

COWICHAN VALLEY capitals

FEBRUARY NEWSLETTER

2026



**CONGRATULATIONS
DIVISION 2 LEAGUE CHAMPIONS!**

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FEBRUARY TOURNAMENTS

U8 C1 had a blast at the Comox Valley Jamboree!

Read more about February tournaments on pages 11-12.

Membership Survey

We distributed a member survey in October and received 27 responses with a diverse range of perspectives, concerns, and suggestions.

The major themes of the feedback are:

- Members want greater transparency and responsiveness from the Board and administration. We hear that feedback loud and clear and are continuing to listen, and increase communication, to members. These Member Update newsletters will continue to be a source of sharing information with members: please read on for more information and updates.
- Members would like greater clarity about the process of how complaints are handled. This issue – and ensuring the integrity of the complaints process and the ability for all members to make good-faith complaints without fear of retaliation – is very important to the Board.

In the section titled “Complaints Process” below, we describe the existing policies around complaints, provide information about how complaints are handled in practice, and provide information for how members can escalate complaints to VIAHA or BC Hockey if they feel they’re not being appropriately addressed by the Board. An effective complaints process is essential to governance and trust at CVMHA.

- Members agree on the importance of safety policies such as the two-deep rule and neck guards, but would like more information about and consistency in enforcement of these policies. We hear these requests and are improving our safety programming, led by the work of Cory Mathews, Risk Manager.
- Several respondents expressed a desire to see CVMHA be more proactive, organized, and forward-thinking in its hockey programming, modeling after other strong programs on the Island.

There is strong interest in power skating, goaltender development, and skills sessions, with members hoping for consistency in the programming and related communication. From other conversations Board members have had, many members also find Sunday evenings challenging to attend development sessions due to fatigue from weekend games and preparation for the school week.

While we are restricted by the limited availability of weekday evening ice, the Board is exploring opportunities to continue improving development in the 2026-27 season.

- There was a great degree of difference in ratings of the effectiveness of practices, with some respondents rating them highly and others noting concerns including lack of coach education, short ice times, and having high numbers of players on the ice at younger age levels.

The Board is evaluating options to address these concerns and continues to encourage coaches to adopt modern, evidence-based practice plans that increase reps and puck touches, minimize idle time, and focus on core skill development especially at younger age levels. More information on the modern approach to practices will be provided to coaches in advance of the 2026-27 season.

We note that all major national programs have adopted a skills-first (as opposed to systems) approach, including Hockey Canada, USA Hockey, and European organizations. As has been pointed out by many current and former NHL professionals, hockey players can't execute a breakout or forecheck if they lack the skating, stickhandling, and passing skills of their opponents. We see this frequently in competition against other associations that focus on skill development and, as a result, can effectively play good systems hockey as well.

- Respondents supported the following mission statement and organizational values, which were formally adopted by the Board at the December 3, 2025 meeting:

CVMHA's mission is to provide children and young adults in the Cowichan Valley with the opportunity to grow a lifelong love of hockey through safe, supportive, and affordable programs that emphasize skill development, teamwork, respect, and personal growth.

CVMHA's organizational values are:

- **Fun:** Hockey should be a fun experience for every player, coach, volunteer, and family, leaving lasting positive memories. Having fun is fundamental to building our Association, and we support fun by fostering a positive environment and celebrating effort and achievement.
- **Respect:** Respect is the foundation of a safe, inclusive hockey culture. We treat all participants - regardless of age, experience, identity, or background - with dignity and care. Respect is shown through our words, actions, and attitudes toward teammates, opponents, coaches, officials, and volunteers.
- **Integrity:** We hold ourselves to the highest standards of honesty, fairness, and accountability, treating every situation with transparency and care. We build trust with our members through ethical decision-making and open communication.
- **Teamwork:** Our association is stronger when we work together: players, coaches, officials, volunteers, and families. We emphasize the importance of communication, mutual support, and cooperation across all levels of our organization, from the team-level to the Board.
- **Development:** We are committed to developing our players, both as athletes and people. We deliver programs that challenge participants to grow their skills, confidence, and understanding of the game.

Board Changes



As noted in our last update dated October 7, we were seeking applicants for several Board positions. Those positions were filled at the November Board meeting as follows:

- **Pat McNary** resigned from the position of Vice President and was elected by the Board to assume the role of Referee-in-Chief for the remainder of the term (until spring 2027).
- **Ashley Kinnaird** was elected Vice President for the remainder of the term (until spring 2026).
- **Ivan Schulz** was elected U11/U13 Divisional Coordinator for the remainder of the term (until spring 2027).
- **Russ Middleton** was elected U6-U9 Divisional Coordinator for the remainder of the term (until spring 2027).

