

LIGHTNING INSIDER

Clarence-Rockland Girls Hockey Association

2023-24 SEASON U11 PATHWAY & TRYOUTS

CRGHA would like to extend a warm welcome to all families joining us for the 2023-24 Season, which is gearing up to be one of our best ones yet! Many teams will be hitting the ice before the end of the month, leaving us wondering - Where did summer go? but also - Thank goodness hockey is back! As teams are formed and activities begin, it is natural that players and families may have questions regarding decisions and actions taken by the board or CRGHA staff. Should members find themselves in this position, we ask that you contact the responsible board member, if you are unsure as to who the correct contact is, questions can also be sent to lightning@crgha.ca and will be directed accordingly.

CRGHA is happy to announce the dates and times for the U11 conditioning and tryout sessions for the 2023-24 Season! This season the goal is to ice both U11 House and BB teams. Depending on registration numbers and skill level, we may be in a position to ice a third lower level U11 competitive team. Please find additional information on the upcoming sessions below.

U11 Conditioning Sessions

In line with Hockey Canada's pathway for U11, CRGHA invites all U11 players registered for the 2023-24 season to participate in four conditioning sessions. There is no additional fee required to participate in these sessions, but all players must register via RAMP (for both the Conditioning Sessions and the 2023-24 Season) no later than August 16, 2023.

Sunday, August 20 8:00 am - 9:30 am Clarence-Rockland Arena (CIH)
 Tuesday, August 22 7:00 pm – 8:00 pm Clarence-Rockland Arena (CIH)
 Friday, August 25 5:00 pm – 6:00 pm Clarence-Rockland Arena (CIH)
 Saturday, August 26 9:00 am – 10:00 am Clarence-Rockland Arena (CIH)

U11 Competitive Tryouts

All players wishing to attend competitive tryouts must be registered for the 2023-24 Season and register for Conditioning Sessions/Tryouts (including full payment of the \$100 Tryout fee) via RAMP no later than August 16, 2023.

Friday, September 8 5:00 pm – 6:00 pm Clarence-Rockland Arena (CIH)
 Saturday, September 9 3:00 pm – 4:00 pm Clarence Creek
 Sunday, September 10 8:15 am – 9:15 am Clarence-Rockland Arena (CIH)
 Exhibition Game (TBC)

Please check the schedule on our website regularly as times are subject change

REMINDER

REGISTER NOW

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!

U13 RUST-OFF

All registered U13 players are invited to take the ice for a rust-off session at the Clarence-Rockland Arena August 20, 2023 at 9:30 am. No special registration or fee is required for this session but all participants MUST be registered with CRGHA for the 2023-24 Season. Dates and times are subject to change, please check our website for updates. If you have any questions regarding this session, please contact Tania Prevost, CRGHA Development Coordinator.



Contact Us


BAUER


NHL/NHLPA FIRST SHIFT

Change of dates announced

CRGHA and Safeguard by Phil Martin are bringing the NHL/NHLPA First Shift Program to Clarence-Rockland! 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. The program is kicked off with an exciting Welcome Event that hosts Bauer representatives and welcomes all participants to be personally fitted for their equipment. Our program is open to girls ages 5-12 and will run from **November 5 – December 15**. This is a great opportunity for girls new to the sport to try it out!

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.VP.Business) to find out more!



CRGHA COMPETITIVE PROGRAM

CRGHA continues to make arrangements for the implementation of the 2023-24 competitive program. 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. As part of the program, we will also be implementing the equipment changes to these teams as established by the CRGHA executive board in 2021, which identified two years as a transition period. Effective this season, all competitive teams level B and up will be required to wear:

- Black Lightning track suits (CX Model)
- Lightning pant shells
- Black helmets
- Black gloves

Track suits and pant shells can be purchased from Safeguard by Phil Martin. It is recommended you consult your team coach and manager prior to making purchases. If you have any questions regarding this program, please contact [Pat Boulerice, CRGHA VP Hockey](mailto:Pat.Boulerice@CRGHA.VP.Hockey).

CRGHA GOES HOLLYWOOD

Gang de hockey - Season 2

On August 10th, members of our U18 C team had the opportunity to participate in the filming of Gang de hockey, a TFO television series that follows the ups and downs of a girls hockey team that is put together against challenging odds at La Vallée High School. The girls played members of the "Rockland Lightning" playing against La Vallée High School, the central team of the series. The girls spent the entire morning on the ice shooting a total of six scenes and scoring a few goals. You'll need to tune into the series to find out if they win or lose their big game!



Thank you Ozaka B., Laurie S., Ève L., Mikayla H., Zoé C., Élodie B., and Van P. for sporting the lightning bolt with pride on the small screen!!



Contact Us

EVENTS

LIGHTNING IN NOVEMBER

Date announced!!
 CRGHA will be hosting a Lightning in November event at the Clarence-Rockland Arena November 11, 2023. Tentative plans for the event include league games, fun activities on and off the ice. Additional details will be finalized once all teams have been formed. If you would like to get involved, please contact [Stephanie Desjardins](#), CRGHA Events Coordinator.

LIGHTNING STRIKES GOLF

CRGHA will be hosting the first Annual Lightning Strikes Golf Tournament on Saturday, September 2nd. Thank you to everyone that has come forward to support this event, it is lining up to be a really fun day! The deadline to register and for payment is August 20th. We are still looking for golfers, sponsors and volunteers. Contact [Stephanie Desjardins](#), CRGHA Events Coordinator to sign up today or if you are interested in sponsoring this event!

TOURNAMENT



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!

Safeguard[®]
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 Promotional Items & Apparel Specialist
phil.martin@gosafeguard.com