

Rockets Monthly

September 2022

Welcome Back to Hockey



Evaluations are well under way for our CAS teams and start up this week for many of our LMH teams. Thank you to our directors, coaches and on-ice helpers who have worked to ensure the process runs smoothly. This summer we have been busy planning some special events and several new development opportunities that we are excited to share with you. Please continue to look for updates on our facebook page and registration through ramp on our website. We look forward to meeting you all at the Welcome Back event on Sunday, September 25, 4:30-7:00pm. *Amy*

Community Events

Welcome Back to Hockey

What better way to kick off the season than with an association bbq and skate! Come to the arena on Sunday, September 25 from 4:30-7:00 pm to visit and skate with old and new friends. Throughout our ice time we will alternate between a free skate, scrimmage and stations to test your skills - do you have the hardest shot? How about accuracy? Agility around those pylons? Competition is open for all ages.

Our new concession operator, JoJo, has agreed to prepare a Rocket Meal package that will include a hotdog, pop and chips for \$5. This meal deal will be available for purchase by everyone and offered to players, coaches, and officials, compliments of LMHA. These vouchers will be available at the LMHA office when you arrive.

The executive, admin, and members of the operating committee will be present for a meet-and-greet orientation just outside of the LMHA office throughout the event.



Alumni Game

The wheels are in motion to host a Rockets Alumni game over the break between Christmas and New Years. Start reaching out to players you know and look for a link to register on our website once the date is finalized. Email lacombehockeyevents@gmail.com to volunteer.

Mini Generals

During home games this season, Lacombe Rockets players in U9 and U11 will be given the opportunity to skate with the Generals. Games will be assigned to teams and teams will decide upon participants. It can be a highlight of the season to see our young Rockets skating with the Lacombe Generals.

UPDATES

USED EQUIPMENT SALE



Thank you to everyone who participated in the Rockets Used equipment sale. It was a great success.

Our hope was to provide a service to our members to buy and sell equipment locally. As it was held during the Come Try Hockey skate we were even able to sell affordable equipment to players going out on the ice for the first time and to those coming off who were excited to start hockey this fall whose parents were looking to outfit their player.

To top off this success, the generous amounts of donated equipment that was sold, both at the event and to Play it Again Sports, resulted in a donation of \$984 to KidSport.

All money raised by KidSport stays in our community and benefits kids who want to play sports in Lacombe County. KidSport is solely funded by the fundraising efforts of their volunteers. Thank you, LMHA community for supporting this important program.

Come Try Hockey

This August we were able to host two Come Try Hockey events in Lacombe. We had an excellent turn out on both August 21 for our mixed event and again On August 29th for the Come Try Hockey Girls event.



Several youth and adult volunteers on the 21st provided a welcoming space to try out this great sport and we have seen multiple registrations as a result of this event.

What's New

Development

Rockets Yoga (U11-U18)

We are very pleased to have Shannon Bruns, LMHA Hockey mom and yoga instructor extraordinaire on board to work with our athletes. Would your player like to improve on their flexibility, stability and focus? Or maybe they would just like to wind down before bedtime. This program will run on Tuesday nights from 7:15-8:30pm in an arena upstairs room for 8 weeks from Oct 11-Dec 13. Registration will be open this week on Ramp. Cost is \$40 for all 8 sessions.



Rockets Strength and Conditioning (U15-U18)

We are excited to offer strength and conditioning sessions for our U15-U18 groups. Coach Crystal Watson is well-known in our community for working with athletes to optimize their performance. This 6 week program will run on Wednesdays from 7:00-8:00 pm at the TNT Metabolic Igniters facility. Registration will be capped at 20 and cost is \$75 for all 6 sessions.



Development Skates

The following development skates will also be available for registration in Ramp:

Fridays 7:00-8:00 am Goalie Development with lead Coach Casey Callihoo.
All goalies welcome. Sept 30, Oct 7, Oct 14, Oct 21, Oct 28.

