

EDMONTON *hockey* MAGAZINE

WINTER 2019



**2019 QUIKCARD EDMONTON
MINOR HOCKEY WEEK**



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Featured on the cover: **MAX LAMB**

AGE: 11

**NUMBER OF YEARS
PLAYING HOCKEY:** 6

CURRENT TEAM: NW365 BOMBERS

USUAL POSITION: DEFENCE

FAVOURITE HOCKEY TEAM: EDMONTON
OILERS & THE LAS VEGAS GOLDEN KNIGHTS

FAVOURITE HOCKEY PLAYER:
CONNOR MCDAVID

ROLE MODEL: MY DAD

OTHER HOBBIES & INTERESTS:
CAMPING & CARS

**FAVOURITE THING ABOUT
PLAYING HOCKEY:**
BEING ON A TEAM

FAVOURITE HOCKEY MEMORY:
WINNING GOLD AT
MINOR HOCKEY WEEK



Thank You!

Without the support of coaches, parents, players, volunteers and sponsors, Quikcard Edmonton Minor Hockey Week wouldn't have a shot!

Thank you to everyone whose time, effort and dedication helped make this year's Quikcard Edmonton Minor Hockey Week such a success. Quikcard Minor Hockey Week is proud to be supported by community leaders committed to the development of our youth.

Thank you for your on-going support of sportsmanship and minor hockey in the Edmonton region.



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To contact any of the Executive or Standing Committees, please visit our website

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Pee Wee AA: Glenn Rossman

Atom: Amy & Pat London

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Minor Novice: Rhea Garraway

Bantam Female: Tyler Rowan

Midget Female: James Wilson

*Please visit hockeyedmonton.ca for tiering director information

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Message From Hockey Edmonton

Welcome to Quikcard Edmonton Minor Hockey Week 2019!

This week creates so many memories for players from all categories. Parents come up to us and share not only their sons' or daughters' experience but their own player experience during Quikcard Edmonton Minor Hockey Week (QEMHW). It truly is an exciting week as we celebrate our great game of hockey.

We have so many people to thank who make this all possible; from the committee, the sponsors, the ice management committee, league governors, tiering directors, referees, volunteers, Hockey Edmonton staff to the players and coaches. Give yourselves a huge pat on the back. It truly is remarkable when you think about the sheer magnitude of organizing so many games and cramming it all into 10 days. Countless hours of volunteer time have gone into making this week such a continued success.

One of my biggest memories came from a team who hadn't won a game all year and during QEMHW something clicked, and they went to the finals. What a memory not only for those young athletes, but a great memory for Minor Hockey Week.

This week isn't just about playing a game; it's about sportsmanship, making new friends and most of all having fun. Enjoy the week, make some new memories and thank a volunteer or referee for making this all possible.

On behalf of myself, the Hockey Edmonton Executive and Board of Directors good luck, have fun and let's make some memories!



Yours in Hockey.

Mark Doram

President Hockey Edmonton

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Message From The Publisher

This year marks the 56th anniversary of Edmonton Minor Hockey Week, of which Quikcard has been the title sponsor for the past 20 years!

This tournament has been recognized by Guinness World Records as the largest minor hockey tournament in the world. An event this large could not happen without the tireless work of volunteers, which is true of its very beginning, and just as true today. This includes the organizers, schedule-makers, scorekeepers, coaches, team managers, etc. who donate their time and effort for the benefit of the kids who participate in this tournament.

Officials also participate in Minor Hockey Week and donate their time in doing so. The value of their donated time works out to over \$40,000 which is a huge commitment, something we should remember when we see them on the ice.

This is an important reminder for all those who participate, whether you are a player, coach or a fan watching the game.

In this edition of the magazine, we have included some great photos taken at last year's event. And we also have a few mini-features on players who won gold at the 2018 Quikcard Edmonton Minor Hockey Week.

The common theme is to make this tournament special for the players, one they will remember for years to come.

To the players, we extend our best wishes! Memories of a lifetime will come to many who play hockey during Quikcard Edmonton Minor Hockey Week. As parents, family members and friends cheer on the action, give it your best, and above all, **have fun!**



Sincerely,
Rob Suggitt

Publisher of the
Hockey Edmonton Magazine



CREDITS

President and Publisher | Rob Suggitt

Art Director | Christine Kucher

Graphic Designers

Cailey Buxton | Katelyn Suggitt

Contributing Writers

D.T. Baker | Jamie Umbach | Joel Lenius | Shari Narine

Cover Photo Provided by

EPIC Photography

Copy Editing

Shari Narine

Photography Credits

Andy Devlin - Oilers Entertainment Group

EPIC Photography

D.T. Baker Photography

SC Parker Photography

Shari Narine

Sales Associate

Lynn Schuster

Administration

Amber Grmek

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President & CEO | Rob Suggitt

10177 - 105 Street, Edmonton AB T5J 1E2

Ph: **780.423.5834** | Fax: **780.413.6185**

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WITH DON CHERRY

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VS CALGARY 1:30PM

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THE RINK**

FRIDAY, JANUARY 25
VS MOOSE JAW 7PM

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WARS**
NIGHT

MONDAY, FEBRUARY 18
VS MEDICINE HAT 2PM

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P ROCLAMATION

WHEREAS, founded in 1964, Quikcard Edmonton Minor Hockey Week is one of the largest and longest running minor hockey tournaments in the world;

AND WHEREAS, each January, more than 500 minor hockey teams, thousands of volunteers and legions of fans descend on arenas across our city to take part in Quikcard Edmonton Minor Hockey Week games and events;

AND WHEREAS, for young athletes, this tournament is the culmination of countless hours of practice and training;

AND WHEREAS, with current and past participants now spanning generations, this annual tournament has become a fixture of Edmonton's winter season;

THEREFORE I, MAYOR DON IVESON, DO
HEREBY PROCLAIM JANUARY 11-20, 2019
"QUIKCARD EDMONTON MINOR HOCKEY
WEEK" IN EDMONTON, ALBERTA'S CAPITAL
CITY.



A stylized signature of Don Iveson.

Don Iveson
MAYOR OF THE CITY OF EDMONTON

THE CITY OF
Edmonton



Message from Honourable Ricardo Miranda Minister of Culture & Tourism

As Minister of Culture and Tourism, I am excited to see Quikcard Edmonton Minor Hockey Week returning for 10 days of exhilarating camaraderie & sportsmanship.

Hockey holds a special place in the hearts of Albertans, and since 1964, this tournament has been demonstrating just how much the sport means to our province. Quikcard Edmonton Minor Hockey Week is one of the largest hockey tournaments. In 2003, it earned a Guinness World Record for the largest ice hockey tournament, hosting 471 teams and 7,127 players. In 2019, there will be over 600 teams, 900 games played, and 34 finals games played on 39 sheets of ice.

A tournament of this magnitude is a testament to the value of sport in our province. It proves that hockey is not simply a sport, but a community. It spans generations and brings people together, allowing families and friends to gather as athletes, coaches, officials, volunteers, and spectators.

It takes an army of people to put on this large scale event. Thank you to the many people who help make this event happen. Alberta hockey players, their families, and our communities benefit from your generosity.

A stylized signature of Ricardo Miranda in blue ink.

Ricardo Miranda
Minister

JAN. 11 – 20

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Message From MHW Chairperson

I am very honored to be the chairperson for the 56th annual Quikcard Edmonton Minor Hockey Week.

This tournament was started so that Edmonton minor hockey players would play against players from other areas of the city and would also give them a chance to play hockey in Edmonton's indoor ice arenas. The indoor arenas used when the tournament first started were Coronation and South Side (now known as George Hughes) Arenas. The finals were held at the Edmonton Gardens. This year the final games being held at Terwillegar Arenas. Quikcard Edmonton Minor Hockey Week's main objective is to support and encourage fair play and participation.

This tournament is a success because of the people involved. I cannot say enough about the Committee Volunteers. I have had the privilege of working with Terry Brown, Darrell Davies, Bill Ross, Rod McMahon, Jeff Suess, Dan Osborn, Sarah Madore, Doug Kirillo, Lisa Hazlett, Shawn Mitchell, Lisa Brown, Darlene Hein and Ray Vigneau. These people are who make this the Worlds Best Tournament and this tournament could not run without them.

Then we have our fantastic Arena Managers. In the 10 days of the tournament, the Arena Managers set up the arenas, get the teams in dressing rooms, get the teams sheets ready, set up the scorekeepers, timekeepers, make sure the refs are there and have all the rules of the tournaments, provide pucks, sell buttons, phone in the scores and keep central updated. They are our frontline volunteers and deal with everything that is happening with this tournament and I thank you so much for your dedication to our tournament.

Another group of people that we tend to overlook when we talk about a hockey tournament is the referees. If there was a category in the Guinness World Book for most donated hours of service, our referees should be a shoe in. For the last 56 years, the referees have donated their entire time for this tournament. We could not operate this event without the dedication of our officials. Whenever you get a chance, please show your appreciation to our referees during this tournament.

Thank you to our Corporate Sponsors for their continued support. This year's sponsors are: Quikcard Solutions Inc., The Edmonton Oilers Hockey Club, Edmonton Oilings Hockey Club, Elite Promotional Marketing, McDonalds, The Hockey Program and Serdachny Powerskating and Hockey.

On behalf of the Quikcard Edmonton Minor Hockey Committee, I take great pleasure in inviting you to come out and enjoy some very exciting hockey.



