

EDMONTON **hockey** MAGAZINE

WINTER 2020

YOUR GUIDE FOR
QUIKCARD EDMONTON
MINOR HOCKEY WEEK
2020





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What's INSIDE

HOCKEY EDMONTON MAGAZINE | WINTER 2020

- 5** MESSAGE FROM THE PRESIDENT OF HOCKEY EDMONTON
- 7** MESSAGE FROM THE PUBLISHER
- 9** PROCLAMATIONS FROM THE MAYOR OF EDMONTON AND THE PREMIER OF ALBERTA
- 11** MESSAGES FROM THE CHAIR AND HONOURARY CHAIR OF MINOR HOCKEY WEEK
- 13** MINOR HOCKEY WEEK 2020 FINALS SCHEDULE
- 15** QUIKCARD EDMONTON MINOR HOCKEY WEEK 2020 FACTS AND FIGURES
- 16** QUIKCARD EDMONTON MINOR HOCKEY WEEK 2020 RULES AND REGULATIONS
- 18** EDMONTON ARENA LOCATOR MAP
- 20** FEATURED ON THE COVER JACOB VALLETTE
- 21** GOLD MEDAL WINNERS FROM MINOR HOCKEY WEEK 2019
- 22** MEMORIES MONTAGE FROM MINOR HOCKEY WEEK 2019
- 24** IMPLEMENTING AND EXECUTING HOCKEY HABITS
- 27** TEDDY BEAR TOSS FOR SANTA'S ANONYMOUS
- 29** THE GUHLE BROTHERS PRAISE EACH OTHER FOR HOCKEY SKILLS
- 32** SPOTLIGHT ON AN OFFICIAL KASI JAIN
- 34** REFEREE SIGNALS

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.



HOCKEY



HOCKEY





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

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Message From Hockey Edmonton

IT'S HERE!! Quikcard Edmonton Minor Hockey Week 2020!

This is one of the most truly exciting weeks in a young hockey player's career! I can still remember playing in the tournament as a young player and the excitement of having a game go into overtime, listening to all the cheering in the stands as both teams battled and the game went down to two players a side. The outcome of the game is not important today, but every time I hear the words Minor Hockey Week it brings that memory to the forefront and how the arena was full of energy! I have been able to experience the excitement of overtime in all areas of my life; as a parent watching my children play, as a coach, and as a referee watching the players faces on the benches and listening to the cheering in the stands. The one thing that remained consistent in all this was how excited everyone was either watching or participating in the game.

As we are getting ready to step onto the ice and create new memories, the Hockey Edmonton executive and board of directors would like to thank the many people who make this possible: the organizing committee, the ice management committee and schedulers, the league governors, Hockey Edmonton staff, our hockey clubs, zones and associations, and all the other countless volunteers. Also, a big thank you to the many referees who donate countless hours to the success of this tournament. Lastly, a very special thank you to Quikcard and all our sponsors who, without their generosity and support, this event could not happen!

Again, all those involved, thank you for all you do!

On behalf of Quikcard Edmonton Minor Hockey Week committee, Hockey Edmonton executive, board of directors, and Hockey Edmonton staff, good luck to everyone, have a safe and fun week!



Yours in Hockey.

Joe Spatafora

President Hockey Edmonton



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Message From The Publisher

This year marks the 57th anniversary of Edmonton Minor Hockey Week, for which Quikcard has been the title sponsor for the past 21 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 they donate their time in doing so. The value of their donated time works out to over \$40,000.00, 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 2019 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



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PROCLAMATION

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, more than 500 participating teams, hundreds of volunteers and legions of fans will visit arenas throughout our city to take part in the action;

AND WHEREAS, this tournament helps players develop their skills and build teamwork while facing challenging competition from their peers;

AND WHEREAS, Edmontonians are proud of this generation-spanning celebration of sportsmanship, skill and community;

THEREFORE I, MAYOR DON IVESON, DO HEREBY PROCLAIM JANUARY 10-19, 2020 "QUIKCARD EDMONTON MINOR HOCKEY WEEK" IN EDMONTON, ALBERTA'S CAPITAL CITY.

Dated this 10th day of January, 2020



A handwritten signature in black ink, appearing to read 'Don Iveson'.

Don Iveson
MAYOR OF THE CITY OF EDMONTON



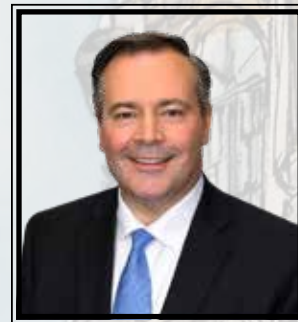
MESSAGE FROM THE PREMIER OF ALBERTA

On behalf of the Government of Alberta, it is my pleasure to welcome everyone to Quikcard Edmonton Minor Hockey Week.

Hockey is more than just a game in Canada, it is a passion. And that passion takes root early. Here in Alberta's capital region, generations of young players have been privileged to be part of one of the largest and longest running hockey tournaments in the world. Minor Hockey Week is about the love of the game, and I commend all of the athletes for their commitment, hard work and sportsmanship.

Thank you to all of the sponsors, coaches, families, friends, fans and incredible volunteers who have helped make this tournament an Edmonton institution and a world-record phenomenon. Your support ensures that these young athletes will continue to have the opportunity to learn, develop and have fun, and be part of Alberta's outstanding hockey tradition.

Best wishes to all the competitors!