Additionally, CVMHA has contracted the services of **Chris Day** as Officials Assignor. Chris has done an outstanding job in the role to date, and we express our gratitude for his hard work.

Referee's Corner



The Association is thankful for the hard work of our referees and linespersons, as well as off-ice volunteer officials, this year. Refereeing is a demanding and difficult job which is vital to hockey, and the dedication and efforts of our officials is greatly appreciated.

Thank you to those who have served as CVMHA officials during the 2025-26 season

Angus Donovan

Brodie Wade

Bryson Pullin

Caleb Barton-Shaw

Chase Landsiedel

Chris Day

Cole Van Deventer

Eric Vaast

Ethan Nessman

Grace Work

Greyson Robertson

Griffin Demeter

Halle Dow

Ian Zibin

Jane Mann

Jasneel Singh

Jay Work

Jena Windsor

Kayden Stevenson

Kesler Kopke

Kimberly Mildenstein

Konrad Burno

Kyle Kendall

Kyle Leach

Mark O'Neill

Mason Rauh

Nathan Theriau

Neil Hamilton

Nicholas Thomson

Nikolas Barbounis

Owen Stevenson

Pat McNary

Raunik Vashisht

Reid Ellingson

Robert Purcell

Shane Friesen

Thomas Droppo

Trevor Ford

We're looking for more referees to join us next year! Stay tuned for information about how to register for clinics and get certified as an on-ice official.

Complaints Process



The integrity of the complaints process is critical to safety and trust at CVMHA. If you are not satisfied with the response to a complaint after submitting it at the appropriate level, you should escalate it as shown in the chart below, and ultimately to BC Hockey. Note, however, that complaints that are initially submitted above the appropriate recipient will be sent down to that recipient (e.g. if a minor complaint is initially submitted directly to VIAHA, it will be referred back to CVMHA).

Before submitting

- Wait at least 24 hours (unless it's an emergency).
- Prepare a written summary focusing on facts and evidence.

Complaint categories

1. General team/coach/parent issues (excluding maltreatment/bullying/harassment/child abuse):

- Player conduct, skill placement or team fit, ice time, parent/spectator conduct, parent-to-parent conflict, coaching conduct/performance, affiliate player issues, dressing room or transportation (Two-Deep Rule), other issues.
- Escalation path:
 - i. Your Team Manager (Manager notifies VP)
 - ii. Your Divisional Coordinator (DC notifies VP)
 - iii. CVMHA Vice President
 - iv. VIAHA Vice President (Mid Island)

2. Player evaluation complaints

- CVMHA Vice President → VIAHA Vice President (Mid Island) (if not resolved).