Fridays 3:45-4:45 U9 power skating with Joe Bouvier. Cost: \$100 for 5 sessions.
Sept 30, Oct 7, Oct 14, Oct 21, Oct 28

Saturdays 4:30-5:30 Sept 24 and Oct 1, U15 Hitting and Checking with Chance Szott
Cost: \$40 for both sessions. *(Additional sessions may be added based on interest.)*

Rocket Launchers (U7-U11)

We currently have 10 players registered in this program scheduled to begin after Thanksgiving and run for 10 skates on Saturdays from 4:30-5:30 pm.

Did you know?

As part of the registration process in Ramp, it is required to electronically agree to the code of conduct. Considering that the Code may be overlooked in this way, it is reviewed again at the Coach/Manager meeting with the Executive and Admin at the beginning of the season. In addition to this, last season, all players in divisions U11-U18 were required to sign a paper copy of the player's code of conduct.

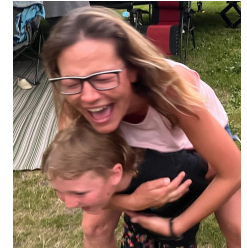
To further improve communication and expectations, this year, a member of the executive group will meet with each team to review the code of conduct and reporting procedures and collect signed copies of these agreements.

Positive Parent



Can you think of someone who looks on the bright side and is always ready to jump in and help wherever needed? Nominated this month as our Positive Parent role model is Jerilee Wilson. Jerilee is ready to help with any task and will complete it with a smile. She is consistently a positive support for her two hockey girls and any player who could use a helping hand. And just this August, she joined our Operating Committee as part of the sponsorship team.

Thank you, Jerilee for all that you do to spread positive, helpful vibes in our community. Lacombe Minor Hockey is lucky to have you in our association.



Volunteers

Soon your player will be on a team and the following positions will need to be filled for the year to run smoothly. Please check out the brief descriptions below and consider taking on a role within your player's team. Our teams cannot run without the help of parent volunteers.

Head Coach - Responsible for the planning and execution of team practices & games and general morale of the team

Assistant Coach - Support the Head Coach, players, and parents

Manager - The right hand of the coach, organizes all team events and goings-on off- ice

Parent Liason - Selected by the coach and vetted by VP. This person should be approachable and comfortable with peaceful and direct conflict resolution

Treasurer - Meet with the bank and maintain a budget for the team

Fundraising - Manage ticket distribution and sales for the LMHA cash raffle

Apparel - Collect orders as needed for apparel and submit to TBS

Social Committee - optional position for organizing team building activities

Tournament Coordinator - Two people from each team in a division will sit on the tournament committee to organize their divisional tournament. (U7-U13)

Time Box - For home games, parents on each team take turns running the clock, keeping track of the scoresheet, playing music and opening the penalty box doors. Depending on the division, each game may require 2-4 volunteers.



MARK YOUR CALENDARS

September 12	Active Living Fair 4:30-7:00 at the LMC. Visit our booth and see what else Lacombe has on the go.
September 19	Operating Committee Meeting, upstairs at the arena. All are welcome
September 25	Welcome Back to Hockey Skate and BBQ 4:30-7:00 pm Free skate, skills and scrimmage on Arena 1 \$5 Hot Dog Meal Deal provided by JoJo at the Arena Concession
September 25	Meet the Operating Committee Orientation 4:30 - 6:00 pm Meet the Executive and Operating Committee inside arena 1 in the area near the LMHA office.
Oct 4th & 5th	Referee Clinic (This clinic runs over two evenings)
October 4th	Apparel Fit Night for LMH: Your chance to try on Rockets gear. Specific times to be determined
October 6th	Coach/Manager Meeting with Executive and Admin 7:00 pm Upstairs Arena
October 8th	Lacombe Generals Home Opener Puck Drop at 7:45
October 12th	Fall AGM, upstairs at the arena. All are welcome.
October 14th	CAHL Season starts (tiering and league play)
October 20th	LMH & CAS Team Picture Night Schedule for Teams TBD
November 5th	Full Day Referee Clinic <i>Are you interested in becoming a ref this season? For more info email lacombehockeyric@gmail.com</i>

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