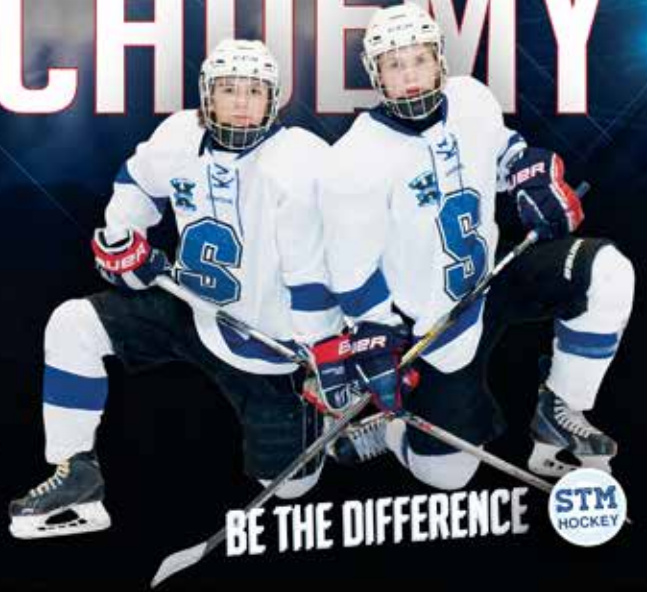


A handwritten signature in blue ink, appearing to read 'Jason Kenney'.

Hon Jason Kenney, Premier of Alberta

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Message From The MHW Chairperson

I am honoured to be the chairperson for the 2020 edition of Quikcard Edmonton Minor Hockey Week.

There have been numerous changes in hockey over the last several years from hitting being removed at certain levels, half ice novice, to the most recent category name changes that just took place. We continue to see the evolution of our sport and this is all being done with the focus firmly on the players and their enjoyment of this great game for the betterment of all involved at all levels.

Our committee is brand new this year, picking up the mantle from the past committee and we are looking forward to honouring their work moving forward under a new group of volunteers. Lisa Hazlett, Chris March, Ray Vigneau, Sarah Madore, Sarah Kennedy, Betty Chimlar and Sharlene Cook have all been excellent committee members and I can't thank them enough for the time they have volunteered as this event would not be possible without their efforts.

On a more local level we have great community volunteers that are the first line of interaction with players, parents and extended family members. The arena managers do a fantastic job organizing all the different facets of their rink to ensure all goes off without a hitch. In addition, all the other volunteers that are organized by the federation hockey organizations, we thank you. Referees are one of the most integral volunteer pieces of this event because without them we wouldn't be able to play. Their dedication and commitment to Quikcard Edmonton Minor Hockey week is commended and we are grateful for their support.

We are excited to have Quikcard back as our title sponsor and grateful to all our other corporate partners, the Edmonton Oilers, Edmonton Oil Kings, McDonalds, Elite Promotional Marketing, Serdachny Powerskating & Hockey, STM Hockey, and Vimy & Donnan Hockey Programs.

On behalf of the Quikcard Edmonton Minor Hockey Week committee, I invite you to come out and enjoy some excellent hockey and be part of the week-long celebration of hockey in the greater Edmonton area.



Sincerely,
Paul Raimundo

**Chairperson,
Quikcard Edmonton
Minor Hockey Week**

Message From The Honourary Chairperson

As plans for the 57th anniversary of Quikcard Edmonton Minor Hockey Week are well under way, I am very appreciative to have been selected as the Honourary Chairperson. I have been fortunate to have all five of my sons enjoy the experience of playing in the tournament like I did so many years ago. To this day they still talk about their memories of this tournament. Minor Hockey Week was always a highlight of their season regardless of the outcome of the games.

Having been president of the Southeast Zone for many years, I have always appreciated the role of volunteers. I admire those who give many hours during the year being involved on the executive, as well as roles within the team; coaching, managing, looking after jerseys, planning tournaments, or whatever other tasks are needed throughout the year. Minor Hockey Week epitomizes the role of volunteers within the game of hockey, from the committee that oversees the event, to the arena managers who oversee the games, to the referees who volunteer countless hours all to make this special tournament possible. It is always great to see the same volunteers year after year staying involved even as their children have finished because of their love of the game and knowing that they are doing this for the players.

As we support our sons and daughters over the next 10 days, please find the time to thank those responsible for not only this wonderful tournament, but for working with our children to allow them to play the game of hockey throughout the season.

I would like to offer my best wishes and congratulations to all of the teams involved, and to the many volunteers for an outstanding tournament. The true success of this tournament is the experience and lasting memories more so than the scoreboard results.