3. Maltreatment, bullying, harassment, child abuse

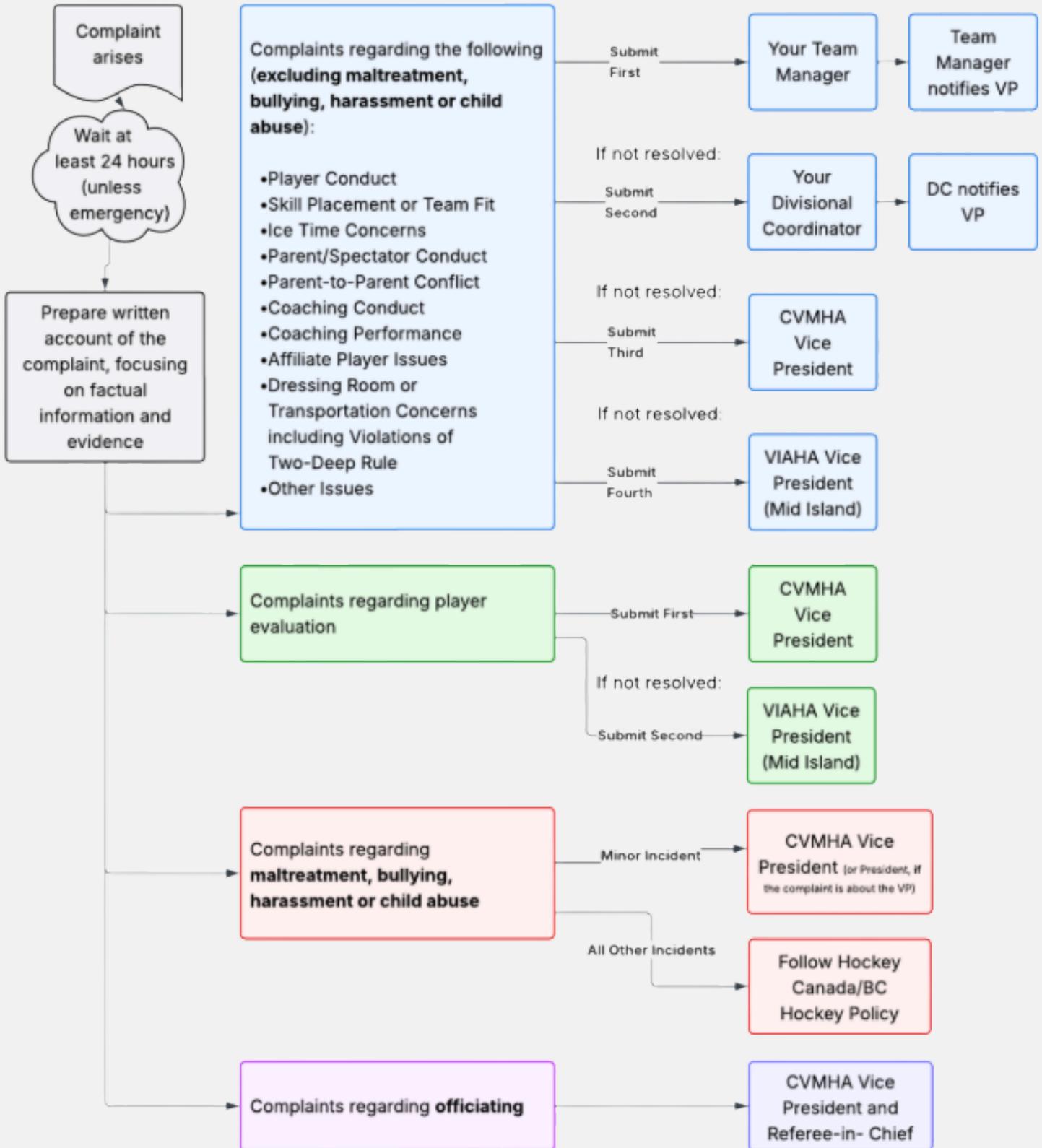
- Minor incident → CVMHA Vice President (or President if the complaint is about the VP)
- All other incidents → Follow Hockey Canada/BC Hockey policy.

4. Officiating complaints

- CVMHA Vice President and Referee-in-Chief.

The following flowcharts summarize who handles complaints at CVMHA and how they're handled, in accordance with the Policy Manual.

Complaint Reporting Protocol (Who Do I Report To?)



Complaint Handling Process (What Happens With Complaints?)

Complaints Not Related to Maltreatment, Bullying, Harassment, or Child Abuse

Step 1: Minor Complaints

Complaint is received by appropriate person (the Team Manager or Divisional Coordinator), who evaluates the complaint and notifies the VP. Team Managers and Divisional Coordinators attempt to resolve minor issues without further escalation.

If the complaint is not resolved to the satisfaction of the parties at Step 1, or the complaint is serious in nature:

Step 2

Complaint is received by the VP, who evaluates the complaint and determines who will sit on the applicable Complaint Investigation Committee. The Complaint Investigation Committee investigates the complaint and determines an appropriate response, including striking a Discipline Committee if necessary.

If the complaint is not resolved to the satisfaction of the parties at Step 2:

Step 3

Complaint is escalated to VIAHA for resolution.

Complaints Related to Maltreatment, Bullying, Harassment, or Child Abuse

Minor Complaints

Complaint is received by the VP, who evaluates the complaint and determines who will sit on the applicable Complaint Investigation Committee. The Complaint Investigation Committee investigates the complaint and determines an appropriate response, including striking a Discipline Committee if necessary.

If the complaint is not resolved to the satisfaction of the parties at Step 1, or the complaint is serious in nature:

All Other Complaints

Complaint should be filed in accordance with the Hockey Canada and BC Hockey Maltreatment, Bullying and Harassment Protection and Prevention Policy, including reporting to Safe Sport and law enforcement as required. VP should also be notified.

