

Up Next:

Saturday November 5th 10:30am Carleton Place Rink 2 Practice

Sunday November 6th 12:00pm Cobden Arena Away Game vs. Ottawa Valley *arrive at 11:00am

Monday November 7th 5:00pm Almonte Practice

Wednesday November 9th 6:20pm Smiths Falls Youth Arena Away Game vs. Smiths Falls *arrive at 5:20pm

Saturday November 12th 10:30am Carleton Place Rink 2 Practice

Sunday November 13th 5:30pm Carleton Place Rink 2 Practice

Wednesday November 16th 5:00pm Almonte Arena Team Photos

Saturday November 19th 10:30am Carleton Place Rink 2 Practice



CYCLONES WREAK HAVOC IN COBOURG

The first away tournament of the year. An important getaway for teams to bond and create new friendships. A chance to escape from all of life's distractions and focus on the important things like hockey. After going 0 and 4 in the regular season, the Cyclones headed to Cobourg looking for those missing pieces that will help them turn losses into wins. At the end of the weekend, they did not come home as winners of any trophies or medals, but they came home as something much more important...they came home a team.

Game 1 - Cyclones vs the West Northumberland Wild

Before the game, the team found out that two of their teammates, Chloe Kennedy and Olivia Freeman, had been in a car accident and would not be attending the tournament. Everyone was relieved to hear that the girls were ok, and the entire Cyclones U13 House organization is wishing a quick recovery to all those involved. Some people might say that this would make it easy to excuse the girls if they were distracted for this game. Those people obviously don't know the players of the U13 House team very well. They re-focused their thoughts and decided they wanted to win for their teammates.

When playing in tournaments, you never know what to expect as you are typically playing teams from other areas, ones that you haven't played before. This was the case as the first opponent was the tournament host, the West Northumberland Wild. North, South, West, when the opening puck dropped, it didn't matter, the Cyclones were only going in one direction – to the net! At 9:45 in the first period, one of the Cyclone's Assistant Captains, Hailey Kovacs, took a great pass from Leah Ashton and went in to score a beautiful goal. The Cyclones' bench erupted in celebration, and the girl's energy levels picked up. The team played hard throughout the rest of the period and started creating some momentum.

In the second period, another player helped the Cyclones keep up the momentum and maintain their confidence. Goalie Layla "Goose" Sample made some huge saves to keep the team in it. Coach Ryan said following the game, "She's a battler. That's where her success comes from, she never gives up. There were times I thought they would score on the rebound, but she found a way to make the next save." The goaltending seemed to inspire the team, and Myah Roach scored the next goal to make it 2-0. The line of Keyva Beeching, Olivia Martel, and Nora

2022-2023 U13 House

Newsletter No. 4



FUNDRAISING UPDATE

Bottle Drive

The player to bring in the most money for the bottle drive was Avery Simpson, with a total of **\$263.35**. This gets her the grand prize of two tickets to see the Sens play the Rangers on November 30th.

FlipGive

Proving once again to be a very lucrative fundraiser, the team has currently brought in **\$281**! With the recent addition of the LCBO to the app, we expect to hit our goal of \$1000 by Christmas 🔅

JWK Utilities & Site Services

Thanks to Jennifer Powell for the \$500 sponsorship!

<u>Future Fundraising Events*</u> Euchre Tournament – Dec. 3rd (tentative) Pub Night – Jan. 21st *Details to come – stay tuned!

Just One More!

It doesn't look like we will be recipients of the Scotiabank sponsorship, so if you have any leads on potential sponsors, get in touch with Sara and she will reach out with a sponsorship letter. simpson.sara@outlook.com DesRochers were buzzing throughout the game. Beeching banged the puck into the net to make the score 3-0. The Wild weren't going down without a fight and

finally found a way to beat Sample, getting on the scoreboard late in the second. The Cyclones had stellar defence, led by one of the Cyclones previous "Hardest Worker" honourees, Cassie Leonard. She kept the Wild to the outside for the rest of the game. "Cassie brings it every game. It must be frustrating for the other team to go one-on-one with her, because they know they are not getting around her", Coach Ryan praised. The final after this one was 3-1 for the blue and yellow, giving

the Cyclones a great start to the tournament. Hailey Kovacs was named the game MVP, while Ila Bissonnette got the "Hardest Worker" jacket.

Ila Bissonnette was all smiles while wearing the "Hardest Worker" jacket that she earned in game #1

Game 2 - Cyclones vs the Oakville Hornets

The Cyclones had 6 hours to kill between games on Friday. Some players went to restaurants, some went to check out the tourist attractions of Cobourg, and some visited a local Coin Wash. But at 3:15pm, it was game time. Fresh off the team's first win of the season, the Cyclones were hoping to find another victory. However, it was Oakville that stormed out of the gates quickly in this match-up. The Hornets stung the Cyclones twice in the first two periods to take a 2-0 lead. After two periods, the Cyclones had been outshot by the Hornets 14-9. Coach Pat and Coach Brian pleaded with the girls to move their feet as there seemed to be a lot of players watching the play and reacting too late.

Hailey Kovacs with support of her line-mates, Leah Ashton and Brooklyn Olmsted, took charge in the 3rd period, scoring a much-needed goal and bringing life to the team. The legs were moving after that, with the girls realizing they could at least tie the game with only one more goal. The Cyclones outshot the Hornets 5 to 4 in the final period but couldn't get another one as time expired. Coach Ryan talked about the challenges of hockey tournaments to the reporters after the game. "The second game of the day is always a tough one. This is a lesson for the girls. Preparation is almost as important as playing the games. Good food, good rest, rehydrating the body, all those things will help us to be ready to play those games. Even off-ice dryland training will help our bodies to be prepared. I hope the girls start looking in their binders to find the things to help them be ready for future tournaments." Layla Sample was named MVP of the game after making 16 saves on 18 shots. Nora DesRochers really got her feet moving in the second half of the game and earned herself the "Hardest Worker" jacket.