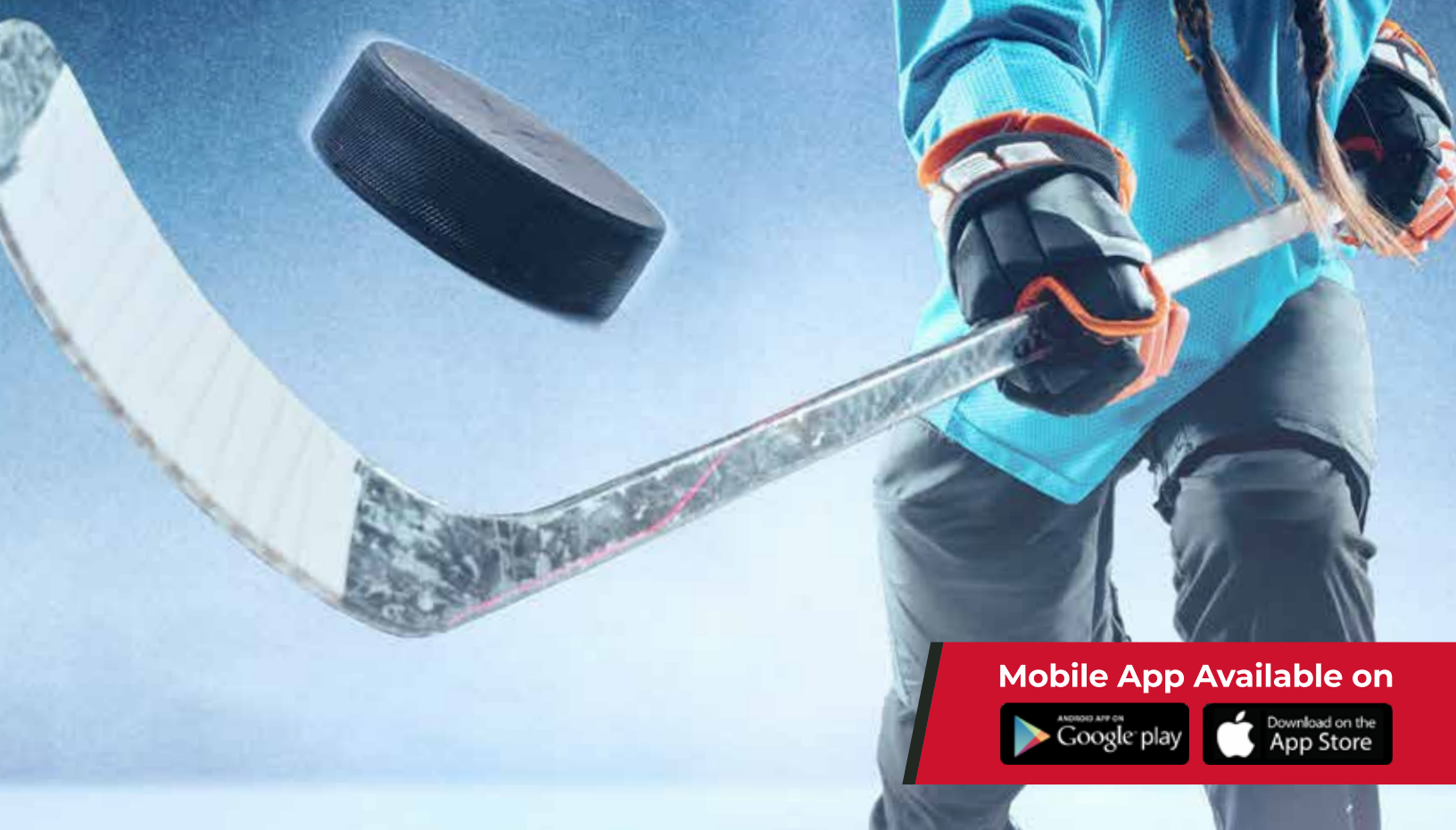
Sincerely,
Gerald Kruhlak

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

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TIME TERWILLEGAR A

11:30 am ATOM 2 GREEN
 1:00 pm ATOM 2 BLUE
 2:30 pm PEEWEE 6 BLUE
 4:00 pm PEEWEE 6 RED
 5:30 pm BANTAM 4 RED
 7:00 pm MIDGET 6 RED

TIME TERWILLEGAR B

11:45 am ATOM 4 GREEN
 1:15 pm PEEWEE 6 GREEN
 2:45 pm PEEWEE 4 GREEN
 4:15 pm PEEWEE 3 GREEN
 5:45 pm BANTAM 4 BLUE
 7:15 pm MIDGET 6 BLUE

Saturday January 18**TIME TERWILLEGAR B**

10:30 am ATOM 6 GREEN
 12:00 pm ATOM 5 GREEN
 1:30 pm PEEWEE 5 GREEN
 3:00 pm FEMALE BANTAM B
 4:30 pm FEMALE BANTAM A
 6:00 pm FEMALE MIDGET B
 7:30 pm FEMALE MIDGET A

**2020 FINALS SCHEDULE****TIME TERWILLEGAR A**

8:15 am ATOM 2 RED
 9:45 am ATOM 1 BLUE
 11:15 am ATOM 1 RED
 12:45 pm PEEWEE 1
 2:15 pm PEEWEE AA
 3:45 pm BANTAM 2
 5:15 pm BANTAM 1
 6:45 pm MIDGET 1

TIME TERWILLEGAR B

7:45 am ATOM 3 GREEN
 9:15 am ATOM 3 BLUE
 10:45 am ATOM 3 RED
 12:15 pm PEEWEE 2 BLUE
 1:45 pm PEEWEE 2 RED
 3:15 pm BANTAM 3 BLUE
 4:45 pm BANTAM 3 RED
 6:15 pm MIDGET 2

Sunday January 19**TIME TERWILLEGAR C**

8:15 am ATOM 5 BLUE
 9:45 am ATOM 5 RED
 11:15 am ATOM 4 RED
 12:45 pm PEEWEE 3 BLUE
 2:15 pm PEEWEE 3 RED
 3:45 pm PEEWEE 5 RED
 5:15 pm BANTAM 5 RED
 6:45 pm MIDGET 4
 8:15 pm MIDGET 3

TIME TERWILLEGAR D

7:45 am ATOM 6 BLUE
 9:15 am ATOM 6 RED
 10:45 am ATOM 4 BLUE
 12:15 pm PEEWEE 4 BLUE
 1:45 pm PEEWEE 4 RED
 3:15 pm PEEWEE 5 BLUE
 4:45 pm BANTAM 5 BLUE
 6:15 pm BANTAM 6
 7:45 pm MIDGET 5

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Calling All GOLD MEDAL WINNERS

If your child wins or has won a gold medal at the 2020 Quikcard Edmonton Minor Hockey Week, we want to hear from you! Please complete the following questionnaire and send it in by Monday February 3, 2020, 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 2019 Minor Hockey Week

4,735

857

Games
to be
played

5

Groups who Participate
in the QEMHW
[Novice, Atom, Pee wee, Bantom, 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

53 **Championship** games to
be played

FACTS & FIGURES

*Quikcard Edmonton Minor
Hockey Week* **2020**

3,200
VOLUNTEERS

640 **TEAMS** will
participate

162 **Shutouts** that occurred
in the 2019 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

57

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

128

Overtime games played
in the 2019 tournament



2020 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 Hockey Edmonton and EFHL 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.
- 1.7 In the event referees do not arrive, the below rule will apply:
Rule 41-K, Page 74, Canadian Hockey Association Official Rule Book: If for whatever reason, the ref or linesman appointed is 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 they are unable to agree, they shall appoint a player from each team who shall act as officials.
- 1.8 In case of dispute, the decision of the Minor Hockey Week Chairperson or their designate is final. There are no appeals during Minor Hockey Week.