Sincerely,
Joan Kirillo

**Chairperson,
Quikcard Edmonton
Minor Hockey Week**

Message From Honourary Chairperson

I am very honoured to have been asked to be this year's Quikcard Edmonton Minor Hockey Week honorary chairperson. Having been personally involved with this event since it used to be EMHW in 1980, it has been great to watch one of Canada's largest hockey tournaments grow even larger to include teams from surrounding areas such as St. Albert and Sherwood Park.

Hockey has been part of my life for quite some time; I started coaching in 1978 and then, in the mid '90s, I went on to own a junior hockey team in the AJHL. I now continue to stay involved and sit on the selection committee for the Alberta Hockey Hall of Fame. I have always found that those of us who share the love of hockey often stay involved long after their children have finished playing the game. This is all too evident when you look around the rinks during Minor Hockey Week and see the many volunteers, year after year, who stay engaged and give their time so unselfishly. I believe Edmonton to be unlike any other city with the size of events we continue to host and the people who volunteer year after year. With approximately 631 teams and 8,500 players, this tournament is certainly no small undertaking to organize each year. The immense amount of time and dedication given by all involved in QEMHW does not go unnoticed.

I would like to give best wishes to all of the players and coaches, as well as the many volunteers and referees for without their participation this event could not happen. Also, thank you to the Edmonton Minor Hockey Week committee for the fabulous job they do every year in making this event as spectacular as it is.



Sincerely,
Drew Schamehorn

**Honourary Chairperson,
Quikcard Edmonton
Minor Hockey Week**

Hockey is more than *just a game*,
It's a *passion*.
It *draws* you in & *never* lets go.
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2019 FINALS SCHEDULE

SUNDAY JANUARY 20, 2019

TERWILLEGAR A

TEAM	TIME
MAJOR NOVICE 1	8:15 a.m
ATOM 2	9:45 a.m
ATOM 1	11:15 a.m
PEEWEE 1	12:45 p.m
PEEWEE AA	2:15 p.m
BANTAM 1	3:45 p.m
MIDGET 2	5:15 p.m
MIDGET 1	6:45 p.m

TERWILLEGAR C

TEAM	TIME
MAJOR NOVICE 4	8:15 a.m
MAJOR NOVICE 3	9:45 a.m
ATOM 5	11:15 a.m
PEEWEE 5	12:45 p.m
PEEWEE 4	2:15 p.m
BANTAM 4	3:45 p.m
BANTAM 3	5:15 p.m
MIDGET 6	6:45 p.m
MIDGET 5	8:15 p.m

TERWILLEGAR B

TEAM	TIME
MAJOR NOVICE 2	7:45 a.m
ATOM 4	9:15 a.m
ATOM 3	10:45 a.m
PEEWEE 3	12:15 p.m
PEEWEE 2	1:45 p.m
BANTAM 2	3:15 p.m
MIDGET 4	4:45 p.m
MIDGET 3	6:15 p.m

TERWILLEGAR D

TEAM	TIME
MAJOR NOVICE 6	7:45 a.m
MAJOR NOVICE 5	9:15 a.m
ATOM 6	10:45 a.m
PEEWEE 6	12:15 p.m
BANTAM 6	1:45 p.m
BANTAM 5	3:15 p.m
FEMALE BANTAM B	4:45 p.m
FEMALE BANTAM A	6:15 p.m
FEMALE MIDGET A	7:45 p.m





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Calling All GOLD MEDAL WINNERS

If your child wins or has won a gold medal at the 2019 Quikcard Edmonton Minor Hockey Week, we want to hear from you! Please complete the following questionnaire and send it in by Tuesday February 12th, 2019, and your child could be featured in the next issue of the Official Hockey Edmonton Magazine! Send in completed entries, along with a photo (preferably in a hockey uniform) to: publisher@hockeymagazine.net

Or you can mail in submissions to:
 Hockey Edmonton Magazine
 10177 - 105 Street
 Edmonton, Ab, T5J 1E2



Name: _____ Age: _____
 Current Team: _____
 Number of Years Played: _____ School Grade: _____
 Usual Position: _____
 Favourite Hockey Team: _____
 Favourite Hockey Player: _____
 Who is your Role Model: _____
 Other Hobbies / Interests: _____
 Favourite Hockey Memory: _____

45,000

The dollar value of time
donated by officials

The number of **goals** scored in
the 2018 Minor Hockey Week

4,733

919

Games to
be played

5

Groups who Participate
in the QEMHW

[Novice, Atom, Pee wee, Bantam, Midget]

5,000 Pucks used

3 Dollar admission fee for one game
(\$5.00 for a tournament pass) **\$\$\$**

8,500

Approximate number of
players who participate

34 **Championship** games to
be played

FACTS & FIGURES FOR

Quikcard Edmonton Minor Hockey Week **2019**

3,200
VOLUNTEERS

628 **TEAMS** will
participate

178 **Shutouts** that occurred
in the 2018 tournament

24

Arenas
will be
used for
games

39 Sheets of ice being used

800
GOLD
MEDALS
AWARDED

TEN

The number
of days the
tournament
takes place

10,000

Programs Printed



20 Years that Quikcard
has been the Minor Hockey
Week title sponsor

56

YEARS the Minor Hockey Week
tournament has been played (since 1963)

130

Overtime games played
in the 2018 tournament

DEVELOPING OPTIMAL PUCK PROTECTION SKILLS

BY JOEL LENIUS

Puck protection is an individual tactic and fundamental hockey skill which every hockey player must possess, to both enjoy today's game and be successful in today's game. Players must develop the mindset and ability to use their body to create an advantage, by forming a barrier between the opponent and the puck.

Puck protection is a highly underrated and underdeveloped skill, which should begin to be taught in the youngest divisions of hockey. For example, when coaches are teaching younger players to turn/maneuver around pylons during exercises/drills, coaches must explain that these pylons represent opponents, and as players they must keep their puck far away from their opponents. They must also maintain a wider strong base, use their edges, keep their head up, accelerate out of the turn/maneuver, and finally gain inside body position on opponent. As a coach, have you ever replaced the pylons with a player/coach to reinforce these skills? If coaches consistently relate drills/exercises to game situations for younger players, it will be easier to view these skills being translated into game play. As players progress their skillsets, they must further develop and refine more advanced puck protection skills while also discovering further ways to create advantages in puck possession.

HERE ARE SOME KEY TEACHING POINTS FOR IMPLEMENTING PUCK PROTECTION SKILLS AT ANY DIVISION OF PLAY:

- **Wide strong base (hockey stance):**
 - > Good ankle, knee, and hip bend to give a low centre of gravity increasing balance and control;
- **Using the entire body to create a barrier between the puck and the opponent (create resistances and use upper body strength to push opponent away):**
 - > Drive the inside leg to gain inside body position;
 - > Drop the inside shoulder to gain inside body position;
 - > Tuck the inside elbow to prevent loss of possession;
- **Strong top hand (full control of stick);**
- **Mobile bottom hand:**
 - > Full stick extension of bottom hand to move the puck out of opponents reach;



- Moving/pushing pucks away from defenders allows for easier use of edges and allows players to exit without crossing of hands;
- Limit over-handling of the puck;
- Keep puck close enough to exit puck protection sequence with the ability to make a play (shoot, pass, skate, etc.);
- The head must lead the body through the puck protection sequence. If the head leads, the rest of the body follows accordingly. Players must plan for the sequence that follows the puck protection.



HERE ARE SOME SKILLS THAT PLAYERS MUST POSSESS TO ACHIEVE OPTIMAL PUCK PROTECTION HABITS:

- **Hockey Stance:** will directly affect a player's balance and control on their feet. In order to have the best level of control, maintain a slightly wider base. Make sure to utilize the ankle, knee, and hip bend - this will give you a lower centre of gravity improving your balance and control.
- **Edge Work:** With any skill players execute on the ice, edges play a vital role. That's where a player's control comes from. Without control, we can't create strength or resistance to keep control of the puck. The inside skate will be on its outside edge. The outside skate will be on its inside edge, with the ability to pump (C-cut push) during the puck protection sequence, and cross-under with the inside skate (outside edge) to exit the puck protection sequence.
- **Upper Body:** Using upper body strength is vital to creating resistance between a player and the opponent. Players must engage the core, shoulders, back and arms to maintain control of the puck. Don't be shy to use upper body strength to push the opponent out of the way. Don't be shy to use the released bottom hand to read pressure and control opponents (without grabbing/taking a penalty). Tuck that inside elbow to avoid loss of the puck on contact.
- **Stick Control:** Depending on the situation, some players will prefer to keep one hand on the stick while using the other to create a barrier between the opponent and the puck. The spare hand will also be used to read pressure and control opponents. Read the situation to identify what will be the best option. With one hand on the stick, this allows the player to further extend the stick away from the opponent making it much more difficult for them to reach the puck.

Many of the aforementioned key teaching points and skills can be reinforced and taught through deliberate drills/exercises. Coaches must ensure that significant repetitions are being executed, while consistently correcting individual players on poor form or habits. For the more advanced player, further advantages can be created after mastering the basic key teaching points and skills of puck protection:

- When being pressured aggressively, players must recognize that **turning their back** to the opponent is an effective way to protect the puck. Turning their back under pressure allows the player to quickly get their body between the opponent and the puck, instead of using unnecessary stick-handling, which may lead to a loss of puck possession.
- If a player **turns their back** to an opponent, they must ensure that they are in a **safe and strong hockey stance**. When pressured from behind, players must learn to read the back pressure by waiting for the opponents contact/commitment and using the contact energy to read and exit the opposite side.
- When on offense, players should attempt to begin sequences by **aggressively driving the puck directly at defenders**. This technique forces defenders onto their heels and under stress. When close to the defender, the offensive player must protect the puck by using deceptive lateral movements and then pushing the puck away from the defender, outside of their "defensive bubble." After the puck protection sequence, players must drive the inside leg and keep the feet moving to gain inside position on the defender.