Feb Tournament Medalists



COWICHAN VALLEY
capitals

CONGRATULATIONS

TIGH-NA-MARA CVMHA U11 DEV

GOLD AT JDF FAMILY DAY TOURNAMENT



Feb Tournament Medalists



**CONGRATULATIONS
U13 FEMALE CVMHA**



**BRONZE WINNERS
AT THE OCEANSIDE FAMILY DAY TOURNAMENT**

Regular Season Standings



STANDINGS

VIAHA U21 North Regular Season c

#	TEAM	GP	W
1	OMHA U21 C1	12	11
2	NMHA U21 C2	12	6
3	-	10	5
4	COMOX U21 C1	11	5
5	CVMHA U21	12	3
6	NAN U21 C1	11	0

STANDINGS

VIAHA Female U18C Regular Season c

#	TEAM	GP	W
1	U18C FEMALE	11	10
2	CRF U18 C3	12	9
3	CRF U18 C1	12	7
4	CV U18 FEM C1	11	4
5	CR U18 FEM C1	12	3
6	CRF U18 C2	12	2
7	U18-FEMALE - C	12	1

STANDINGS

VIAHA Mid-Island League U18 Regular Season c

#	TEAM	GP	W
1	OS U18 C1	12	12
2	ALBERNI VALLEY MHA (3) U18 'C2 BULLDOGS	12	8
3	LK U18 C1	12	6
4	CV U18 C1	12	4
5	NAN U18 C2	12	5
6	OMHA U18 C2	12	5
7	AV U18 C1	12	4
8	NAN U18 C3	12	4
9	NAN U18 C4	12	4
10	CV U18 C2	12	4
11	NAN U18 C1	12	3

STANDINGS

VIAHA Mid-Island League U15 Regular

#	TEAM	GP	W
1	NAN U15 C2	12	9
2	AV U15 C2	12	9
3	NAN U15 C3	12	8
4	CV U15 C2	12	8
5	LK U15 C1	12	8
6	NAN U15 C1	12	5
7	CV U15 C1	12	4
8	OS U15 C1	12	2
9	NAN U15 C4	12	1
10	AV U15 C1	12	1

Regular Season Standings



STANDINGS

VIAHA Female U13C Mid Regular Season c

#	TEAM	GP	W
1	LC U13 FEM C1	12	12
2	NAN FEM U13 C1	12	5
3	CV U13 FEM C1	12	5
4	NANAIMO MHA (1) U11 FEMALE DEVELOPME	12	3
5	NANAIMO MHA (1) U13 FEMALE 'C'2 CLIPPE	12	2

STANDINGS

VIAHA Mid-Island League U13 Regular

#	TEAM	GP	W
1	CV U13 C2	12	10
2	NAN U13 C4	12	8
2	NAN U13 C2	12	8
4	NMHA U13 C6	12	8
5	NAN U13 C1	12	8
6	NAN U13 C3	12	7
7	OS U13 C1	12	5
8	CV U13 C1	12	5
9	OS U13 C2	12	4
10	CVMHA U13 C3	12	3
11	NAN U13 C5	12	2
12	AV U13 C1	12	2
13	LK U13 C1	12	2

STANDINGS

VIAHA Mid-Island League U11 Regular

#	TEAM	GP	W
1	CV U11 C3	12	8
2	CV U11 C1	12	9
3	LC U11 C1 LAKERS	12	7
4	CV U11 C2	12	7
5	NAN U11 C7	12	7
6	OS U11 C1	12	7
7	NAN U11 C5	12	7
8	NAN U11 C3	12	6
9	NAN U11 C4	11	6
10	NAN U11 C2	11	5
11	NMHA U11 C6	12	4
12	NMHA U11C8	12	4
13	AV U11 C2	12	4
14	OS U11 C2	12	3
15	NAN U11 C1	12	1
16	AV U11 C1	12	0

Regular Season Standings - Comp



STANDINGS

VIAHA Island League U18 Division 2 A

#	TEAM	GP	W
1	NAN U18 T2	12	8
2	CVMHA U18	12	7
3	VIC U18 T1	12	5
4	JDF U18 T2	12	4
5	PEN U18 T3	12	1

STANDINGS

VIAHA Island League U13 Division 3 A

#	TEAM	GP	W
1	P.RIVER U13 T3	10	6
2	AV U13 T3	11	6
3	CV U13 T2	11	6
4	CR U13 T3	10	4
5	PEN U13 T2	12	4
6	TP U13 T3	10	3
7	U13 FEM A	3	0
8	CRF U13 FEM A	1	0

STANDINGS

VIAHA Island League U15 Division 2 A

#	TEAM	GP	W
1	NAN U15 T2	12	9
2	CV U15 T2	12	9
3	SOOKE U15 T3	12	6
4	PEN U15 T2	12	3
5	VIC U15 T2	12	1
6	U15 FEM A	0	0
6	CRF U15 FEM A1	0	0

STANDINGS

VIAHA U11 Development Division 1 Regular

#	TEAM	GP	W
1	COMOX U11 DEV A	12	12
2	CR U11 DEV A	12	6
3	NAN U11 DEV A	12	4
4	CV U11 DEV A	12	3
5	VRC U11 DEV A	12	3

Player Spotlight Ylagan Brothers!



