

OKOTOKS MINOR HOCKEY ASSOCIATION



IMPORTANT DATES:

Dec 20-22: Peewee Tournament
Feb 27-Mar 1: Intro to Hockey Tournament
Apr 4: Truck Raffle Draw
May 14: OMHA AGM



NEW 2019-2020
SPONSORSHIP PACKAGES
RELEASED

Merry Christmas and a Happy New Year

FROM OMHA EXECUTIVE

We hope that everyone is having a fantastic start to their season and have found success at a few tournaments. We would like to Congratulate Bryce Lamont on winning the \$20,000 in the Truck Raffle Early Bird Draw...what a great early Christmas present!

We would like to remind not only our players and coaches, but also to the fans in the stands, that we all represent Okotoks and should always be taking the higher approach when dealing with difficult situations. Please do not encourage, participate, or engage in any rude behavior of any kind, this is not acceptable. This not only applies to our home games, but also while we are attending or watching a game out of town. Keep it Classy Okotoks!

We wish everyone safe travels as we finish out our last league weekend before Christmas. Good luck and drive safe!

MERRY CHRISTMAS EVERYONE!

- OMHA Exec





REMINDERS...

HOCKEY CANADA INSURANCE WHILE PLAYING IN THE USA

Hockey Canada only covers players/coaches/managers as a secondary insurer if you are participating in the USA. If you plan on attending a game or tournament in the USA, then please have your players families research primary insurers that cover athletes participating in a sport.

OMHA'S NEW SAFETY INITIATIVES AND PROCESS

After a successful season last year, OMHA is pleased to announce that we are now introducing some of our new safety initiatives into other divisions. Some of these initiatives include our new Return to Play and Concussion Procedures, Our New Bus Procedure, and the use of Headcheck in some of our older divisions. We will be working hard this year to maintain and grow the safety of all of our players in this upcoming season!

ALCOHOL AND DRUG POLICY

Now that the season has started and teams are doing team activities, please remember that there is no drinking on buses. We also have a general alcohol and drug policy, please review these two policies here and here.

BUS TRAVEL POLICY

As teams start to travel with the use of buses, please ensure you read the Bus Travel Policy found here.

GAME AND CONDUCT - ZERO TOLERANCE POLICY

Just a reminder that we have a ZERO TOLERANCE POLICY in regards to game and conduct, this includes social media. Please be respectful. Click here so that you can review the policy to refresh your memory.

GAME SHEETS AND PENALTIES

Just a reminder to all volunteers that when you fill in a double minor on a gamesheet, please use 2 lines instead of adding them both on one.



PROTECTIVE EQUIPMENT

The ORA will be enforcing a zero tolerance rule for the improper wearing of their protective equipment, such as helmets and neck guards. This is a province wide initiative to enforce the safety of all players. Please remind your players to ensure their neck guards are not altered and that their helmets are on properly.

Wishing OMHA members a safe and happy holiday season!



Boxing Week Sale Hours: Dec 26-27 10am-7pm, Dec 28 9am-5pm, Dec 29 11am-5pm
3515 18 St SW Calgary 403.243.3663 www.psscaldary.com

IMPORTANT LINKS & NOTES:

OMHA Website

OMHA Bylaws

OMHA Game and Conduct

REMEMBER TO RENEW YOUR RIS CERTIFICATION

Last season Respect in Sport issued new changes. You will now have to renew your RIS Certification so remember to check your account to see if you are overdue.

On-Ice Helpers / JR Coaches

OMHA is committed to the development of all our members, whether playing or coaching the game of hockey. If you have someone on the ice under 18, please see our "Junior Coach Program" section on our web page for more information. A helper that has not filled in the applicable forms may be removed from the ice immediately.



save the dates

STAY TUNED FOR UPCOMING
EVENTS & FUNDRAISERS



In Other News....

OKOTOKS PEEWEE BIG ROCK CLASS TOURNAMENT

There are 32 teams across 6 divisions entered this year. There will be a raffle table and other fun prizes. Come cheer the Pee wee teams on this weekend!

OKOTOKS JR B BISONS IN NEED OF VOLUNTEERS

Looking to be part of the Okotoks Bisons Junior B Hockey Club, we are seeking game day volunteers. For more information on how you can get involved please contact Diane Bjornson at seandiane@telus.net.

ALBERTA GAMING AND LIQUOR COMMISSION

The Alberta Gaming & Liquor Commission will be continuing to host information sessions for all charitable groups who have a gaming licence, would like to learn how to get a gaming licence, or would like more information on how to use gaming funds. Examples of groups would be:

- Museum Society, Historical Society, Senior Clubs and Church Organizations
- School Education Associations and Sports groups – curling, soccer, hockey, skating, golf



If you are interested in learning more, please go to <https://aglc.ca/gaming/charitable-gaming/information-sessions-gain/combined-charitable-gaming-classes>. Although there are no courses schedule for Okotoks, there are many throughout Calgary.