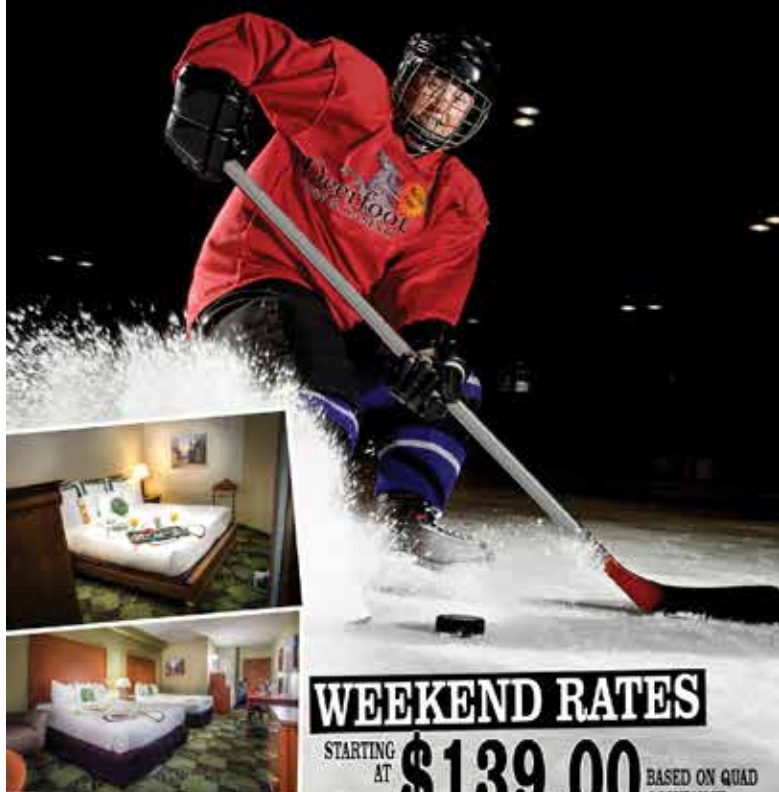
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- Using **lateral movement** before attacking a defender creates more stress on the opponent. **Weight shifts or lateral crossovers** are excellent ways to create deception on attack by baiting defenders. Offensive players should be aware of the defender's feet. Good defenders keep their toes square to the play. When a defender turns their heels or crosses their feet (unweights), this signifies a good opportunity to attack the unweighted side of the defender.
- Using **heel to heel "Crosby turn" skating** increases a player's speed and momentum during the puck protection sequence. Push with both feet (inside edges) to create/maintain speed and momentum. This technique is a very effective way to protect the puck in all situations.
- **Attack the hands** of opponents to take away the defenders stick and prevent the defender from making a strong defensive stick play. This can be taught at the youngest years of hockey.
- **Cut-backs and Delays** can be used in all areas of the ice to create time and space. If players cannot drive the puck to the middle of the ice, a cut-back or a delay is a great option to create more time and space. Manipulating the gap of defenders is very stressful on opponents.

Defenders have become so strong and skilled that offensive players must now protect the puck while keeping their feet moving, while keeping their head up, while creating deception, while creating time and space, and while finding potential options out of the sequence. Implementing puck protection techniques will drastically increase a player/team's ability to create better offense.

RESOURCES

<http://www.hockeytutorial.com/ice-hockey-tips/how-to-protect-the-puck-in-hockey-puck-protection-2/>

<https://thecoachessite.com/2018/02/06/glenn-carnegie-vancouver-canucks-puck-protection/>

QEMHW 2018 Gold Medal Winners

ANNABELLA ALUCEMA



Age: 12
Current Team: EG Serpents
Number of Years Played: 8
Grade: 8
Usual Position: Defence
Favourite Hockey Team: Edmonton Oilers
Favourite Hockey Player: Connor McDavid
Who is your Role Model: My Parents
Other Hobbies & Interests: Ballet
Favourite Hockey Memory: Winning gold at Minor Hockey Week 2018!

HUDSON MORIN



Age: 9
Current Team: Millwoods Atom Bruins
Number of Years Played: 6
Grade: 4
Usual Position: Centre
Favourite Hockey Team: Edmonton Oilers
Favourite Hockey Player: Connor McDavid
Who is your Role Model: My Dad
Other Hobbies & Interests: Baseball
Favourite Hockey Memory: Going 4 on 4 in a shootout and scoring off the post and in. Also, when I filled in as a goalie and got a shutout!

WYATT AINSWORTH



Age: 9
Current Team: SE 421 Millwoods Atom Bruins
Number of Years Played: 6
Grade: 4
Usual Position: Defence
Favourite Hockey Team: Las Vegas Golden Knights & Pittsburgh Penguins
Favourite Hockey Player: Marc Andre Fleury
Who is your Role Model: My Dad
Other Hobbies & Interests: Golf, baseball & building forts
Favourite Hockey Memory: When my team, in the 2016/2017 and the 2017/2018 season, won gold at Minor Hockey Week!

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2019 RULES & REGULATIONS

1 GENERAL RULES

- 1.1** Every player dressed must play at least twice in every period during regulation play, with the exception of goalkeepers. If the team has two goalkeepers, each one must play at least one period in each game. No warm ups for incoming goalkeepers. Coaches and managers failing to comply with the above rule will be dealt with by the Discipline Chairperson.
- 1.2** The Tournament Arena Manager is in charge of the arena and his or her decision is final.
- 1.3** Scrapes and floods shall be determined between Arena Manager and Caretakers.
- 1.4** Time clocks shall start at the listed game time. Any team not on the ice and ready to play within five (5) minutes of the listed time may be disqualified. The Arena Manager shall be the judge of this action.
- 1.5** If, in the Arena Manager's opinion, a uniform change is required, the home team shall make the change. Note: It would be advisable that the Team Managers confer before the game to ensure that no game time will be lost during the necessary sweater change.
- 1.6** All EMHA Rules and Regulations are in effect during Minor Hockey Week. They count as regular league games for the purpose of determining the number of games a player/coach/manager or trainer will sit out. Suspensions incurred in Minor Hockey Week will carry over into league play if not fully served in Minor Hockey Week.

Rule Example:

Rule 41-K, Page 74, Canadian Hockey Association Official Rule Book If for whatever reason, the ref or linesman appointed are prevented from appearing, the Managers or Coaches of the two (2) competing clubs shall agree on a referee and one (1) or two (2) linesmen. If you are unable to agree, they shall appoint a player from each team who shall act as officials.

- 1.7** In case of dispute, the decision of the Minor Hockey Week Chairperson or his/her designate is final. **THERE ARE NO APPEALS DURING MINOR HOCKEY WEEK.**

2 TEAM REGISTRATION

- 2.1** Coaches must present their team registration to the Arena Manager at all games and all players registered on the team registration and not dressed shall be noted on the game sheet, with an explanation of why they are not dressed.

- 2.2** If a team arrives at the arena without the ORIGINAL Team Registration, the Arena Manager must call Central for verification. The ORIGINAL Team Registration must be produced prior to the end of regulation time of said game or said team coach will be subject to disciplinary action.

- 2.3** NO AFFILIATED PLAYERS ALLOWED, exception being GOALIES, due to medical problems, which have been submitted and approved by the City Registrar.

- 2.4** Players names must be legibly printed (or have a sticker affixed) to the game sheet by the designated team official. Players are NOT required to sign the game sheet during Minor Hockey Week.

- 2.5** The Coach, Manager and/or Trainer will Print their names (or have their name on a sticker affixed to) on the Game sheet.

- 2.6** In the event a team does not show for their game, the Coach and Manager will be subject to disciplinary action unless there are extenuating circumstances. The other team will be given the choice of a win or loss.

3 REGULATION TIME

- 3.1** Duration of games will be posted on draw sheets at each arena. The Arena Manager will be responsible to advise game officials of game duration. Games will be straight time. Stop time in the last two (2) minutes unless there is a goal spread of five (5) goals or more then it will be straight time.

- 3.2** FINALS – last five (5) minutes will be STOP TIME unless there is a five (5) goal spread or more, then it will be straight time.

- 3.3** The referees may assess a two (2) minute bench minor penalty for delay of game; if they feel the coaching staff is using up time by deliberately slowing down the line changes. This rule applies to both straight and stop time. The clock will not stop for any reason (injury or otherwise) once the opening faceoff has taken place (exception being rules 3.1 & 3.2).

- 3.4** All minor penalties are two (2) minutes of straight time. Any portion of a penalty not served during straight time will be completed as a stop time penalty.

- 3.5** In case of a tie at the end of regulation play, overtime will be played. Play will continue until the first goal is scored, which will terminate the game, and the team scoring the goal will be the winner.

- 3.6** No timeouts may be called by a Coach or player during regulation time.

4 OVERTIME

- 4.1** Overtime is played to sudden victory. Teams may remove goalkeepers at any time. Teams may change "on the fly" at any time. To commence overtime, each team will place six (6) players (one may be a goaltender) on the ice. The teams will not change ends for the overtime period and the time clock will be set for one (1) minute.

