASE DISPLAY

Next time you're at the Clarence-Rockland Arena, be sure to check out the CRGHA trophy case display in the lobby. The display celebrates this season's tournament finalists among other big wins for our teams. We hope the girls are excited to see themselves further represented in their home arena.

CRGHA would like to extend a special thank you to the organizers of the Community Hockey Tournament, Luc and Serge Lavictoire, for providing the space and their unwavering support for girls hockey in our community.

