

Rockets Monthly

July 2022

Welcome to the 2022-23 Season



Although it's the season for summer skates and playing outside, our Rockets executive and operating committee have jumped in with both feet planning for our next season of Rockets and Selects hockey. We are excited to work together for the betterment of our association and have been looking at ways to improve our processes and create a positive footprint in our community. This review started with a look at how we utilize our ice times, the programs we offer, and our presence in the community, specifically during Lacombe Days. Check out what's on the go, below. *Amy*

Community Events



This Friday, LMH will be hosting Lacombe Days Summer Slam, a Real Canadian Wrestling event. A huge thank you goes to Teri Lynn and the volunteers for making it happen. It is sure to be a great time! Tickets are still available and the link is posted below.

Lacombe Days Parade

The candy is bought and the float is getting prepped. So far, we have 12 Rockets players ready to hand out fliers and candy but as they say, the more the merrier! If you are interested in spreading some Rockets joy and walking with us in the parade, email lacombehockeypresident@gmail.com to join in.

What's New



Rocket Launchers

Do you know someone aged U7 - U11 who would like to try hockey but keep it a little more low-key? They should consider joining the Rocket Launchers. This program will be a 10 session skate, with certified coaches, scheduled on Saturdays at 4:30 pm. \$150 gets you a keepsake jersey, socks, hockey and a lot of fun. There will be an opportunity to switch to regular season hockey, if participants are interested. Email lacombehockeyoffice@gmail.com for more information.



U11 HADP

LMH, with the support of CAS hub associations, has successfully applied to host a U11 HADP team. This team will run as the highest tier of hockey for the U11 age group. Registration is open. There is a \$125 tryout fee for all players with registration fees yet to be determined. We are also accepting applications for Coaches and hope to have more information to share soon. Email lacombehockeyoffice@gmail.com for more information.

Development

Bears (U5)

We are very excited to announce the following practice change for our U5 group, the Bears. Historically, the U5s have been practicing on Saturdays from 4:30-5:30 pm, with the occasional 8:00 am time slot. Starting this season, U5 will be joining U7 during their cross-ice practice time. U7 will run from 3:45-4:45 pm, and U5 will run from 4:00-4:45 pm. We are confident that the shorter time frame and exposure to the next level of hockey will create a positive environment for our Bears to flourish.

Dryland (U15-U18)

Starting this fall, we will be working with a variety of community members and groups to offer different dryland options for our U15-U18 players. Think strength and conditioning, yoga, and hill training-different areas to support your play on the ice. Stay tuned for more details to come in August.

Positive Parent Highlight

Amanda Jeffries and Eva Weidner met over some Initiation Hockey. (U7) Although their boys are playing on different teams now, the friendship they made is one to last.



You can find them on the golf course most Thursdays for Ladies' Night. Eva would say that Amanda is always right ;)

They are a great example of the positive life-long friendships that are made over a hockey season.



Nominate a positive parent by emailing lacombehockeypresident@gmail.com

Did you know?

Ice times are set in a manner that keeps our U11 and younger players off the ice by 7pm. This also allows our U13 and older levels to participate in after school sports and activities without many conflicts with the hockey practice schedule. We are great community members by sharing the ice with Lacombe Ringette and Lacombe Figure Skating.

MARK YOUR CALENDARS

July 15	SUMMER SLAM - check out some Real Canadian Wrestling and support Lacombe Minor Hockey buy tickets here Summer Slam Tickets
July 16	Lacombe Days Parade - be on the lookout for our float. Email lacombehockeypresident@gmail.com to participate.
August 21	Come Try Hockey - LMH/CAS 2:30 -3:30 pm
August 29	Come Try Hockey - Lacoka 7:15-8:15 pm
September 1	Registration Fees are due. Email lacombehockeyoffice@gmail.com to make arrangements if needed.
September 17	REFEREE Clinics begin. Check your email for more details.

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