4.2 OVERTIME SHALL BE STOP TIME.

4.3 Overtime will be played in one (1) minute increments. At the end of one (1) minute, the horn will sound and each team will remove one (1) player from the ice. Play will be resumed immediately at the nearest face-off spot to the place where play ended. The timekeeper will stop the clock and sound the horn after each minute until the teams are reduced to two (2) players (one may be a goaltender) on the ice.

4.4 Once each team has been reduced to two (2) players, the clock will be set to six (6) minutes. To commence play, the face-off will be held at the center ice spot. There will be no further reductions to the number of players and the one minute periods will end. Time will continue until the six (6) minute period has expired. If still tied at the end of the six (6) minute period, ten (10) minute periods will be played with two (2) players (one may be a goaltender) until a winner is determined. To commence play in the ten (10) minute period, the face-off will be held at the center ice spot.

4.5 No timeouts may be called by a Coach or player in overtime.

5 PENALTIES

5.1 All minor penalties are two (2) minutes of straight time starting at the drop of the puck.

5.2 Penalties incurred in regulation time and not completely served in regulation time, shall carry over into the overtime period (as a stop time penalty) and will be completed in overtime unless the game is ended.

5.3 Time penalties incurred and unexpired which may leave a team short or shorthanded during the overtime when teams are reduced to two (2) players will result in a penalty shot(s) to the non-offending team for each unexpired time penalty. If due to penalties, a team is reduced to two (2) players and another time penalty is incurred, the offending team will serve the most recent penalty and a penalty shot(s) will be awarded the non-offending team for each unexpired time penalty. At no time will a team be required to have less than two (2) players on the ice. Should each team have an unexpired time penalty when teams are reduced to two (2) players, a penalty shot will be awarded each team.

The team with the least time to serve will shoot first (if this cannot be determined, then the home team will shoot first). Each team must shoot. If the teams are still tied, overtime will continue. If multiple time penalties remain, a penalty shot will be awarded for each unexpired time penalty until all penalty shots have been taken. All time penalties incurred with two (2) players on the ice shall result in the awarding of penalty shots in lieu of penalty times.

6.0 NOVICE HOCKEY

Hockey Edmonton MINOR & MAJOR Novice program logistics can be found here:

<http://www.hockeyedmonton.ca/content/hockey-edmonton-novice-program-resources>

6.1 MAJOR NOVICE

- **TRADITIONAL** Hockey Canada/Alberta Novice full-ice game regulations;
- Results are tracked to progress teams through bracket, but scores are not posted.

6.2 MINOR NOVICE

Game formats and protocols align with Hockey Canada's new program:

- **Rink Dividers:** Half-ice divider systems setup across center-ice line;
- **Game Format:** 4 vs. 4 plus goalie, 3-minute warm-up, TWO 24-minute game halves;
- **Puck:** Blue Pucks only (4 oz.);
- **Scorekeeping:** No scorekeeping, no standings, no statistics;
- **Face-Offs:** Start of game and second half; Off-Side & Icing: None;
- **Goaltender Freezes Puck:** Offending team backs off and goalie gives puck to a teammate to resume play;
- **Goal is Scored:** Scoring team backs off, goalie pulls puck out of net, resume play;
- **Novice Shift Length:** 1.5 minutes; buzzer is set to 1.5 min intervals, on buzzer players leave puck, go to bench and new players enter the ice and continue to play;
- **Penalties:** Offending player misses next shift, team still plays full strength.



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OILERS HOCKEY INSTITUTE

Evolves for Upcoming 2019 Winter/Spring Season

BY JAMIE UMBACH

PHOTOS PROVIDED BY ANDY DEVLIN
EDMONTON OILERS ENTERTAINMENT GROUP

Oilers Hockey Institute (OHI) is back for its Winter and Spring seasons. New and improved, OHI provides players, parents and coaches a flexible schedule focused on skill development that suits the needs of both the individual player and team. The program features two distinct offerings: individual skill camps and team skills sessions.

Individual Skill Camps, designed to challenge athletes and help them reach their hockey goals, run April to May for both boys and girls in the novice to peewee age groups. Led by Oilers Alumni, OHI offers three new skill development camps: defensive, offensive and goaltending skills.

Forward Fernando Pisani, defenceman Chris Joseph and goaltender Jeff Deslauriers bring their own expertise to each position, putting forth a comprehensive development plan to help every player improve over three one-hour, on-ice sessions. Each session consists of stations, with a minimum of six instructors working with rotating groups of five or six skaters at a time.

"The first wave of Oilers Hockey Institute this fall has been a success, and now we're preparing to relaunch the program in the spring with a renewed focus on progressive development through three new camps," said Patrick Garland, program director of Hockey Engagement with Oilers Entertainment Group.

The individual skills camps have been redesigned to provide flexibility for the player and parents' busy schedules, condensing sessions into three one-hour segments over three weeks. Players who register for both the offensive and defensive skill development camps will receive a 15 percent discount and each player who participates in a camp receives an OHI t-shirt and jersey.

New in 2019 is a Team Skills Session that takes your practice to a new level. Your team will join Oilers Alumni for a team-focused session, which features both on and off-ice development for both the players and coaches. Team Skills Sessions include a one-hour, on-ice practice and a number of off-ice benefits such as a 20-minute video session, dryland training with a certified strength and conditioning coach, drill progressions and a practice plan.

“

Fernando, Chris and Jeff have many years of experience both playing and coaching the game of hockey and we hope that participating coaches walk away with some professional development, learning from the wide breadth of knowledge our lead instructors share.

”





"Teams hit the ice for position-specific development – Fernando with the forwards, Chris with the defence, and Jeff with the goalies. Coaches are encouraged to join instructors on the ice and take an active role in the delivery of drills," said Rick Carriere, program director of Hockey Programming with Oilers Entertainment Group. "Fernando, Chris and Jeff have many years of experience both playing and coaching the game of hockey and we hope that participating coaches walk away with some professional development, learning from the wide breadth of knowledge our lead instructors share."

At the end of the session, all participants walk away with valuable lessons. Players have had the chance to work on their position-specific development, while coaches have had the opportunity to learn from Oilers Alumni and take away both a video presentation and practice plan, all in a team-building environment.

The four Team Skills Sessions run on January 10, 24 and February 7, 14 at the Downtown Community Arena for the novice to peewee age groups, and will be booked on a first-come, first-serve basis. Individual Skills Camps will start in April and registration will open in 2019.



For more information including pricing and registration, email oilershockeyinstitute@edmontonoilers.com or visit <https://www.nhl.com/oilers/community/youthhockey>



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EDMONTON ARENA MAP



ADDRESSES

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66 Hebert Road, St. Albert
- 2. Bill Hunter Arena**
9200 - 163rd Street
- 3. Broadmoor Arena (Sherwood Park)**
2100 Oak Street, Sherwood Park
- 4. Callingwood Arena**
17650 - 69th Avenue
- 5. Canadian Athletic Club Arena**
14645 - 142nd Street
- 6. Castle Downs Arena**
6A3, 11520 - 153 Avenue
- 7. Clare Drake Arena**
87th Avenue & 115th Street
- 8. Clareview Arena**
3804 - 139th Avenue
- 9. Confederation Arena**
11204 - 43rd Avenue
- 10. Coronation Arena**
13500 - 112th Avenue
- 11. Crestwood Arena**
9940 - 147th Street
- 12. Donnan Arena**
9105 - 80th Avenue
- 13. George S. Hughes Arena**
10525 - 72nd Avenue
- 14. Glengarry Arena**
13340 - 85th Street
- 15. Grand Trunk Arena**
13025 - 112th Street
- 16. Kenilworth Arena**
8313 - 68A Street
- 17. Kinsmen Twin Arena**
1979 - 111th Street
- 18. Knights of Columbus Sport Complex**
13160 - 137th Avenue
- 19. Londonderry Arena**
14520 - 66th Street
- 20. Michael Cameron Arena**
10404 - 56th Street
- 21. Millennium Place (Sherwood Park)**
2000 Premier Way, Sherwood Park
- 22. Mill Woods Rec. Centre**
7207 - 28th Avenue
- 23. Nait Arena**
11762 - 106th Street
- 24. Oliver Arena**
10335 - 119th Street
- 25. Russ Barnes Arena**
6725 - 121st Avenue
- 26. Servus Credit Union Place**
400 Campbell Road, St. Albert
- 27. Terwillegar Rec. Centre Subway Arena**
2051 Leger Road
- 28. The Meadows Community Rec. Centre**
2704 - 17th Street
- 29. Tipton Arena**
10828 - 80th Avenue
- 30. Westwood Arena**
12040 - 97 Street
- 31. Downtown Community Arena (Rogers Place)**
10330 - 105th Avenue



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- Top Images will be published in each issue and the grand prize winner will be announced in the 2019 Spring Issue of the Hockey Edmonton Magazine!
- The Grand Prize Winner will win their team an action photoshoot / spotlight of one of their games by Infinite Eye Photography, plus four loge tickets to an Edmonton Oil Kings game! (Estimated \$500+ Value!)
- To be eligible, photos are to be of any off-ice hockey related activity, taken in the 2018-19 hockey season.