2 TEAM REGISTRATION

- 2.1 Coaches must be in possession of their approved HCR team roster and able to present to the arena manager at their request (it's recommended that associations issue updated HCR team rosters - paper/electronic - to all teams no later than the week prior to the start of QEMHW play).
- 2.2 All players registered on the team must be named on the game sheet and those not dressed shall be noted appropriately with an explanation of why they are not dressed.
- 2.3 If a team arrives at the arena without their HCR team roster or with a roster that does not have all participants duly noted, an official HCR team roster must be produced by the team or an association executive prior to the end of regulation time of said game or the issue will be passed on to discipline and dealt with according to the below regulation.

2.3 (a) Every player competing in the games sanctioned by HA and its MHAs shall be a member of a hockey team registered with HA and shall, prior to competing in their first league game, be duly registered in the registry.

2.3 (b) In addition to the current information required for registration a player movement form must be submitted to the zone minor administration coordinator for each non-resident player at the time of registration.

Hockey Canada Minimum Suspension

RULE # 2.3 INFRACTION: Ineligible Players / Team Officials: Team official who is party to or had knowledge of playing a player not properly registered with that team or properly affiliated to that team and/or allowing a team official who is not properly registered to that team to participate on the bench. Team official who is party to or had knowledge of playing a player or allows a team official to participate on the bench who is under suspension.

2.4 AFFILIATE PLAYERS ARE NOT ALLOWED; with the exception being of goalies. If an affiliated goaltender is not available, the Hockey Alberta Substitute Goaltender process is to be used (just as in league play).

2.5 Approved players and bench staff 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. A person who is an approved HCR bench staff must sign the game sheet.

2.6 In the event a team does not show for their game, the coach will be subject to disciplinary action. The offending team will forfeit the game.

3 REGULATION TIME

3.1 Duration of games will be posted on draw sheets at each arena. The arena manager is responsible for advising game officials of the games duration. Games will be straight time. **The last two (2) minutes shall be stop time** 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 face-off has taken place (exception being rules 3.1 & 3.2).

3.4 All minor penalties are two (2) minutes of straight time and the penalty will begin at the drop of the puck. All major penalties are 5 minutes straight time and the penalty will begin at the drop of the puck. All misconducts will be 10 minutes straight time and the penalty will begin at the drop of the puck. 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 centre 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 centre 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 and the penalty will begin at the drop of the puck. All major penalties are five minutes straight time and the penalty will begin at the drop of the puck. All misconducts will be ten minutes straight time and the penalty will begin 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** Penalties incurred during overtime should be handled as stated below:

Period	Stop Time	Total # of Players (including goaltenders)	If penalty taken during play reduced by:	If second penalty taken reduced by additional:
4	1:00	6	1	1
5	1:00	5	1	1
6	1:00	4	1	1
7	1:00	3	1	Penalty Shot
8	6:00	2	Penalty Shot	Penalty Shot
9	10:00	2	Penalty Shot	Penalty Shot

- At no time will a team be required to have less than two (2) players (including the goaltender) on the ice.
- If due to penalties, a team is reduced to two (2) players (including the goaltender) and another time penalty is incurred, the offending team will serve the most recent penalty and a penalty shot(s) will be awarded to the non-offending team for each unexpired penalty.

- Should each team have an unexpired time penalty when teams are reduced to two (2) players (including the goaltender), a penalty shot(s) will be awarded to each team. The team with the least time to serve will shoot first. Each team must be provided their shot. If the teams are still tied, overtime will continue.
- All time penalties incurred with two (2) players (including goaltenders) on the ice shall result in the awarding of penalty shot(s) in lieu of penalty times.
- If the game is still tied after period 7. Period 8 will begin with the clock set at 6:00 with face-off at centre ice and will be played with two (2) players (including goaltenders) until a winner is determined.
- If the game is still tied after period 8. Period 9 will begin with the clock set at 10:00 with face-off at centre ice and will be played with two (2) players (including goaltenders) until a winner is determined.

6 NOVICE HOCKEY

Game formats and protocols align with Hockey Canada’s new program.

- Rink dividers: Half-ice divider systems setup across centre-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. Major, match and misconduct infractions must be recorded on the game report.



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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
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Featured ON THE COVER

We are pleased to feature 11-year-old Jacob Vallette on our cover. Jacob's team won gold at last year's Quikcard Edmonton Minor Hockey Week, and the photo which appears on the cover is Jacob's celebration after the game winning goal. We reached out to Jacob's coach, Clay Vanderham, and he had this to say about Jacob. "Jacob is your typical 11-year-old. His nickname is "Valley," and he lives and breathes hockey & video games. He's a very quiet dressing room kid, but as a coach, when the games on the line you want "Valley" out there. We won three tournaments last year and Jacob scored in each of the championship games including that picture of his game-winning Minor Hockey Week championship goal. Not phased by the big moment."

Jacob Vallette

WHAT GRADE ARE YOU IN AND WHAT SCHOOL DO YOU ATTEND?

Grade 6 at Velma E. Baker Elementary School

HOW MANY YEARS HAVE YOU PLAYED HOCKEY?

This is my 7th year playing hockey

WHAT TEAM ARE YOU CURRENTLY PLAYING ON?

Millwoods Bruins Peewee SE436

WHAT IS YOUR USUAL PLAYING POSITION?

Left Wing

WHO IS YOUR FAVOURITE NHL TEAM?

Edmonton Oilers

WHO IS YOUR FAVOURITE PLAYER?

Connor McDavid

WHO IS YOUR ROLE MODEL?

My past coach, Clay Vanderham. He taught me a lot about hockey.

WHAT IS YOUR FAVOURITE MEMORY FROM MINOR HOCKEY WEEK?

Losing the very first game and we were all really sad. Then we played really hard and won every game after until the gold medal. I think it made us feel even more proud coming back.

DO YOU HAVE ANY OTHER FAVOURITE MEMORIES FROM PLAYING HOCKEY?

