

LIGHTNING INSIDER

Clarence-Rockland Girls Hockey Association

2023-24 SEASON

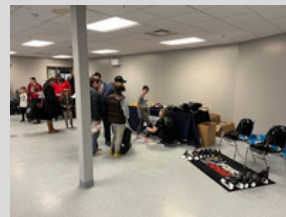
Congratulations to our U15 House team on bringing home the gold from the Halloween Havoc Tournament in Northumberland October 26-29 and to our U11 House team for bringing home the gold from the Smith Falls Cubtown Tournament November 3-5. Well done girls!!



Don't forget to follow us on Facebook and Instagram (@crghlightning) to keep up-to-date on teams' schedules and game/tournament results!

The NHL/NHLPA First Shift Program is officially underway! On November 5, 2023 CRGHA hosted the Bauer Welcome Event at the Clarence-Rockland Arena which invited all participants to come get professionally fitted for their equipment by Bauer's team of fit experts. Each player walked away with a bag full of gear, ready to start their hockey journey.

The ice was full of smiles as the girls participated in their first on-ice session on Sunday, November 12, 2023, with all participants eager to return to the ice. All players will participate in a total of six ice sessions focused on developing their skating and introductory hockey skills and will be invited to join CRGHA programs upon completion.



CRGHA would like to extend a special thank you to our volunteer coaches taking this on in addition to their current teams and to Safeguard by Phil Martin for sponsoring the ice for this program, allowing 14 girls to try the sport with minimal time and financial investment.



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NHL/NHLPA FIRST SHIFT PROGRAM LAUNCH



Contact Us

LIGHTNING IN NOVEMBER

November 11, 2023 12pm Clarence-Rockland Arena

CRGHA's Lightning in November made a triumphant return on November 11th with a great turn out at the Clarence-Rockland Arena. Our younger divisions kicked off on-ice activities with a FUNdamentals fun skate and U9 jamboree which invited 6 teams to play in a round robin of games. Play continued throughout the day, capped off with a U15H win against Gatineau. While teams lit up the ice, activities were non-stop off the ice. The event saw the return of the ever-popular Pick-a-Pop and Mystery Gift Games which made sure no one went home empty handed! Participants also had the opportunity to complete scavenger hunts throughout the rink, enter to win various raffle items, participate in an epic balloon guess, get their faces painted, contribute to the Lightning Wreath of Remembrance, load up on Lightning Gear, and sample the latest in fine BeaverTail pastries. The day concluded with various draws, resulting in the following winners:

Scavenger Hunt - JR (\$10 Mr. Puff's Gift Card)

- Sterling M, Ariya B, and Sadie E.

Scavenger Hunt -SR (\$10 Starbucks Gift Card)

- Melanie C, Diva D, and Piper O.

Balloon Guess

- Homemade Hockey Blanket – Shawn S.
- \$15 Tim Horton's Gift Card – Mary M.

Pick-a-Pop (\$60 Read the Book/See the Movie Gift Card)

- Bria

Raffle

- Stay Hydrated – Leslie. G.
- Player Pack – Jacques B.
- Stay Warm for Winter – Isabelle S.
- Snack Attack – Isabelle S.
- Golf & Relaxation – Mack J.
- Goalie Pack – Annette

Silent Auction

- Signed Frederik Anderson Goalie Stick – Mack J.
- Signed Brienne Jenner Banner – Michel B.



Thank you to everyone that participated and congratulations to all winners! Celebrations continued into the evening with Lightning Night at the Rockland Nationals Junior A game where Mayor Mario Zanth joined our Captains in a ceremonial puck drop and a great time was had by all witnessing the Nationals defeat the Smith Falls Bears 6-5 in an intense match.

We would like to extend a special thank you to the event organizing committee, volunteers, staff, and parents that helped make this day so much fun for the girls. We'd also like to give a big shout out to the U15H team for ensuring the FUNdamentals had a fun on-ice experience and to the U15H and U18C girls that donated their artistic skills to the face painting table. Your time and generosity are truly appreciated by all involved.



AUTUMN DRY LAND CHALLENGE

Congratulations to all players who completed the CRGHA Autumn Dryland Challenge.

The winner of the 4 x Ottawa 67's tickets was Lydia Shank (U11 BB) and the team that had the highest percentage of players completing the challenge, winning \$150 towards any team activity, was U11 BB. Well done everyone!!

Unfortunately due to low participation rates CRGHA will not be running any additional challenges this season, but encourage all teams to run similar challenges should they want to promote dryland development.

PROFESSIONAL WOMEN'S HOCKEY LEAGUE

THE PWHL recently announced their training facilities for their inaugural season,, still slated to start in January 2024. The PWHL Ottawa team's practice facility will be TD Place, home of the Ottawa 67's. The team is currently hosting their training camp at the facility and recently gave a sneak peak of their digs on their social media. (below).




More exciting news was announced this week, the league introduced the jersey designs we can expect to see on the ice come January. The original six teams will all wear a similar style with their home city marked diagonally across their chest, with Ottawa sporting red, white and storm colours.




CLARENCE-ROCKLAND PARADE OF LIGHTS

The Annual Clarence-Rockland Parade of Lights will take place on Sunday, December 3rd. CRGHA will once again be putting together a float for the parade and will be looking for players to ride on and walk alongside the float. If you are interested in participating, please contact our Events Coordinator, Stephanie Desjardins, no later than Friday, November 24th. Please note that only players 10 and older are able to walk, all participants younger than 10 must ride on the float.

FUNDRAISER ALERT



CRGHA is taking over Rockland Boston Pizza



U13 H
WEDNESDAY, NOVEMBER 22 5-8 PM

U11 BB
MONDAY, NOVEMBER 27 5-8 PM

U11 H
WEDNESDAY, NOVEMBER 29 5-8 PM





Contact Us

THE LIGHTNING STAIRS FUNDRAISER

If you have been on Pad 1 of the Clarence-Rockland Arena lately you may have noticed some upgrades to the stairs. Our executive board was unanimous when it came to the importance of having our girls represented at their home arena and that having our name and logo on the stairs was the best way to accomplish this. Fortunately, the board was able to secure design and installation services free of charge, reducing costs of the project significantly. We would like to thank Bryan from Amplifyit and Dan from Hometown Deco for donating their services and expertise to this project. We genuinely could not have achieved this without their generosity.



from all of us at the
 Clarence-Rockland Girls Hockey Association



U9 LIGHTNING DRINK

How many minor hockey teams do you know that have their OWN DRINK? Our U9 team has partnered up with Rockland Nutrition putting the "fun" in fundraiser. \$1 for each Lightning Drink sold goes directly back to the team! Swing by Rockland Nutrition to grab yours today!

HOLIDAY HIATUS

There will be no Lightning Insider for the month of December due to the holidays. The CRGHA executive would like to wish all Lightning Families a wonderful holiday season!