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Fri Jan 25, 2019

Kamloops Blazers
Moose Jaw Warriors
Fri Feb 1, 2019

Prince Albert Raiders
Sat Feb 2, 2019

Regina Pats
Vancouver Giants
Fri Feb 15, 2019

Brandon Wheat Kings
Sat Feb 16, 2019

Lethbridge Hurricanes
Swift Current Broncos
Fri Feb 22, 2019

Kootenay ICE
Fri Mar 1, 2019

Victoria Royals
Sat Mar 2, 2019

Calgary Hitmen
Sun Mar 3, 2019

Prince George Cougars
Fri Mar 8, 2019

Kelowna Rockets
Medicine Hat Tigers
Saskatoon Blades
Sat Mar 9, 2019

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"OLD COACH MIKE"



BY D.T. BAKER

PHOTOS PROVIDED BY D.T. BAKER

Mike Humen remembers well when Minor Hockey Week overtime was settled five-on-five – with no goaltenders. “That’s the way it was in the early 90’s,” he recalled. “You had to score from inside the blue line, but there were no goaltenders, five-on-five. That would have been ‘92/93 or ‘93/94.”

That’s one of many stories Humen can recall from his view on the bench, and one of the reasons he has accepted (and is even proud of) the name “Old Coach Mike.” Now in his 29th year as a coach, Humen has a lot to look back on.

“My wife and I have five sons, so five boys played hockey,” he said as to why his coaching tenure has stretched beyond the usual. “And there’s a bit of an age gap between the oldest and the youngest, so I’m coaching the youngest right now – he’s in bantam. And some years, I coached the three oldest boys – all three of their teams – so it could be from bantam, peewee and novice all in the same year.”

Most of that coaching has been with the Knights of Columbus system, but these days, son number five is in Southwest. Old Coach Mike’s best Minor Hockey Week recollection is a game that took place after the tournament replaced five-on-five overtime with no goalies with the diminishing player system of one-minute intervals with one less skater each time.

“It was peewee, we went to overtime,” he said, as if recalling it from the night before, “and you know how it works – you go down by one player each time, and I believe we had close to six minutes of one-on-one – and included we had two penalty shots that we didn’t score on – I pulled my goalie twice. At one point, in the one-on-one, our player lost his stick, and so they pulled their goalie, so it was two-on-one and our guy had no stick, and our goalie kept it out.”



Humen's team eventually won, but that's not what stands out to him. "Through all the chaos of this overtime, you can imagine what the parents were like – and there were two teams waiting to go on after us, and they were watching – and it was absolute calm on our bench through all of that," he marvelled. "The coaches were calm, the players were calm. We had a sense that this was going to work out OK. I don't think I slept too well that night, I was so excited afterwards. The funny part is – I was running out of players – I put a defenseman out there and I said, 'Make sure, whatever you do, that you can see that other player – just keep him in front of you.' So he took the puck down to the other team's end, and he stood behind their net, with the puck. So the opposing player stood in front of his net, and then they played a game of chicken for about 45 seconds. It was just wild. It was a funny moment."

Victorious and funny moments are the stuff that nearly every hockey coach – and hockey parent – will remember long after their child has moved on from minor hockey. Less tangible, but maybe more important, are the lessons not necessarily imparted by coaches like Mike Humen, but the ones they learned from the kids.

"What I've learned is that what works with one kid, interacting with him, might not work with another," he stated. "You have to be able to know your kids. You wanna get to know them, learn a little bit about them, because each and every one of them – you want them to feel important, you want them to feel part of the team. And that's the big challenge as a coach, your interaction with each and every player. And I've learned over the years there are no best players, and there are no weak players on your team. They're players, they're a group, and if you want a team rather than just a group of players, everybody's gotta feel important."

“

What I've learned is that what works with one kid, interacting with him, might not work with another. You have to be able to know your kids. You wanna get to know them, learn a little bit about them, because each and every one of them – you want them to feel important, you want them to feel part of the team.

”



One of the handy things about Old Coach Mike's tenure is the number of drills his coaching binder has assembled over the years – and how many of them from the old days still work like a charm. But if clearing the puck from the defensive zone is still a skill to be taught, the nature of the players you're teaching is quite a bit different, Humen says.

"These kids now, they know so much about the game at 13, 14," he stated. "When I was 13 or 14, to be honest, we weren't exposed to that kind of information about the game. And that's the biggest thing. I learn more about the game just talking to the kids – they challenge me, they stay on top of the game and that's one thing that keeps me going."

Old Coach Mike can see the day coming – and soon, probably – when others can fill his clearly well-worn skates. He hopes his example has inspired younger coaches to fill in. "One thing I encourage, with bantam and midget players, is I start talking to them about giving back to the game, and start coaching. I can see kids in bantam and midget who would make great coaches, and part of it is that today, their hockey IQ is so high."

He's got some good advice for hockey parents, too. "Keep it positive," he said simply. "It's just a game, really it is. One of the messages I tell the kids, maybe after a big loss, I tell them you know, there's thousands of kids in this world who don't have the opportunity to play this game like you do. So go out there and enjoy the moment, because you don't know how long it's going to last. I know we get a little anxious sometimes – but these are just kids. It's not about wins and losses here, but to keep them in the game as long as we can."



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FOUR HUMBOLDT HOCKEY PLAYERS MEMORIALIZED IN ST. ALBERT

BY SHARI NARINE



Stick art installed at the Akinsdale Arena in St. Albert in memory of Humboldt Broncos Hockey players: Logan Hunter, Jaxon Joseph, Connor Lukan & Stephan Wack.

It was not easy, says Nolan Crouse, to talk about the best way to honour the lives of four young men who died so tragically.

But Logan Hunter, Jaxon Joseph, Conner Lukan and Stephen Wack, who were among 16 to die when their Humboldt Broncos team bus hit a tractor-trailer on a Saskatchewan highway on April 6, will be remembered through scholarships, stick art, and memorial park benches in St. Albert.

The three projects were chosen by the Humboldt Remembrance Committee, which was formed not even two weeks after the crash, which also injured 13.

"One of the principles that we established and thought was important was for the four families to be involved on an ongoing basis," said Crouse, former mayor of St. Albert.

Many of those on the committee were meeting for the first time and that presented some challenges as well.

"That being said, it was easy to unite people because of the cause," said Crouse. "We were able to get lots of support from businesses and donors."

The four players had all played hockey in St. Albert and their head coach and general manager Darcy Haugan, who also died in the crash, played as a minor for Peace River, an affiliate of the St. Albert Raiders club.

Donations already raised along with the proceeds from the Humboldt Jersey Gala held Oct. 26 at St. Albert's Enjoy Centre came to around \$400,000. The evening was emceed by Hockey Night in Canada host Ron MacLean with former CBC news anchor Peter Mansbridge as keynote speaker. Retired Edmonton Oilers' defencemen Paul Coffey was honorary chairman and Meaghan Mikkelsen, from the Canadian women's national hockey team, was also in attendance. After covering costs for the park benches and the stick art, about \$360,000 was left for the scholarships.

Each scholarship will have a slightly different focus, with criteria having been established by the families, says Crouse, but they will be awarded to hockey playing high school graduates going on to post-secondary education.

The money will be held by the community foundations of both St. Albert and Edmonton. The interest raised from the \$360,000 will be used to fund the four scholarships on an ongoing basis.

A GoFundMe campaign, started right after the crash, raised \$15 million, donations coming from across Canada and farther away. A non-profit corporation was set up to distribute the Humboldt Broncos Memorial Fund Inc. to the families of both those who lost their lives and were injured in the crash.

WHO BETTER THAN THE HOCKEY COMMUNITY TO COME TOGETHER & GET CANADIANS

FIRED UP ABOUT ORGAN DONATION

We all know Don Cherry, the colourful, tell-it-like-it-is host of “Coach’s Corner” on Hockey Night in Canada. What you may not know is that when Don was coaching the Boston Bruins in the 1970s, the Cherry family faced a major crisis: 15-year-old Tim Cherry was diagnosed with kidney disease.

Don said, “Timothy was playing and I noticed his feet were swelling. I thought it was new running shoes or getting hit by a puck or something.”

After a visit to the doctor, Tim immediately went on dialysis. “I had no idea what dialysis even meant. We found out awful fast. You don’t really know anything about kidney disease or dialysis until it hits home,” said Don.

“Dialysis was tough on Tim,” notes Don, admitting he was scared and frustrated that he couldn’t help. “I was a chicken, and I let my wife Rose handle it.”

“One day Rose said, ‘That’s it! No 15-year-old old boy should have to go through this. One of us is giving a kidney.’” Sister Cindy ended up being Tim’s best match. “They were like twins. You couldn’t tell the difference,” their dad said.

Cindy, just 21 at the time, travelled from Kingston where she was attending college, to Boston. When the nephrologist asked Cindy if she was sure she wanted to donate, she responded, “There’s no question.” Today Cindy jokes, “We aren’t a gushy, overly-emotional family, but we do give kidneys.”

“I never realized the seriousness of it all until I saw both of them going down the aisle for surgery,” Don said. After the transplant, Don remembers watching Tim’s colour come back. “I hadn’t seen the colour in over a year. To see his cheeks rosy red again was incredible. We thank God every day for it. That was 40 years ago and he’s going strong.”

Tim, a successful hockey scout and video producer, remembers his experiences vividly. “My first day on dialysis was one I will never forget. As I sank into the routine of being hooked up to a

dialysis machine every other day, I started to wonder if I’d ever see light at the end of the tunnel. No matter how strong of mind or spirit you are, it slowly starts to wear you down. For me, the talk of a transplant brought back some hope,” he said. “When I got the kidney from Cindy, I realized I didn’t have to go on that machine and that’s when I first appreciated the miracle of receiving the gift of life.”