Away tournaments with a pool in the hotel :)

WHAT ARE YOUR OTHER HOBBIES OR SPORTS INTERESTS?

Baseball, Jiu-jitsu, Running club and video games



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ANGUS MCHARDY

AGE: 13 **CURRENT TEAM:** SWZ 526 Oil Kings
NUMBER OF YEARS PLAYED: 9
POSITION: Defence in my 1st year & 8 years as a forward
FAVOURITE HOCKEY TEAM: Toronto Maple Leafs
FAVOURITE HOCKEY PLAYERS: Morgan Rielly & Dion Phaneuf
ROLE MODELS: My Parents
OTHER HOBBIES & INTERESTS: Rugby & Baseball
FAVOURITE HOCKEY MEMORY: Helping my team win the gold medal at Minor Hockey Week - It was my first time winning gold!



SIDNEY HARRISON

AGE: 8
CURRENT TEAM: Novice Major 4 - KC Golden Ravens
NUMBER OF YEARS PLAYED: 4
POSITION: Goalie
FAVOURITE HOCKEY PLAYER: Wayne Gretzky
ROLE MODELS: My Parents
OTHER HOBBIES & INTERESTS: Watching hockey & playing video games
FAVOURITE HOCKEY MEMORY: The game where I made 2 glove saves!



SHAUN GRAHAM

AGE: 8
CURRENT TEAM: KC 059 - Golden Ravens
NUMBER OF YEARS PLAYED: 4
POSITION: Centre
FAVOURITE HOCKEY PLAYERS: Mitch Marner & Auston Matthews
ROLE MODELS: Mitch Marner & my Dad
OTHER HOBBIES & INTERESTS: Playing hockey is my only hobby :p
FAVOURITE HOCKEY MEMORY: Winning gold at Minor Hockey Week 2 years in a row and receiving Heart & Hustle 3 times!



BENJAMIN BELLEMARE

AGE: 14
CURRENT TEAM: SA 780 - St. Albert Rock
NUMBER OF YEARS PLAYED: 8
POSITION: Centre
FAVOURITE HOCKEY TEAM: Washington Capitals
FAVOURITE HOCKEY PLAYER: Matt Duchene
ROLE MODEL: Alexander Ovechkin
OTHER HOBBIES & INTERESTS: Comics & playing video games
FAVOURITE HOCKEY MEMORY: Winning the gold medal at this year's Minor Hockey Week!



BRADY SCHNEPPER

AGE: 12
CURRENT TEAM: Pee wee 1 - Strathcona Warriors
NUMBER OF YEARS PLAYED: 8
POSITION: Centre
FAVOURITE HOCKEY TEAM: Edmonton Oilers
FAVOURITE HOCKEY PLAYER: Connor McDavid
ROLE MODEL: My Dad
OTHER HOBBIES & INTERESTS: Basketball, volleyball, piano, baseball & curling
FAVOURITE HOCKEY MEMORY: Playing on Roger's Place ice & meeting Glenn Anderson!



RONIN PFEIFLE

AGE: 10
CURRENT TEAM: NE 130 - Braves
NUMBER OF YEARS PLAYED: 3
POSITION: Goalie
FAVOURITE HOCKEY TEAM: Pittsburgh Penguins
FAVOURITE HOCKEY PLAYERS: Matt Murray & Sidney Crosby
ROLE MODEL: Matt Murray
OTHER HOBBIES & INTERESTS: Baseball
FAVOURITE HOCKEY MEMORY: Getting a shut-out (4-0) to win the gold medal at Minor Hockey Week!



HUXLEY BESKOWINEY

AGE: 8
CURRENT TEAM: Novice - KC Golden Ravens
NUMBER OF YEARS PLAYED: 2
POSITION: Right Defence
FAVOURITE HOCKEY TEAM: Edmonton Oilers
FAVOURITE HOCKEY PLAYERS: Connor McDavid
ROLE MODEL: Chris Hadfield
OTHER HOBBIES & INTERESTS: Lego & Warhammer 40k
FAVOURITE HOCKEY MEMORY: Winning both of my gold medals!



RAYAAN SHAMIE

AGE: 8
CURRENT TEAM: St. Matthew - KC Rebels
NUMBER OF YEARS PLAYED: 6
POSITION: Forward
FAVOURITE HOCKEY TEAM: Winnipeg Jets
FAVOURITE HOCKEY PLAYERS: Patrik Laine
ROLE MODEL: Dr. Abiy Ahmed
OTHER HOBBIES & INTERESTS: Brazilian Jiu-Jitsu
FAVOURITE HOCKEY MEMORY: When I was recognized as a MVP, scoring 4 goals at the Millet Tournament last year (2017/2018)!

Memories From **QUIKCARD EDMONTON MINOR HOCKEY WEEK** 2019

PHOTOS PROVIDED BY EPIC PHOTOGRAPHY





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IMPLEMENTING & EXECUTING “HOCKEY HABITS” FOR INCREASED TEAM SUCCESS

By Joel Lenius

Team play systems, tactics, and technical skills are all useful tools for hockey players to learn, develop, and refine. In fact, a coach's season plan is usually exclusively focused on these tools. However, successful teams are also able to incorporate “hockey habits” into their gameplay and repertoire. Habits are acquired behaviour patterns, regularly followed until they become almost involuntary. Habits in today's hockey world create an on-ice identity and help to win games. Habits require hard work.

Before a team will buy-into implementing and executing these habits, they must trust and respect the coaching staff and the vision for the team. The coaching staff can earn this trust through various team building activities, individual player meetings, and by showing vulnerability with the players. Successful teams recognize that consistent implementation and execution of habits are more important to the team than individual statistical success. Implementing and executing habits require a player to put “we before me.” Ingraining habits into the repertoire of players better prepares them for the next level of play.

