



October 2025
Edition

B.A.H.A BEAT

All GOALIES GAME!!



VS



SUNDAY DEC 21

7:30-8:30 PM

ENTRY FEE WILL BE A DONATION TO
BEAUMONT AND DISTRICT FOOD BANK.



BBHL WINTER CLOTHING DRIVE

WILL ALSO BE THERE SUPPORTING AND RUNNING THEIR
WINTER CLOTHING DRIVE - HELP THOSE IN NEED IN OUR
COMMUNITY BY DONATING GENTLY USED ARTICLES OF
WINTER CLOTHING WHILE CHECKING OUT THE MOST
ACTION WITH PADS ON!

Upcoming BAHA Events

School's Out, Skates On
Sessions for U7-U13
October 20 & 22
See links on website

Manager forms
submission @ BAHA
office
Oct. 15 6-8pm

BAHA Photo Day
October 18
@ BSRC

Spice up the Ice
@Leduc Recreation
Center
October 18
see post for details

Forecheck Backcheck
Paycheck PD Camp
Day on **Nov. 3**
TeamSnap Registration

Grit & Glory PD Day
Camp
December 1
TeamSnap Registration

REMINDER

Managers need
to submit:

\$2500 Bond
cheque

Athletes code of
conducts

Managers &
Coaches
Code of Conduct

Team budgets
Parent meeting
Agenda &
Attendance

*All put in files on
TeamSnap*

DID YOU KNOW BAH A HOSTS 3
TOURNAMENTS A SEASON?

PHILIP OH U11 MEMORIAL TOURNAMENT
BOSTON PIZZA U7 JAMBOREE
U13 R&R MEMORIAL TOURNAMENT

**TO MAKE THESE HAPPEN WE NEED
SPONSORS!**

WE ARE NOW ACCEPTING CORPORATE SPONSORS TO PARTNER WITH, FOR OUR UPCOMING TOURNAMENTS! THESE EVENTS COULD NOT HAPPEN WITHOUT THE GENEROUS SUPPORT OF OUR COMMUNITY. THIS YEAR WE ARE SEEKING NEW SPONSORS TO HELP MAKE 2025 THE BEST TOURNAMENT SEASON YET. WITH YOUR SUPPORT WE CAN CREATE A MEMORABLE TOURNAMENT FOR OUR ATHLETES PLUS VISITING TEAMS FROM NEAR AND FAR. WE OFFER DIFFERENT LEVELS OF SPONSORSHIP OPPORTUNITIES. FOR INFORMATION ABOUT HOW YOUR BUSINESS CAN PARTNER WITH BAH A TO RECEIVE ADVERTISING THROUGHOUT THE SEASON.

PLEASE CONTACT OUR TOURNAMENT DIRECTOR, EMILY SAMPSON

 **ESAMPSON@BAHA.AB.CA**



**ATTENTION
COACHES!!**



REMINDER

Coaching certifications INCLUDING:
Vulnerable Sector Check, Respect In
Sport and Hockey Alberta Clinics are due
by NOVEMBER 15th!

If you have questions please reach out to
vp-admin@baha.ab.ca



BAHA CONTACT INFO

PRESIDENT

Matt Metcalf
President@baha.ab.ca

VICE PRESIDENT ON-ICE

Adam Hand
vp-operations@baha.ab.ca

VICE PRESIDENT OFF-ICE

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U15 DIRECTOR

Shaun Berube
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U13 DIRECTOR

Jake Quast
U13-director@baha.ab.ca

U11 DIRECTOR

Chris Bouyea
U11-director@baha.ab.ca

U9 DIRECTOR

Pat Kehdy
U9-director@baha.ab.ca

U5/7 DIRECTOR

Brandon Sweezey
U7-director@baha.ab.ca

EQUIPMENT DIRECTOR

Jonathon Hart
Equipment-director@baha.ab.ca

FUNDRAISING DIRECTOR

Sara Foster
Fundraising-director@baha.ab.ca

TOURNAMENT DIRECTOR

Emily Sampson
Tournament-director@baha.ab.ca

REFEREE-IN-CHIEF

Lance Hyndman
Referee-in-chief@baha.ab.ca

AA DIRECTOR

Jamie Huxley
aa-director@baha.ab.ca

GOALIE DIRECTOR

Abudi Radwan
Goalie-director@baha.ab.ca

COACHING DIRECTOR

Steve Thackeray



 **Date:** October 18, 2025 (please ensure your team arrives 5-10 minutes early)

 **Time:** As per email from BAHA

 **Location:** BSRC – Upstairs Meeting room

 **Address:** 5001 Rue Eaglemont

What to Wear:

Please have your players arrive in full equipment, excluding the helmet, skates, and neck guard. If your team has home and away jerseys, please wear your **DARK** jersey. For older Age divisions please see email for picture attire.

Sibling Photos:

If your families have another child in the association, they may bring both children to either of the team's photo time to get their photos taken at the same time. Just have them let the volunteers/photographers know the sibling's team and name when they arrive.