What stands out for Cindy is “how quickly we rebounded. Tim and I broke a record (at the time) for getting out of the hospital. I was out in seven days and my brother was out in 10 days.”

Cindy and Don agree that more awareness, especially around organ donation and transplantation, is the key to making life easier for many kidney patients.

“We started talking about what we could do, and that’s when it came to us - who better than the hockey community to come together and get Canadians fired up about organ donation,” said Cindy.



Cindy Cherry
& her brother Tim

“
I KNEW THE PEOPLE OF THE WESTERN HOCKEY LEAGUE WOULD COME THROUGH, AND THEY CAME THROUGH IN SPADES. \$265,500 IS THE MOST EVER RAISED FOR ORGAN DONATION AND WHEN YOU SEE SOMETHING LIKE THAT, IT MAKES YOU *VERY PROUD TO BE A CANADIAN*.

- DON CHERRY ”

And so began the largest public awareness and fundraising campaign for organ donation in the history of The Kidney Foundation of Canada.

Now in its second year, “RE/MAX Presents: WHL Suits Up with Don Cherry to Promote Organ Donation,” features a series of special hockey games across the WHL in Western Canada to promote the importance of organ donation and generate support for The Kidney Foundation. In its first year through the 2017-18 WHL regular season, hockey fans and the kidney community came together to raise more than \$265,500.

“We are grateful for this incredible partnership,” said Joyce Van Deurzen of the The Kidney Foundation. “four thousand five hundred Canadians are waiting for a transplant, and each year 260 people will die waiting. Our goal is a transplant for everyone who needs one, and this partnership is a huge part of turning that goal into a reality.”

“I knew the people of the Western Hockey League would come through, and they came through in spades,” said Don Cherry. “We couldn’t have done it without RE/MAX, our sponsor. \$265,500 is the most ever raised for organ donation and when you see something like that, it makes you very proud to be a Canadian.”

From January through March 2019, all 17 WHL Clubs in Canadian markets will host their very own themed games, complete with a variety of special promotions for fans in attendance.

One thousand limited second edition Don Cherry bobbleheads will be distributed to fans.

Each hockey club will wear its own unique Don Cherry-themed uniforms on a designated game night. This year, the players’ uniforms will be emblazoned with fun nicknames across their backs. Fans will have the opportunity to bid on the limited-edition jerseys, with 100 per cent of the proceeds going to local branches of The Kidney Foundation.

In addition to game-worn uniforms, fans will have the chance to bid on a Don Cherry-autographed jersey in each participating WHL market. Transplant recipients, donors, and people on the wait list will be dropping the puck at each game, sharing their personal stories with hockey fans.

“When I think of Tim and how desperate we were driving back and forth in Boston, we thought it was the end of the world, and our lives were over. The Lord was good,” said Don Cherry. Always in the kidney patient’s corner, Don said:

“Try not to despair, keep plugging along. Never give up – that’s the name of the game.”





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GIVING BACK TO THE COMMUNITY IS A BIG PART OF HOCKEY

BY SHARI NARINE
PHOTOS PROVIDED BY SHARI NARINE

“

**HOCKEY IS ABOUT MORE THAN THE GAME
AND YOUNG ATHLETES DEVELOPING
THEIR SKILLS. [HOCKEY HELPS]
ATHLETES DEVELOP SPORTSMANSHIP
AND BUILD CHARACTER...**

”

As Minor Hockey Week creeps closer, organizers volunteer their time to make the 10 days run smoothly and referees and linesmen do their work for no pay.

However, volunteering isn't only done during Minor Hockey Week. Community support for minor hockey and club play is generous, whether it comes in the form of team sponsorships, fans purchasing 50/50 tickets, businesses donating prizes for raffles, or households supplying empties for bottle drives.

And volunteering goes both ways as teams also give back generously.

“We feel as a club, that it's very important that these players stop and reflect and give back, completely unconditional,” said Shellie Sigurdson, marketing/sponsor director with the South Side Athletic Club. SSAC doesn't stand alone with this philosophy as teams and clubs support causes and charities throughout the year.

Sports-related programs, such as Sports Central or KidSport, are natural attractions, but there are other larger community causes as well. The Edmonton Food Bank, Santa's Anonymous, Christmas Hampers, and The Mustard Seed are some of the more popular causes, whether it's setting up collection boxes at games or delivering hampers door-to-door.

Said Maple Leaf Athletic Club president Neil Brown of the Christmas hampers program: “It's a team event. The boys all wear their jerseys. The kids see the families and the faces and who it affects. It really takes us a step back.”

Hockey is about more than the game and young athletes developing their skills, says Brian Mulawka, development director with Knights of Columbus hockey club. KC's club philosophy also focuses on helping athletes develop sportsmanship and build character – and part of that is responding to community needs.





[Pictured above: SSAC's Julian Perilli]

Rarely has there been a more touching show of giving back than when SSAC's Julian Perilli organized a Remembrance Day tribute, taking to the ice with trumpet in hand to play "The Last Post" as his Midget AA team hosted the Camrose Vikings. Coming from a family with a history of serving in the Canadian military, Julian's cousin Private Braun Scott Woodfield was killed in the line of duty in the Afghan War in 2005.

Also personal was KC's support of the Stollery Children's Hospital in a special game played by Bantam AAA Squires team this September where \$2,000 was raised and matched by the KC hockey club. When Lucas Perry returned to the ice this fall it was no less than miraculous. In December 2017, the young defenceman broke his finger in a game, went to the hospital for treatment and ended up fracturing his skull in a fall. He was transferred to the Stollery for emergency surgery. The game was the family's, the team's and the club's way to say thank you for the excellent care Perry received.

That "whole-hearted commitment," said Sigurdson, comes when coaches and players are allowed to choose what causes or charities are important for their teams.

But clubs also have commitments. For SSAC, one of those commitments is to the Humboldt Broncos as alumni were part of the team.

Jaxson Joseph lost his life in the April 6 bus crash, while Derek Patter (his father Roy is director with SSAC) was seriously injured. SSAC teams will be wearing helmet stickers and patches on their pants. The stickers will be sold online as a fundraiser.

"There's been a lot of attention to the Humboldt crash in the short period of time. Our concern is the long term," said Sigurdson.

As a club, SSAC has also supported the Taite Boomer Foundation, created to raise funds for and awareness of brain tumours. Taite, who passed away in September 2002, was SSAC President Ted Boomer's son.

For the Maple Leafs Athletic Club, "The Pink Game," which began in 2013-2014, is a club commitment. Decked out in distinctively pink gear - jerseys, pants, socks, tape on the sticks and all the way down to the laces in the skates - MLAC players raise both awareness and money annually for cancer.

"It's such a tough cause and it affects so many people on so many different levels," said Brown. Almost every player or coach has a personal story about cancer.

The Pink Games have evolved, taking on unique aspects for each team, with players skating for family members or friends and cancer patients being part of the event.

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“

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”

“It’s very touching and heartbreaking,” said Brown. “When I suggested to one of the teams to bring one of the young girls, who was actually dying of cancer, to maybe possibly drop the puck at one game and one of the parents sadly said, she might not be here on that date. It really, really hit home.”

The Ronald McDonald House is another favourite way of giving back for many of the KC teams. Players clean toys and put them away, clean the play area, organize the food in the freezer so meals are easily accessible, and make cookies and package them for the families staying at the house.

“I can tell you as a parent that it was a real eye-opener for my son. Seeing what those families go through really put things in perspective for him. It helped him realize just how lucky he is, and by volunteering there he felt how rewarding community service can be – so our family could not be happier that he had the chance to do that,” said Mulawka.

Sigurdson says giving back to community makes the players understand that support is a two-way street.

“They’re continually fundraising all the time, asking for money,” she said. “We want to make sure these players understand what a privilege it is to play club hockey and the astronomical cost that is involved.”

It also shows players that working hard is not restricted to working hard on the ice.

“To be a good hockey player takes hard work and always putting the team first. We think working hard and helping others is just as important off the ice, so we focus on both when building our KC hockey program,” said Tom Dechaine, chair of the KC Hockey Club board.

It also helps to build good citizens.

“I look back from my playing days and now that I’m an adult, I’m still doing it. It’s a big part of everybody’s organization, what they can do to support underprivileged kids in sport and whatever it may be. And hopefully that moves forward when they become adults and think back on what they can do better and even more if that helps them with their careers,” said Brown.



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The Girl *with the* **(GAME)** **PLAN**

BY SHARI NARINE

PHOTOS PROVIDED BY SHARI NARINE



GOALTENDER MABEL MALTAIS PROVES HOCKEY IS NOT JUST A BOYS CLUB

Running laps and doing push-ups after a 6-3 loss was not what goaltender Mabel Maltais was expecting. It wasn't what her teammates on the Canadian Athletic Club's United Cycle Minor Midget AAA team were expecting either, but a poor performance on the ice and lack of focus in the dressing room pushed Coach Andrew Pirzek and Assistant Coach Ethan Maertens-Poole to take action. Maltais put on her work out gear and joined the boys on her team outside the Confederation arena on a cool evening in late October.

While the after-game work-out doesn't figure into Maltais' top 10 highlights of the year, she says it was an important way to hold the team accountable for how they played. That accountability was something she didn't see when she played in the girls' league.