Below I have listed a few examples of hockey habits, which can be learned, developed, and refined during practice sessions and executed during gameplay. The implementation and execution of these habits will prove to be extremely useful in the second half of the season and playoffs when competition becomes closer, more familiar, and perhaps more intense. I have divided these habits into offensive and defensive categories.

OFFENSIVE HABITS:

•**Second-quick:** As coaches, we are always quick to teach forechecking skills (angling, pinning, checking, skating, etc.) to our players. However, what happens after our F1 executes an excellent forecheck? There needs to be secondary support by F2 off the initial pin or check. This F2 must be close in support and must be ready to pick up the puck off the initial forechecker's separation. This is called “second-quick” and is a habit of highly successful hockey teams who wish to spend more time playing with the puck, rather than chasing it.



•**Driving the net:** On entries into the offensive zone, players without the puck must recognize if the player with the puck (F1) needs multiple support options. Some of these players, however, must choose to skate hard, with stick on the ice, to the top of the crease. This route pushes the opposing defenders back, which creates time and space for the offensive puck carrier. It also creates confusion with the defensive players and the goalie. The net-drive player(s) must be ready to jump on rebounds, slip passes or area passes from the F1 puck carrier.

•**Net front presence:** When the puck is above players in the offensive zone, the players without the puck should be fighting their way to the net front to provide a screen on the goalie. These players must also be ready to pick-up loose pucks off the initial shot/redirection. Not all players can bolt to the net front... the player with the puck still should have multiple supportive passing options.

•**Movement away from the puck:** There must be smart movements by players without the puck in order to support the player with the puck. The player with the puck should always have at least two points of support. Players without the puck should be moving to create passing lanes and should always be an available passing option or offensive threat.

•**Getting above the puck:** Players without the puck cannot be lazy! There must always be a support option for the puck carrier. In the offensive zone, a productive support option is usually a player who is above the puck. Receiving a pass from below, allows a player to immediately push forward and become a quick offensive threat. Players without the puck should constantly be working to get above the puck when available.

DEFENSIVE HABITS:



•**Stick on puck, body on body:** A common, but effective habit! If team's can defend 1v1, their defensive play should be stronger. Defensive players should work to stay on the defensive side of their man, keep their stick on the offensive player's stick, have strong body position, and be agile on their feet. Defensive players are waiting to jump on "triggers," which are defined as effective opportunities to pressure offensive puck carriers.

•**Defensive side of the puck:** In any puck battle or scrum, players should be working forward from the defensive side of the battle. This position provides a defensive outlet on lost puck battles, but it also allows the player to immediately go on the offensive, seeing as they win the puck battle/scrum. It requires harder work to get to the proper defensive side position in the first place, however it pays off in the end.

•**Shoulder checking:** on any puck retrieval or outlet pass, the player retrieving/receiving the puck should check their shoulder (behind and laterally) to determine the following:


- How much time and space do I have?
- Is there pressure?
- Where is the pressure coming from?
- Where is the support?
- What are the best puck decisions to counter this pressure?

•**Tracking:** Good teams generate offense through the middle of the ice. Great teams take away the offensive options through the middle of the ice. Effective back-checking is essential to any team's success. It allows teams to get the puck back quicker. The back-check begins in the offensive zone with a quick transition (offense to defense) and hard skating through the neutral zone. Players must track back through the middle of the ice, they must communicate with each other, and they must recognize when to pressure the puck-carrier and when to sort-out.

•**Back pressure:** When back-checking teams outnumber the offensive team, players need to develop the innate ability to recognize when to pressure the puck carrier from behind. We do not want to give the puck carrier an easy offensive zone entry. This also allows the closest defenseman to step-up and close the gap on the puck carrier.

Some other useful habits are: offensive zone line changes, an effective offensive F3, quick and impactful shifts, forcing your toes up-ice, blocking shots, pushing pucks behind the opposing team's defenseman, communication, discipline, holding up opposing team's forecheckers, commitment to clearing pucks from your zone.

Reinforcing all these habits can seem both daunting and challenging. However if your coaching staff can pick one or two habits to implement and execute as a team, the team should experience more success in the second half of your season and into the playoffs. Good luck!



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The idea for this year's event stemmed from watching the success of the Oil Kings "Teddy Bear Toss," and as Andrew Waugh, team manager from SE480, explained, "I've done this in the past with other teams my son has been on. It was my idea as this was an exhibition game for both teams, and SA610 was totally on board."

Around 100 Teddy Bears were collected and donated to Santa's Anonymous from this year's event.



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GUHLE BROTHERS *praise* EACH OTHER FOR HOCKEY SKILLS

By Jeremy Freeborn

Two defensemen from Sherwood Park appear to have bright hockey careers ahead of them. Brendan Guhle is 22 years old, but is already in his fourth National Hockey League season. His younger brother Kaiden (who is 17) is a projected first round pick in the 2020 NHL Entry Draft after three productive seasons with the Prince Albert Raiders of the Western Hockey League.

Gauging whether or not defensemen at the minor league or junior level will succeed at the professional level is always challenging. Unlike forwards, the success of defensemen cannot be projected by studying box scores and statistics. For defensemen, scouts look more for subjective intangibles that deal with overall consistency.

According to Curtis Joe, of eliteprospects.com, some of Brendan's subjective qualities are his ability to both deliver and take bodychecks. He is also praised for his poise with the puck, positioning without the puck, endurance and trustworthiness at both ends of the ice. Kaiden, meanwhile, (according to draftgeek.ca), is known for his balance of power and speed, versatility, defensive zone play, and ability to read the ice.

The Guhle brothers have strong links to Grande Prairie, in addition to the Edmonton region. Brendan was born in Edmonton on July 22, 1997. His family moved to Grande Prairie when he was three. Grande Prairie is Kaiden's birthplace, as he was born on Jan. 18, 2002.



[Photos Provided by Lucas Chudleigh | Apollo Multimedia]



It was in Grande Prairie that the Guhle brothers learned to play the game. Kaiden was four years old and Brendan was seven when they first started playing hockey. Brendan remembers winning conference champions in the northern region of Alberta at the pee wee and atom levels.