NEW FEMALE HUB in partnership With LMHA for 2025



BLACK GOLD FEMALE PROJECT 2025

Send us your ideas on what to call this new venture!
Submit your Brand name ideas and/or logos to :
bgfp@lmha.ab.ca
by October 13, 2025

brand
IDENTITY HERE



**LET'S UNITE,
BUT WHAT ARE
WE CALLED?**

Voting on top 3 ideas will open by October 15, 2025

A FREE fall-themed event for all our female players and supporters featuring an on-ice session full of costumes, games, and prizes, followed by an afternoon of snacks and warm drinks! The three-hour event includes 90 minutes on the ice with fun hockey-inspired activities and a costume contest, with prizes for the best team and individual costumes. After skating, participants can relax with coffee, hot chocolate, and fall-themed treats while enjoying time together off the ice. Please arrive 30 minutes before.

[Hockey Canada Registration Link](#)
[3rd Annual World Girls Ice Hockey Weekend Registration](#)
For more info: Contact
femaledevelopment@lmha.ab.ca



Roughnecks IMPACT

3rd Annual
SPICE UP THE ICE

Presenting the Black Gold Female Hockey Project

2025 IIHF World Girls Ice Hockey Weekend #WGIHW

October 18th @ 1:00 PM / Aspen Custom Trailers Arena - Leduc Recreation Center



[Registration Link!](#) *Costume contest on ice*

Win Prizes for the Best on-ice individual and team costumes!

All Female Players, Teams and their supporters are welcome! Follow the QR code or Link for registration!

IIHF World Girls Ice Hockey Weekend CANADA ALBERTA



Beaumont Athletic Club

Come out and Cheer on our BAC Teams!

COMMITTEE **BOARD** **CONTACTS**

PRESIDENT
Matt Metcalf
president@baha.ab.ca

BAC DIRECTOR
Jamie Huxley
jhuxley@baha.ab.ca

**BAC COORDINATOR &
REGISTRAR**
Lisa Miller
lmiller@baha.ab.ca

**U11AA/U15AA
DIRECTOR**
John Baker
jbaker@baha.ab.ca

**U13AA & TECHNICAL
DIRECTOR**
Scott Hayes
shayes@baha.ab.ca

U11AA Beaumont Orthodontic Blazers:

October 18 vs Camrose Vikings KNRRRC 1, 1:30 pm
November 1 vs Leduc Roughnecks KNRRRC 1, 1:30 pm
November 15 vs Sturgeon Sting KNRRRC 1, 1:30 pm

U13AA BAC Elan:

October 18 vs St. Albert KNRRRC 1, 5:45 pm
October 19 vs Sturgeon BSRC, 12:45 pm
November 2 vs MLAC KNRRRC 1, 4:15 pm
November 8 vs KC KNRRRC 1, 5:45 pm

U15AA BAC PTO Industries:

October 31 vs NHC KNRRRC 2, 7:45 pm
November 1 vs PAC KNRRRC 1, 8:15 pm
November 15 vs MLAC KNRRRC 1, 3:15 pm

U16AA BAC Acme Scrap Iron & Metals:

October 18 vs CAC KNRRRC 1, 8:15 pm
November 1 vs KC KNRRRC 1, 5:45 pm
November 15 vs SPKAC KNRRRC 1, 5:45 pm

U18AA:

October 19 vs TRAC KNRRRC 1, 4:15 pm
November 2 vs Wainwright BSRC, 12:45 pm
November 8 vs SPKAC KNRRRC 1, 8:15 pm
November 9 vs Camrose KNRRRC 1, 6:45 pm

Website:

www.beaumontathleticclub.com

Instagram: @bacbeaumont

Facebook: Bac Beaumont

A huge Thank you
to our 4 Title
Sponsors



**If there's anyone looking to
be a Title Sponsor this season
U18AA is still looking. Reach
out to Lisa Miller.**

Hey Coaches, take a look!!!



CASH MAKSYM

Goalie Coach

780.245.0579

cashmaksym@gmail.com



My name is Cash Maksym. I am a certified lifeguard with experience coaching both swimming and hockey. I have been a hockey goalie for eight years with Beaumont Amateur Hockey Association, I have had the opportunity to train with a few fantastic goalie coaches, which has helped me build strong athletic skills, discipline, and teamwork.

Services

Too often, minor hockey coaches aren't sure how to properly develop their goalies, and that's where I come in. My program is designed to support both goaltenders and coaches, helping each reach their full potential.

Sessions are offered as a package: \$160 for 4 on-ice practices— just \$40 per session. Each one-hour session includes 20 minutes of focused, individualized goalie training. After that, I stay on the ice for the remainder of practice to support both the goalie and coaches, helping refine the skills we worked on. Keeping the dedicated portion short ensures it fits seamlessly into a minor hockey team's regular practice while still giving the goalie the targeted development they need.



Sessions Package 1

Session 1

- Assessment of goalie and their skill set
- Directed focus on skating skills goalies need

Session 2

- Shooting drills, focus on glove and blocker saves.

Session 3

- Skating: butterfly pushes and glides

Session 4

- Stick saves and belly catch

Sessions Package 2

Session 5

- Position on the net: Depth, angle, square

Session 6

- Putting it together: Shooting drills with skating

Session 7

- Wrap arounds & puck handling drills

Session 8

- Rebound control & positioning

Contact

I'd love to work with your goalie and coaches. Please reach out for more information or to set up your package sessions.

cashmaksym@gmail.com

780.245.0579