"They'd always pat us on the back, say, 'Good job,' even when we could have done better," said Maltais. "They never wanted to tell you when you'd done something wrong."

This was the team's eighth game and Maltais' third start (she had relieved the starting goalie in two previous games). In two periods, she faced 32 shots, letting in three goals. At the end of the second period, her team was down 3-2, within striking distance. But play fell flat in the third period and the Okotoks Oilers scored three times on 20 shots to skate away with a 6-3 victory.

Maltais says while she was proud with the way she played, there were a couple of goals she would have liked to have had back.

After playing with the girls for six years, stopping pucks on the boys' side is a major change. The game is faster, harder, more finesse, more passing, and the shooting is precise. Maltais has already seen an improvement in her game – thanks to more practice time and instruction from a goalie coach. The desire to improve was why she made the hard choice this season to switch leagues.



In the spring and summer, Maltais skated with the St. Albert Slash Midget AAA female team. She was among the last cuts in the fall. Without the opportunity to play for another Midget AAA girls team, it meant she would have to play female Midget AA. But she didn't feel the challenge would be there. Her other option, fully supported by parents Dany and Aaron, was to try out with the boys.

Dany started making inquiries. As CAC was Mabel's home club, Dany phoned Coach Pirzek. He was told the team had three goalies they were happy with, but Pirzek said he would think about it. A couple of hours later, Pirzek phoned back and told Dany to bring Mabel for a skate.

In those two hours, says Pirzek, he and Maertens-Poole "did some homework" on Maltais, talking to the St. Albert Slash coach and goalie coaches who knew her, to get a read on her skills and her commitment.

Maltais had a short window to convince the CAC coaches that she was a contender for a spot on their team.

"Right after the first skate, we recognized she had the strength and the ability to play at this level. It wasn't that she made our team from day one, but she was definitely in the conversation," said Pirzek.

“ **[TRYING OUT] WAS A BIT INTIMIDATING. THEY ALREADY HAD THREE GOALIES. THE FIRST PRACTICE, I TRIED TO GAUGE WHETHER I WAS IN THE GROUP. I FELT I WAS IN THE MIX, THAT I COULD COMPETE. I WAS SURPRISED TO REALIZE THAT.** ”

He adds that Maltais being a girl -- the only girl on an all boys' team -- never entered the discussion. "We were only willing to take her if she was going to be contributing to the team," said Pirzek.

Maltais proved she could contribute. Cuts were made and she kept hanging on.

"It was a bit intimidating," she said. "They already had three goalies. The first practice, I tried to gauge whether I was in the group. I felt I was in the mix, that I could compete. I was surprised to realize that."

But while she was trying out with CAC, she was also trying out for and playing exhibition games with the Edmonton Pandas, the girls' Midget AA team. When it came time to play her first exhibition game for CAC, Maltais had to make a decision. If she was hard-carded for CAC, she could no longer play for the Pandas. And she hadn't made the CAC team yet.

"If I didn't make the team, I had nowhere else to go," said Maltais.

Adding to the drama was the late cut of goalie Lochlan Gordon from the Western Hockey League's Portland Winterhawks. It was obvious that he would be CAC's starting goalie and now the competition was on for the back-up position.

Maltais made the decision to go all in with CAC. And she did it: she earned the back-up position. Maltais admits it was a little intimidating to be paired with Gordon initially. (Gordon was recently named to Team Alberta's under 16 team for the 2019 Canada Winter Games.) Now, she says they have an easy relationship.

Of the coaches, trainer and her teammates, Maltais said, "They have all been very welcoming. They're a very positive group."

An October team building activity which saw the players Segwaying through Edmonton's River Valley was posted on Twitter as #theboysandmabs.

Having a girl on the team has meant dealing with logistics. Maltais requires her own dressing room, a female has to be present when the trainer works with her, and bus trips see her seated at the front when the boys change into their suits at the back.


But Maltais doesn't feel she's lacking camaraderie. She does the pre-game run and the pre-game warm up with the team, and then is in the main dressing room when the coaches deliver their pre-game talk.

Over the years, Maltais has helped backstop her girls zone team to bronze medals in the 2016 and 2018 Alberta Winter Games and in 2016 was on the Bantam A team that won the silver medal in provincials. In 2017, she was in the Alberta Challenge Cup. Playing with CAC is one more step to attaining her goal: Maltais wants to be in the net for the women's national team in the 2026 Olympics.

And she's gotten some serious attention from scouts for the National Collegiate Athletic Association at the showcases (development camps) she has attended in Florida and Penticton. As showcases are tied to universities, Maltais still needs to determine what she wants to study. She's leaning toward marine biology or zoology. When she graduates from Vimy Ridge Academy School in 2020, she will still be eligible to play another year of midget level hockey.


Maltais hasn't decided if she will stay with boys' hockey or switch back to girls. Currently she is affiliated to CAC's Midget AA team. One of the considerations for which league she plays with will be whether scouts will be looking at her if she continues with the boys. Dany Maltais is confident the word will get back to the right people if the scouts for the boys are impressed with his daughter's play. There will be some off-season talks with the girls' league, too, says Aaron Maltais.

But for right now, for Mabel Maltais, it's not about being the only girl on her team -- and perhaps in the entire league of 24 teams province-wide -- it's all about this season and doing what she needs to do to help her team win.



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SPOTLIGHT

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PHOTOS BY SC PARKER PHOTOGRAPHY

CONOR FILIPCHUCK

We met up with 16-year-old Conor Filipchuk, as he was getting ready to officiate a peewee game in late November. Conor began officiating minor hockey when he was 13-years-old, and is in his fourth season as a minor hockey official. Conor still plays hockey, at the midget level, and as a goalie. In the off season, Conor plays baseball, and his other hobbies include wake boarding and dirt biking.

What made you want to become a hockey official?

I became a hockey official because I had other friends who were already officials. They told me they really liked the program so I decided to try it myself. I soon realized that this was something I really enjoyed and I had a strong passion for.

How many games did you officiate last season, and how many games do you plan on officiating this season?

Last year I officiated close to 75 games. I hope to do as many as my schedule will allow this season.

What level of hockey are you currently officiating?

I've done all age groups of hockey all the way up to midget 3 as a linesman. This year I've also started working as a linesman for the A program as well as calling some games in the three-man system.

Have you officiated Minor Hockey Week?

Yes, I have done games for Minor Hockey Week. I feel it is important that we as officials give back to the game of hockey. Minor Hockey Week wouldn't exist without all the hardworking volunteers and I think it is important that referees are also a part of that.

Do you have some special memories from Minor Hockey Week?

I have many great memories of Minor Hockey Week as both a player and official. As a player, I have memories of winning Minor Hockey Week with my team. As an official, I have memories of doing a couple of Minor Hockey Week finals that have gone to overtime which is exciting for everyone involved.

Do you feel the excitement and pressure when games go to overtime?

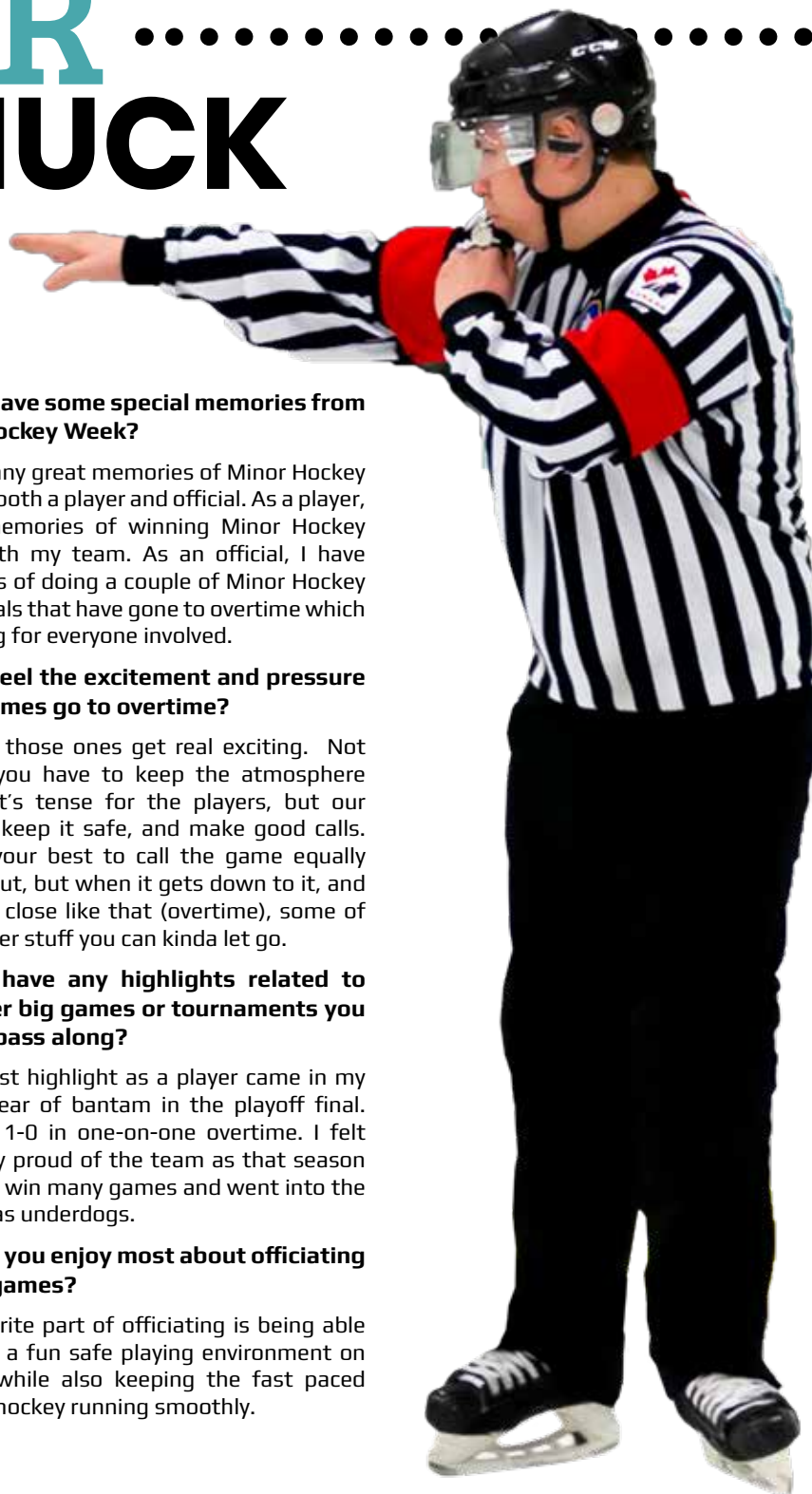
Oh yeah, those ones get real exciting. Not only do you have to keep the atmosphere going. It's tense for the players, but our job is to keep it safe, and make good calls. You try your best to call the game equally throughout, but when it gets down to it, and it's really close like that (overtime), some of the smaller stuff you can kinda let go.