Then in 2011, when Brendan was 14 and Kaiden was nine, the Guhle family relocated to the Edmonton region to call Sherwood Park home.

Brendan's favourite *minor hockey moment* was winning a championship and then going across the street to a local restaurant to watch the men's gold medal game between Canada and the United States.

In 2011-12, Brendan played 40 games for the Sherwood Park Bantam AAA Flyers of the Alberta Major Bantam Hockey League and the Sherwood Park Squires Minor Midget Hockey League. He had 10 goals and 16 assists for 26 points. Brendan was selected in the first round, third overall, by the Prince Albert Raiders in the 2012 WHL Bantam Draft. He played the 2012-13 season with the Sherwood Park Midget AAA Kings, where he had three goals and eight assists for 11 points in 32 games.

From there Brendan went on to play four seasons in the WHL. He spent three and a half seasons with the Prince Albert Raiders and half a season with the Prince George Cougars. While in Prince Albert, Brendan enjoyed ice fishing with his teammates.

In his final WHL season in 2016-17, Brendan was an assistant captain with the Raiders and Cougars.

"That was obviously an honour," he said. "Not everyone gets to experience that. I just tried to do my best and help my team win games."

While with the Raiders, he was selected in the second round, 51st overall, by the Buffalo Sabres in the 2015 NHL Entry Draft. He played 23 games with the Sabres from 2016-2018 before being traded to the Anaheim Ducks with a first round draft pick in the 2019 NHL Entry Draft (Ducks selected Moose Jaw Warriors left winger Brayden Tracey of Calgary) for Brandon Montour on Feb. 24, 2019.

Brendan recalls what it was like being traded in the NHL for the first time.

"That was quite the day," he said. "I found out around 4:30 Eastern Time. I pretty much packed up my stuff and I was gone. I had to go to Vancouver the next day. It was a busy time, but exciting. It was good for my career, and I am thankful for that."

While with the Sabres, he played primarily with the Rochester Americans of the American Hockey League. Still, he has warm memories of the great Buffalo Sabres fans.

Kaiden played minor hockey in Sherwood Park at the pee wee and bantam levels. He recalls the joy of reaching the B final in his first year of bantam.

"It was a great experience for me and something I will remember for a long time," he said.

In 2016-17, Kaiden joined the Okanagan Hockey Academy Edmonton Bantam Prep squad as their captain. While playing in the Canadian Sport School Bantam Hockey League, he was a blueliner that had offensive flair to his game. He had 17 goals and 23 assists for 40 points in 30 games.

The overall skillset that Kaiden was able to showcase got the attention of the Western Hockey League's Prince Albert Raiders. He was named the first overall pick of the 2017 WHL Bantam Draft. In 2017-18, he played in the Canadian Sport School Hockey League and averaged just over a point per game with 14 goals and 25 assists for 39 points in 35 games.

Kaiden is appreciative of his time with the academy.



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"It is a great program," he said. "They really focus on making good hockey players, but more importantly better people. For my two years there, I felt I matured as a person and as a player. The academic program is really great. They make sure you are on top of all of your schooling. You are a student athlete. It is a great academy and I would recommend it to anybody."

Also in 2017-18, Kaiden got to see what the WHL was like, playing eight games for Prince Albert before joining the Raiders full time the following season.

In 2018-19, Kaiden was on a Raiders squad that won the 2019 Rogers Western Hockey League championship. The Raiders beat the Vancouver Giants in seven games in the championship final. From there, he got to play for Prince Albert at the 2019 Memorial Cup in Halifax, Nova Scotia.

So far this season, Kaiden has a lot more offense in his game. In 2018-19, he only had 17 points in 65 games, and in 2019-20, he has 18 points in 26 games.

Kaiden and Brendan have strong admiration for each other.

"He is a really good skater obviously," said Kaiden of his brother. "He is really gifted offensively. I always try to watch him and see the little things he does. That has really helped mature my game."

That speed Kaiden referred to was put on display at the 2019 American Hockey League All-Star Skills Challenge in Springfield, Mass., as Brendan posted a time of 13.6 seconds, the sixth fastest time in the history of the competition.

Brendan, meanwhile, marvels at Kaiden's size. At age 17, he is already 6'3" and 187 pounds.

"He is so physical and strong," said Brendan. "He can make a good first pass. I enjoy watching him. He has a great shot as well. I think he is going to be a really good player."

In evaluating his own game, besides his speed, Brendan feels he has other strengths, which include "passing, breakouts, staying on the defensive side of the puck and moving the puck up in transition quickly."

Brendan is currently working on getting more shots through to the net, joining the rush more, and being more physical. At press time, he has one goal and nine assists for 10 NHL regular season career points. He scored his first career NHL goal on Nov. 27, 2019, in a 4-3 Ducks shootout loss to the Arizona Coyotes. He scored from Ryan Getzlaf and Rickard Rakell at 6:22 of the first period on Darcy Kuemper.

Kaiden has pride in his ability to takeaway pucks from the opposition. Remarkably, he is trying to get even stronger.



[Photo Provided by getty Images]

Currently 31st in Sam Cosentino's NHL prospect rankings, Kaiden is projected to play on a strong NHL team if he is selected late in the first round.

When asked what he would like NHL scouts to know about him, Kaiden offers the following response.

"I work hard every day. I feel practices are more important than games. I feel I am coachable and always here to learn."

Both Kaiden and Brendan idolize Drew Doughty. One of the best all-around defensemen in the NHL, Kaiden praises Doughty's versatility of being able to play at a high level on the power play and penalty kill.

Brendan and Kaiden have had the opportunity to win silver medals playing international hockey. Brendan placed second with Team Pacific at the 2014 World Under-17 Hockey Challenge in Sydney, Nova Scotia. Kaiden won silver with Team Canada at the 2019 Hlinka Gretzky Cup in Breclav, Czech Republic.