BE A PART OF HISTORY AS WE BUILD A HOCKEY STICK MURAL AT THE PASON CENTENNIAL ARENA

Just like the pros, sign and display your favorite stick permanently on the donation wall. All proceeds go towards new furniture and fixtures in the expanded arena and a charitable donation receipt provided. View the design online and at the Pason Centennial Arena Client Services desk. For more information, please visit okotoks.ca/pcamural or call 403.938.8954.



Donation Prices:

8" Stick - \$125
Plaque - \$400

18" Stick - \$250
5' Stick - \$600

NOT EVERY VICTORY SHOWS UP ON THE SCOREBOARD

Unknown



Top-level off-ice development for increasing in-season skill. We come to you!

We provide:

- Team + individual assessments, 3 times through the season + personalized 5-phase programming based off assessments & areas needed for improvement
- Nutrition talk for parents by nutritional therapy practitioner

All packages customizable to your team + schedule



In Other News....

OKOTOKS MINOR MENTAL HEALTH SURVEY

Dear Families,

We know that physical well being of our players is important, but what is also equally important, if not more is the mental wellness of our players. Last season Okotoks Minor Hockey Association partnered with Dr. Caroline Harker-McDonald, Sociologist and Professor from Mount Royal University, to implement a Mental Wellness Survey where we asked all OMHA players ages 10-17 to complete. OMHA is the first association in Alberta to undertake an initiative as such. We want to be the Pioneers in this endeavor and be a resource for our athletes. It is completely anonymous. The survey does not ask for any personal identification information.

The purpose of this initiative is to identify the areas of need within our community when it comes to our teenagers. Tryouts are a stressful time no doubt, but the pressures of getting good grades in school, individual or team sports where coaches are asking for 110% effort every practice/game can be very taxing on our kids. The MRU and OMHA want to gather as much information as possible so that we can determine what resources to offer to our young population. Hockey Alberta has expressed interest in this initiative as well. Currently, resources are limited or non-existent in our community to help with these stresses and we want to know where or what we can do to help these kids reach out if needed. The results of this survey will bring will help determine what resources are needed.

We need your support OMHA! Parents and coaching staff; we encourage you to speak to your teams and assist the players to complete this survey in order for Dr. McDonald-Harker and her research team to collect, analyze the data collected in order for them to provide feedback to OMHA. Combines results will be presented to show trends and areas of need.

The survey takes approximately 20 minutes to complete. Please encourage your player to complete the survey at the following link:
<https://www.surveymonkey.com/r/sportstudy>

To support this initiative, Dr. Caroline McDonald-Harker has brought on board Amy Snyder, as a Community-Based Research Assistant, to lead the initiative. Amy Snyder is available should anyone need further clarification or assistance with the survey.

Thank you for the support and initiative in this ground breaking opportunity to provide future resources to our players and coaching staff.

Amy Snyder, Child and Youth Care Counsellor, Community-Based Research Assistant

Amysnyder81@gmail.com, 587-894-4602

Dr. Caroline McDonald-Harker, Ph.D Sociologist and Professor, Mount Royal University, cmcdonaldharker@mtroyal.ca

Pason Gold Advertising Opportunities

All 2019-2020 sponsors will receive the right of first refusal for the following season.

*All fees above do not include the cost for production and installation

CONTACT US FOR MORE INFORMATION ON OUR GOLD SPONSORSHIP PACKAGE

Each package includes your sponsorship in OMHA Sponsored events such as tournaments, fundraisers, and the option of a rink or wall board

Contact Jennifer Dustow at omhasponsorship@okotokshockey.com for additional details.



**FREE Admission for all OMHA and OAAA players
to Okotoks Bisons Regular Season Home Games**

Wear your team colours and come cheer on the Bisons



From Our Sponsors

SPONSORSHIP OPPORTUNITIES

WONDERING HOW YOU CAN GET YOUR ADVERTISEMENT IN THE NEWSLETTER?

All official sponsors of OMHA have the option to advertise in the monthly newsletter that is distributed to over 1500 families. If you are interested in becoming a sponsor, please contact the sponsorship committee at omhasponsorship@okotokshockey.com



Okotoks Oilers Regular Season

Wednesday Jan 1st vs Grizzlys @ 4:15 pm
Friday Jan 3rd vs Bandits @ 7:00 PM
Friday Jan 10th vs Saints @ 7:00 PM
Saturday Jan 11th vs Oil Barons @ 7:00 PM
Tuesday Jan 14th vs Canucks @ 7:00 PM
Friday Jan 31st vs Bandits @ 7:00 PM

All OMHA
players can receive
complimentary entrance
to all home games with
their VIP Player's
cards



Okotoks Bisons Regular Season

Sunday Jan 12th vs Cubs @ 1:15 PM
Friday Jan 31st vs Wheatland Kings @ 8:00 PM



Bama Hockey

Your local source for specialized hockey training and coaching

- Practice support and Coach mentorship
- Skill development camps
- Sticks, Gloves and Apparel

206 STOCKTON AVE, OKOTOKS – 403 995 7006



Hockey Team Apparel packages starting at \$99.99...Ask about our 7 day team turn-around program

Custom OMHA hockey bags with 4 year warranty - NOW IN STOCK... \$119.99

To receive your apparel package , please email us at aj@grandslamcanada.com

