

BEHIND THE GLASS



January 2024



Hockey Fights Cancer



Thank you to all teams who participated in Hockey Fights Cancer this season!

Since 2019 our teams have raised and donated over \$82,000 to support those who are bravely battling cancer. To the best of our knowledge, Hockey Regina is the only association of this size in Western Canada to participate in Hockey Fights Cancer as a whole organization.

<https://www.hockeyregina.ca/content/hockey-fights-cancer>

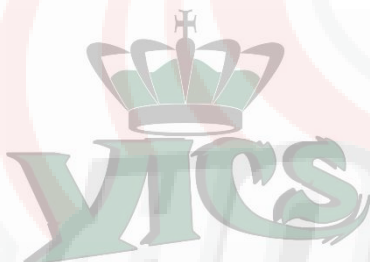
Food Bank Drive

Thank you to everyone who donated to Hockey Regina's 2023 food drive! We were able to donate a truck full of food for those in need in our community.



Beyond The Ice: A Mental Wellness Course

Hockey Regina's U13, U15 and U18 teams are currently attending Beyond the Ice. This course is customized to the unique needs of Hockey Regina's athletes. Beyond the Ice is an interactive course designed for athletes to reflect and engage with themselves and their teammates to strengthen their mental health AND mental toughness. The course's preventative approach will provide athletes with tangible tools to support their mental health on and off the ice.



U15AA Pat Blues – Graham Tuer U15 Challenge Champions

Congratulations to the Pat Blues who became the 1st Regina team since 1995 to win the very prestigious Graham Tuer U15 Challenge.



U16AA Tigers

New this year, 2008 born players had the opportunity to try out for the Hockey Regina U16AA team who are currently playing in the newly formed AA 15-Year-Old Provincial League. Have a great season Tigers!





U11A Rebels

New this year, the first all-female team is playing in the U11A division. Have a great season Rebels!



U13AA, U15AA and U22 Rebels

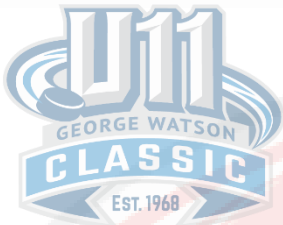
New this year, Hockey Regina now has two U13AA Rebels teams playing in the Saskatchewan Female Hockey League. Also, there is an additional U15AA team in the SFHL.

The U22 Regina Junior Rebels are playing in the inaugural season of the Saskatchewan Junior Female Hockey League.

Good luck to all five teams!

You know you are a HOCKEY MOM when...

You choose your next vehicle based on the number of hockey bags it will accommodate.



Goalie Development

This season Hockey Regina is partnering with Increase Performance to provide our U9, U11 and U13 goalies with additional instruction.

Goalies can receive 2 on-ice sessions, and U11 and U13 goalies can also receive an additional on-line component.

GOALTENDER

(NOUN) – The one brave player willing to have pucks chucked at their face all in the name of hockey...AND ENJOYS IT.

Upcoming Hockey Regina tournaments

Fred McBeth U18AA Tournament – Jan. 12-14

George Watson U11 Classic – Jan. 19-21

Regina Pats U13 Classic – Jan. 25-28

Hockey Regina U13A Tournament – Feb. 9-11

U18A Prairie Cup – Feb. 16-18

Hockey Regina U11B Tournament – Feb 23-25

U11B Mustangs - \$2500 winners

Congratulations to the Mustangs who entered and won the grand prize in a national team raffle!

