

Rockets Monthly

August 2022

The countdown to hockey season is on!



Summer sure has flown by and we hope you have had the chance to enjoy the beautiful days that July and August have been serving up. As we are halfway to September, planning for the 2022-23 season is in full swing. The schedule for evaluations is nearly complete and will be sent out by your divisional director before the end of the month. We are excited to see your child back in the arena being active, building friendships and creating memories. *Amy*

Community Events

Rockets Used Equipment Sale

We will be hosting our first used equipment sale on Sunday, August 21 from 1-5 pm. Our goal is two-fold; provide a service to our membership for selling and buying used equipment and provide access to equipment for players trying hockey for the first time and not knowing where to start. Hopefully by coordinating this event with our Come Try Hockey, we can support those families new to hockey. The buy and sell is open to all past, present and future Rockets. The drop-off date for equipment is Friday, August 19, 6-8 pm.



<p>Option One</p> <ol style="list-style-type: none">1. Drop off your equipment2. Set your prices3. LMHA will supervise the sale, keep 10% and pay you in cash same day	<p>Option Two</p> <ol style="list-style-type: none">1. Donate your equipment2. Proceeds from sales go directly to Kidsport (LMHA does not keep 10%)
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SALE AUGUST 21, 1pm - 5pm
Outside the LMHA office in the arena
CASH SALES ONLY

***Please note: As per Hockey Alberta Guidelines, we will not be re-selling used helmets**

Come Try Hockey



Do you know of someone who would like to try hockey before committing? Or someone who would like to learn to skate? Well, playing hockey is a great way to learn! Beginners are welcome - this ice time is for you. Open to children aged 3-10. (U5-U11). Participants please wear a helmet, skates, snowpants, and mittens/gloves. Sticks are welcome, but no worries if you don't have one. For registration or questions, please email lacombehockeybantam@gmail.com.

UPDATES



Who knew wrestling and hockey could go so well together?

This memorable part of summer yielded a profit of \$1408.30 for LMHA. Thank you to our crew of 15 volunteers, and the behind the scenes work done by our fundraising convenor Teri Lynn, for making it happen.



Thank you to the volunteers who spent a hot July morning walking in the largest Lacombe Days Parade to date!



To top off an already fun and successful day, we won 3rd place for our float.

What's New

Development

Rocket Launchers (U5-U11)

Registrations have started to come in for this program scheduled to begin after Thanksgiving and run for 10 skates on Saturdays from 4:30-5:30 pm.

Dryland (U15-U18)

Crystal Watson and Shannon Bruns are on board to work with our U15 and U18 age groups to provide Strength and Conditioning and Yoga classes. We are currently working with these dedicated instructors to find times that will work around practice schedules and support our athletes in their long-term athletic development. This opportunity will run as a weekly class for 6 weeks.

Development Skates (U7-U9)

Last year we ran four sections of development skates on Fridays from 3:45-4:45 that included power skating with Joe Bouvier, Power Edge Pro, hitting and checking with Chance Szott and intro to full ice with Joe Bouvier. This year we are very pleased to be adding development for our goalies headed up by our in-house goalie coaches, Casey Callihoo and Tyler Guppy. To make this work we have been granted an additional ice slot from the city from 7:00-8:00 am on Fridays. Registration for this development will be open in September following evaluations.

Referee Spotlight



Regan Vickery was one of our busiest officials last season-officiating 93 games! Regan worked as a referee and linesman for U11C to U13B and would work the lines all the way up to U15B – working in a professional manner for every game he stepped out onto the ice. Although he was a young official himself, he was also a positive mentor for our first year referees offering advice and support while working together.

Please join me in thanking Regan for his dedication to Lacombe Minor Hockey. Without great refs like Regan, the game doesn't happen.



Are you interested in becoming a ref this season? We will be hosting two ref clinics this fall. A two-part evening session on October 4th and 5th and a full day clinic on November 4th. For more info email lacombehockeyric@gmail.com



Did you know?

Evaluations can be a strenuous process for everyone involved; the players on the ice, the parents in the stands and the coaches running drills. Reviewing our evaluation process has been one of the priorities for our executive group this summer. Dave Saretsky, VP, along with our three coach mentors, Rick Maclise, Chad Richter and Joe Bouvier have been working as a committee to analyze all aspects of the evaluation process. This begins with ensuring that the process is both fair and impartial while making sure that the data collection system is reliable. Competent, qualified evaluators are vetted prior to evaluations and coaches and on-ice helpers employ the appropriate drills and evaluating tools on the ice in an efficient and equitable manner. Our goal is to provide an evaluation experience that is fair, fun and as precise as we can make it.

MARK YOUR CALENDARS

August 19	Used Equipment Sale DROP OFF 6pm - 8pm *bring equipment to the lobby
August 21	Come Try Hockey - LMH 2:30 -3:30 pm Arena 1
August 21	Used Equipment SALE 1:00 - 5:00 pm outside the LMH office
August 22	Operating Committee Meeting, upstairs at the arena. All are welcome.
August 23	In-person payments being accepted at the LMHA office from 6:00-9:00
August 29	Come Try Hockey - Lacoka 7:15-8:15 pm Arena 1
September 1	Registration Fees are due. Email lacombehockeytreasurer@gmail.com to make alternate arrangements if needed.
September 6	Evaluations begin. Specific dates will be emailed by Division Directors
Oct 4th & 5th	Referee Clinic (This clinic runs over two evenings)
November 4th	Full Day Referee Clinic

DO YOU HAVE AN IDEA FOR OUR NEWSLETTER? NOMINATE POSITIVE PARENTS AND EMAIL IDEAS TO LACOMBEHOCKEYPRESIDENT@GMAIL.COM