ANDREW #5
U11 C3



LUKE #14
U13 C3



Player Questionnaire

- 1 What is your nickname on the team?
- 2 What is your go-to pre-game meal?
- 3 What is your favourite junk food?
- 4 What is your favourite hockey team?
- 5 Who is your favourite player?
- 6 What position do you play?
- 7 How long have you been playing hockey?
- 8 What is your biggest hockey pet peeve?
- 9 What makes a good teammate?
- 10 What is your favourite celly?
- 11 Who has been your most inspirational coach?
- 12 What is your favourite brand of hockey stick?
- 13 What is your favourite thing to do outside of hockey?
- 14 What is your favourite movie?
- 15 Where has been your favourite hockey tournament?
- 16 What is your favourite hockey number?
- 17 Who do you think is going to win the 2026 Stanley Cup?
- 18 Do you have any pets?
- 19 Do you play any other sports? If so which ones?
- 20 Where is the farthest you have travelled for a hockey game?

I do not have one

Banana & Chocolate Milk

Chips & Iced Tea

Edmonton Oiler

McDavid

Center

5 years

Offsides

Being kind on and off the ice

Belly Slide

My Brother Wyatt

Bauer Nexus Launcher

Football w/ Friends

Lord Of The Rings

Calgary

#5

Edmonton Oiler

Our Dog Baxter

Football

Calgary

Lukie

Fruit Smoothie

Twizzler Candy

Pittsburg Penguins

Crosby

Left Wing

4 years

Dirty Players

Being kind on and off the ice

Archer Shot

My Dad

Bauer Nexus Launcher

Basketball

End Game - Avengers

Port Alberni

#14

Dallas Stars

Our Dog Baxter

Basketball

Chilliwack

CVMHA Memorial U18 Tournament



THE 14TH ANNUAL U18 MEMORIAL TOURNAMENT, WAS GRACIOUSLY HOSTED BY THE LIFE MEMBERS OF CVMHA: PETRA VANDEVENTER, KRISTEN ARNOLD, KATHY IRVING, AND TOURNAMENT CHAIR, DALE IRVING. THIS EVENT SUCCESSFULLY RAISED OVER \$3,000 IN SUPPORT OF THE CVMHA BENEVOLENT FUND. THE FUNDS GENERATED WILL BE DIRECTED TOWARDS PROVIDING A BURSARY FOR ONE OF OUR PLAYERS, AS WELL AS ACQUIRING TWO MINI NETS FOR THE FULLER LAKE ARENA, COMPLEMENTING THE TWO NETS PREVIOUSLY PURCHASED BY THE FUND TWO SEASONS AGO.

2026 Gold Medalists: Surrey!!



CVMHA Memorial U18 Tournament



THANKS TO EVERYONE WHO HELPED MAKE THIS
TOURNAMENT A SUCCESS!!



The Brayden Gale award was
presented to Ishaan Bal by Laura
Robertson and Shar Gale

CVMHA Memorial U18 Tournament



The Paige Whitelaw award was presented to Lucas Long by Gracie and Oscar Whitelaw

CVMHA Memorial U18 Tournament



The Ryan Clark award was presented to Easton Dey by Kristen Arnold

CVMHA Memorial U18 Tournament



The Christina McLeod award was presented to Riley Cooper by Louise McLeod and Sam Sheppard

CVMHA Memorial U18 Tournament



The Zac Andrews award was presented to Keerat Shergill by John & Julie Andrews, Denise & Sean Tutte, and Ryker Andrews

CVMHA Memorial U18 Tournament



The Eric Kernachan award was presented to Chris Deng by Rob Kernachan

CVMHA Memorial U18 Tournament



The Caleb Kroffat award was presented to Nickolas Thaddeus Weeks by Jason and Renee Kroffat

A wide-angle photograph of an ice hockey rink. The ice surface is white with red and blue lines. Numerous pieces of hockey equipment, including helmets, sticks, and gloves, are scattered across the ice. In the background, a yellow protective wall is visible. The text is centered on the lower half of the image.

Does your team have a
special moment to share?

Please submit it to
1stvpcomplaints@cvmha.ca