This season, Brendan hopes to play in the NHL on a regular basis and help the Ducks win. Getting into the playoffs is also a goal as he is part of a Ducks squad that is in a very competitive Pacific Division at the moment.

Meanwhile, Kaiden wants to get back to the Memorial Cup. Last year the Raiders reached the national championship, but went winless in three games. He also hopes to get drafted, and improve himself as a player and a person.

For those minor hockey league players in Edmonton who have dreams of playing in the NHL, Brendan has the following message:

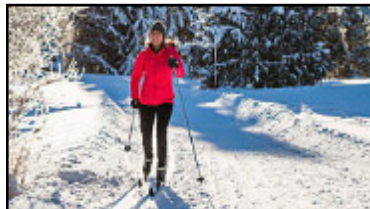
"I would just say keep working your best at it. Just enjoy your time and have fun playing minor hockey. Don't put any pressure on yourself. If you work hard, good things will come."

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SPOTLIGHT

ON AN OFFICIAL

KASI JAIN



We met up with 17-year-old Kasi Jain as he was getting ready to officiate a game in early December. Kasi began officiating minor hockey when he was 13-years-old and is in his fifth season as a minor hockey official. Kasi is in grade 12 and attends Strathcona High School. He plans to get his Bachelor of Science in Kinesiology and has already been accepted in the program at the University of Alberta for next year.

Kasi is also a top level baseball player, who plays Midget AAA for the Edmonton Trappers. Most recently he represented Canada at the Senior League Baseball World Series. Our first question to Kasi was to tell us about his experience at this event.

What special memories do you have from competing at the 2018 Senior League Baseball World Series?

My team got the fantastic opportunity to host nationals that year, which we ended up winning. This qualified us for the SLBWS in Easley, South Carolina. The whole experience was surreal and something that I will never forget. Just being able to represent Canada at such a big tournament like that was so amazing and probably the best part about it all. The games were also really close and intense. One of the games went 11 innings, and even though we ended up losing 2-1, it was definitely one of the most fun games I've ever played in.

What position do you play in baseball?

During the World Series I played centre field for the whole tournament. However, I also catch and pitch a little bit too. (I throw right and hit left.)

Have you ever umped?

I spent one summer as an ump, but I much prefer reffing hockey. One of the things I enjoy most about reffing hockey is that I am able to skate around and be active during the games, which is not really an aspect of umping baseball. Additionally, it was very difficult for me to find time to ump, especially when my team was practicing or playing every day of the week.

Switching over to hockey, I understand you still play hockey. What team do you play for and what position?

I play for Southwest Zone Oil Kings, and I am a centre.

Did you ever play in Edmonton Minor Hockey Week, and if so, any special memories?

I played in Minor Hockey Week every year until the end of my second year of peewee. I really like the overtime in Minor Hockey Week, because after each period that passes, it gets a little bit more intense. I loved it as a player, but even as an official, being on the ice for those high pressure situations, is a blast.

What made you want to become a hockey official?

Well for one, I knew reffing would be a fantastic part-time job with super flexible hours, so it was nice to earn a little bit of money. I also stopped playing hockey for a few years, but I still wanted to be on the ice and involved in the game and reffing provided a great opportunity to do both.

What level of hockey did you officiate last season?

Last year I reffed high tiers of peewee and some low tiers of bantam, as well as a few atom and novice games. I also worked as a linesman for some peewee and bantam games.

Did you officiate games this past Minor Hockey Week? If so, what makes you volunteer your time as an official for Minor Hockey Week?

Yes, I ref Minor Hockey Week games every year. The games just have a different atmosphere than regular games and you can tell as soon as you step on the ice. This makes it really enjoyable to officiate, as almost every game is an elimination game, so teams are leaving it all out there every game. I was able to ref a final last year, which was a really cool experience, and something I hope to do this year as well.

Any special memories from Minor Hockey Week?

My big highlights were definitely winning Minor Hockey Week. In my second year of novice and my second year of atom my team won, which was really cool. I just remember the whole tournament as being a lot of fun.

What do you enjoy most about officiating hockey games?

I really like being on the ice and just being able to skate around. The high pressure games are definitely the most fun to do and I really enjoy reffing tough hockey games. They put me a little bit outside of my comfort zone and I have to stay focused the entire game. As much as officiating is a job for me it doesn't really feel like one. I just try to have fun on the ice and that makes the games a lot more enjoyable.

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

Duncan MacDougall has been a big mentor for me both with reffing and baseball. I met him first at a ref clinic, but I got to know him a little better when he was umpiring baseball games of mine. He umpired most of our games at nationals in 2018. He's always ready to answer questions and, especially at the ref clinics, he is a huge help in passing on knowledge.

What is the toughest part about being a referee?

Handling criticism is definitely one of the tougher aspects of being a referee, but there is also a lot of judgement calls that can be tough to make. Just knowing the rules well helps with that a lot though.

How do you handle criticism on the ice?

When I first started this was probably the most difficult part of being an official, but as I become more experienced as a ref, it has become much easier for me to handle criticism. Obviously the biggest thing is having thick skin, because you are going to get criticized a lot, regardless of if your calls are correct or not, and that's just the nature of the game. The other big thing for me is understanding that I am going to make a lot of mistakes. Treating games as a learning experience has really helped, because there is no way to get better without making mistakes. I am out there to make the game safe and fair, as well as have a little bit of fun, and if I am doing that then I am doing my job.

What kind of training were/are you provided?

I have attended the ref clinic in each of the past five years that I have been a referee. Also, just playing hockey when I was younger helped me see how to do things on the ice. The biggest way I learn and get better, though, is on the ice by making mistakes, as well as getting help and constructive criticism from other refs. Whenever I am reffing with a high level official, I try to ask a lot of questions so I can better myself as an official.

What are your plans for the upcoming hockey season?

I am definitely planning on continuing to be an official in the coming seasons and I hope to continue reffing higher and higher levels of hockey. I'd also like to get in the A program at some point.



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