Do you have any highlights related to any other big games or tournaments you wish to pass along?

My biggest highlight as a player came in my second year of bantam in the playoff final. We won 1-0 in one-on-one overtime. I felt extremely proud of the team as that season we didn't win many games and went into the playoffs as underdogs.

What do you enjoy most about officiating hockey games?

My favourite part of officiating is being able to create a fun safe playing environment on the ice, while also keeping the fast paced game of hockey running smoothly.



What kind of training were/are you provided?

The referee program in Edmonton has a really good training system. Not only are there mandatory clinics each year that help officials develop their rule knowledge, but the supervision and shadow program allows for young new officials to get help from senior officials.

Do you have a role model or mentor who has helped you along the way?

I've had many officials who have helped me over the years. Many experienced officials I have worked games with have given me lots of good advice about officiating. I have also been supervised many times over my four years as a referee. All of the experienced officials I've had the pleasure of working with have acted as mentors for me as they have all helped me develop my skills as an official.

How important was mentorship to get you through your first season as a 13-year-old hockey official?

I learned very quickly that some of the coaches can be a bit loud at times, but I was able to work with more experienced officials, and they were great at helping me stay focussed, and not get too frazzled.

How have you improved your skills as an official?

Over the years of officiating I've improved not only my positioning on the ice to insure I'm in the best position possible to see the play that is unfolding, but I've also improved my confidence. At the beginning it can be very intimidating to go out on the ice and work a game, but over time as you start to do more games you are able to gain the confidence necessary to do the job.

I would like to remind all the coaches and parents that Minor Hockey Week is about the kids going out and having fun. If you let competition get in the way of the fun of the game then the game becomes meaningless.

What is the toughest part about being a referee?

The toughest part about being a referee, especially for a younger referee, is being yelled at by either a coach, player, or parent. Young officials find the yelling very intimidating and some even end up quitting the job all together.

You still play midget hockey, and as a goalie. How does being a goalie help you as an official?

Having that perspective helps with the officiating. Especially when I see things happen behind the play – I'm able to bring that into how I officiate a game, so taking a look back as the play moves up the ice the other way.

What's your communication style like on the ice?

It's important to do your job, and make sure you do it right, and it's good to have positive conversation and dialogue with the players or coaches.

How do you handle criticism on the ice?

The way I handle criticism is to treat disrespect with respect. If a coach is unhappy with a call I've made I will respectfully explain what I saw and why I made that specific call.

Do you have any future aspirations in officiating?

As an official I hope to continue moving up the levels and eventually start working Junior hockey.

Do you have comments you wish to share with parents, coaches or anyone watching minor hockey?

I would like to remind all the coaches and parents that Minor Hockey is about the kids going out and having fun. If you let competition get in the way of the fun of the game then the game becomes meaningless.



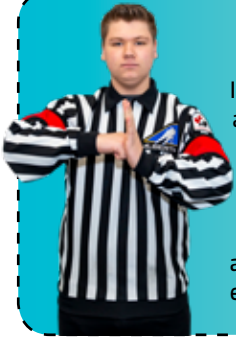
SPOTLIGHT

Referee Signals



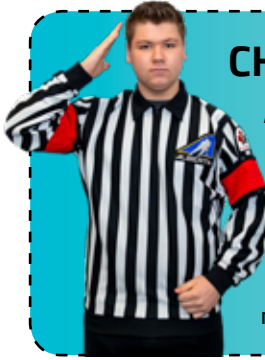
CHECKING FROM BEHIND

If a player pushes, body-checks or cross checks an opponent from behind, a checking from behind penalty may be called. It is a game misconduct (ejection from the game), coupled with a two or five minute penalty, depending on the severity of the offense.



BOARDING

If a player is checked into the boards in a violent manner, then the referee may call a boarding penalty. A two minute penalty will be given for boarding, and in situations where the offense is more serious (when a player is vulnerable, etc), a five minute major penalty and game ejection may be called.



CHECKING TO THE HEAD

A minor or major penalty, depending on the degree of violence of impact and shall be assessed to any player who checks an opponent in the head area. A match penalty could also be assessed under this rule. If a player is injured, a major and game misconduct penalty or match penalty must be assessed.



BODY CHECKING

Body-checking is not allowed until the bantam level. Delivering a body-check in the lower divisions will result in a two minute penalty being given. The referee's signal is an arm across the chest with a flat hand.



CROSS CHECKING

When a player uses the shaft of his stick, held between the hands, to check an opponent. The referee signals with a pushing motion of the arms, fists clenched and shoulder-width apart. (This signal imitates the action of a cross check.)



BUTT ENDING

If a player jabs (or attempts to jab) another player with the shaft of his or her stick above the upper hand, a butt-ending penalty may be called. The referee holds one forearm over the other, the upper hand flat and the lower hand makes a fist.



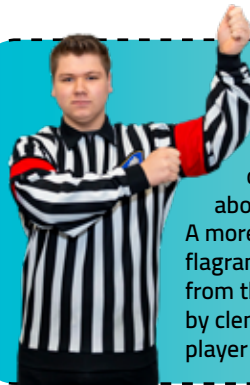
ELBOWING

The referee may call an elbowing penalty when a player hits or checks an opponent using his elbow. The referee signals by grabbing either elbow with the opposite hand.



CHARGING

If a player takes more than two steps or strides, or jumps into an opponent when body-checking, a charging infraction may be called. The referee signals this call by rotating clenched fists around each other in front of the chest.



HIGH-STICKING

This occurs when an opponent is checked by another player's stick held above the normal height of the shoulders. A more severe penalty may be called for flagrant high-sticking fouls, including ejection from the game. The referee signals this call by clenching their fists and mimicking a player holding a stick above their shoulders.



HOLDING

This is called when a player grabs the opponents body or stick and holds them back from play. The referee motions this call by grabbing either wrist with the opposite hand.



ROUGHING

This penalty may be called when a player uses his arms or fists to hit another player. The referee's signal for this is a clenched fist extended out to the front or side of the body.



HOOKING

This penalty is called when a player slows down an opponent by hooking his stick on any part of the opponent's body or stick. The referee signals this call with a pulling motion with both arms as if holding a stick.



SLASHING

This penalty is called when a player deliberately hits an opponent with his stick. The signal for this call is a flat hand chopping down on the opposite forearm.



INTERFERENCE

This penalty is called when a player impedes the progress of an opponent who does not have the puck. The referee signals this call by crossing his or her arms across the chest.



SPEARING

Spearing occurs when a player thrusts or jabs the blade of his stick toward an opponent. Players are usually ejected from the game for spearing. The signal for this call is similar to hooking, however instead of a pulling motion with both arms toward the body, it is an outward jabbing motion.



KNEEING

If a player uses his knee (this includes sticking his knee out) to take down or check an opponent, the referee may call a kneeing penalty. If the infraction is of a more serious nature, the referee may consider a major and a game misconduct instead of a minor penalty. The referee signals this by bending down and grabbing his knee.



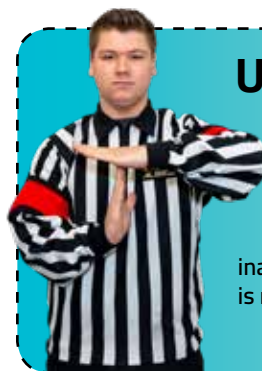
TRIPPING

This penalty may be called when a player uses his or her stick or any body part to trip the opponent with the puck. However, if the player touches the puck prior to contact with the other player, there is usually no penalty called. The referee signals this call by bending down and striking their leg with their hand, below the knee.



MISCONDUCT

This penalty may be called when a player demonstrates extreme and inappropriate behaviour toward another player or a game official. Depending on the severity of the offense, the player may be given a ten minute misconduct penalty. The penalized team, in this case, does not play shorthanded, unless there is contact involved.



UNSPORTSMANLIKE CONDUCT

This penalty may be called when a player exhibits poor sportsmanlike or inappropriate behaviour on the ice. A "T" is made with the hands to signal this call.



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