IT'S BACK! CYCLONES DAY RETURNS NOVEMBER 26TH

We need to provide a Gift Basket for the raffle table, with a minimum value of \$50

Suggestions? Let Sara, Jess or Ryan know!



Say what?!

You never know what you might hear in Cobourg...

"I'm sorry, the jerseys smell like what?!"

"We've made a dojo in our room!"

"I really don't like that mirror in front of the toilet"

"Sean, if I blow the whistle, that means you are talking too loud."

"Why aren't you in bed? Curfew was 3 hours ago!"

"You are not allowed to marry my mom!" - Tiny Sophie Martel to Coach Ryan after he asked how her mom Christa was doing)



Fred, Sean, and Brian enjoying all that Cobourg had to offer.

Game 3 - Cyclones vs the Clarington Flames

After a fun team pizza and Halloween party, the girls woke up fresh and ready to redeem themselves after the previous day's loss. During the pre-game chat, the coaches urged the girls to play with the same urgency and effort level they did when they were trying to tie it up in their last game. The pep-talk worked because the Cyclones came out flying. After a great pass from Ila Bissonnette, Hailey Kovacs opened the scoring for the Cyclones early in the game. Clarington tied the game late in the first but that would be their only one as the Cyclones doused the Flames for the rest of the game. The Flames only goal ignited a fire in the Cyclones as Keyva Beeching found the net with help from Nora DesRochers and Avery Simpson. Simpson was showing why she earned the role of Assistant Captain as she took her game to the next level, at one point going coast-to-coast and wiring a hard shot at the net with the goalie just getting a piece of it. Simpson and Ila Bissonnette had a real strong game and really limited Clarington's chances. Kaelyn Colbourne rounded out the teams defence, playing her best game of the tournament. The Cyclones knew they needed one more goal to stamp their ticket to the Semi-Finals. Leah Ashton provided some hard work on the boards and when the puck came loose, Kovacs was there to get a shot on net. The goalie stopped this one, but the puck rebounded. Brooklyn Olmsted who was flying all game, saw her chance and stuffed it in, giving the Cyclones the insurance goal that they needed in the third

period. It was like New Year's Eve on the bench as the girls counted down the last 10 seconds of the game, and then celebrated the win and their secured spot in the Semis. The Coaches all agreed it would be very tough choosing a hardest worker from this game, as so many players fit the bill. In the end, the "Hardest Worker" jacket was given to Avery Simpson, while Brooklyn Olmsted was awarded the game's MVP. A beaming Coach Ryan spoke to the press after the game, "That was our best game of the year. Everyone was moving their feet. We were really gelling as a team too. Everyone was encouraging their teammates. This is what we need to bring to the rink every time." He added "That was a lot of fun out there this morning."



Avery Simpson and Keira Guthrie celebrate Simpson being named the "Hardest Worker" for game #3

Semi-Finals - Cyclones vs the Whitby Pirates

The Cyclones were prepared for their next opponent, on the ice and ready to go at game-time. Unfortunately, the Whitby Pirates were not



Proud Sponsor of the Carleton Place Girls Hockey Association

WE ARE THE STORM!



NOVEMBER 3rd, 2022

Thank You to Our Sponsors!



ready. Word is they heard about the Cyclones performance earlier that day and were afraid to take the ice. After a 10-minute delay, the Pirates finally joined the Cyclones on the ice, and the puck was dropped to begin the Semi-Finals. Most of the first period was a close game. Cyclones had a couple of chances but could not find the back of the net. With a couple of minutes left in the 1st, the Pirates opened the scoring with a hard, high shot over the head of Layla Sample.

The Cyclones did not back down, trying their best to tie the game up in the second period. With 5 minutes left in the second, the Pirates scored again and unfortunately, things became unglued on the Cyclones bench. "You could feel the panic set in", Coach Ryan said after the game. Adding, "Emotions were high. We wanted to win, there is no denying that, but we faced some adversity and we did not respond in the proper fashion." Whitby scored 3 more goals in the final 4 minutes of the second period. Coach Ryan continued, "Those 5 minutes were awful. They were beginning to turn on each other out there as they could feel the game slipping away. We wanted to call a time-out to get the focus back, but there were no time-outs allowed." At the second intermission, Coach Ryan gathered the girls at the bench and told them all to relax, saying "Everyone here wants the same thing, so keep it positive and encourage each other. Don't quit out there, that's not fair to our goalie who isn't quitting on you. Just relax and play the way you know how."

The "reset" seem to help the girls, but the damage was done and as the final buzzer went, a disappointed Cyclones team left the ice. The final score was 5-0 for the Pirates who went on to win the tournament. Coach Ryan confessed, "I was a little worried before the game, I could see the energy levels were low for some players in the dressing room. It's usually a good indication on how the game will go. But, we never lose, we either win or we learn." The coaches had no trouble deciding on the hardest worker for this game, as Hailey Kovacs was awarded the "Hardest



Worker" jacket for an effort that was unbelievable. She left everything on the ice as she tried to will the team into the game. "She was outstanding throughout the tournament, she does everything we ask of her. She can't win the games on her own, but she is leading by example with her effort and the girls will respond positively to that", a proud Coach Ryan said after the game. "It wasn't the finish we wanted for the tournament, but we can take a lot from this weekend that will help us be successful in the regular season. We are a different team than we were at the start of the weekend."

IT'S BACK! CYCLONES DAY RETURNS NOVEMBER 26TH

We need to provide a Gift Basket for the raffle table, with a minimum value of \$50

Suggestions? Let Sara, Jess or Ryan know!