



JANUARY 2020

OKOTOKS MINOR HOCKEY ASSOCIATION



PHOTO CREDIT TO ALLISON DEVEREAUX/CBC

IMPORTANT DATES:

Feb 27-Mar 1: Intro to Hockey Tournament

Apr 4: Truck Raffle Draw

May 14: OMHA AGM



NEW 2019-2020
SPONSORSHIP PACKAGES
RELEASED



Brrrr....But It's Never to Cold to Play

FROM OMHA EXECUTIVE

OMHA Members:

Just a reminder as your teams jockey for playoff spots, tensions will rise and try to get the better of us as parents. Please remember and keep in mind your Respect In Sport courses and that the players are just kids. That the officials, in most cases, are just kids. That it is just a game and the sun will rise tomorrow...and the opportunity to learn will present it self again.

"One of the truest signs of maturity is the ability to disagree with someone while still remaining respectful." - Dave Willis

We will certainly not agree with everything a coach or kid or official does, but we must absolutely be respectful of others. Not one of our volunteers wakes up in the morning to see who they can screw over that day. They are doing their best to make sure that your child has a great experience playing the game they love. It is we, as parents, that tarnish that experience by meddling. If you are not willing to step into that role, then respect them for doing so because without them, your child has no opportunity to play the game they love.

Regards

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.

BUDGETS - YEAR END

Just a reminder that once your season is over you will need to submit your final year end budget to Amanda at treasurer@okotokshockey.com

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.

"Specializing in Hockey, Goalie & Figure Skating since 1972"



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.



OMHA is already planning our next event and we are looking for volunteers to form a committee to organize the details. If that is you, or you know of someone, please contact us.

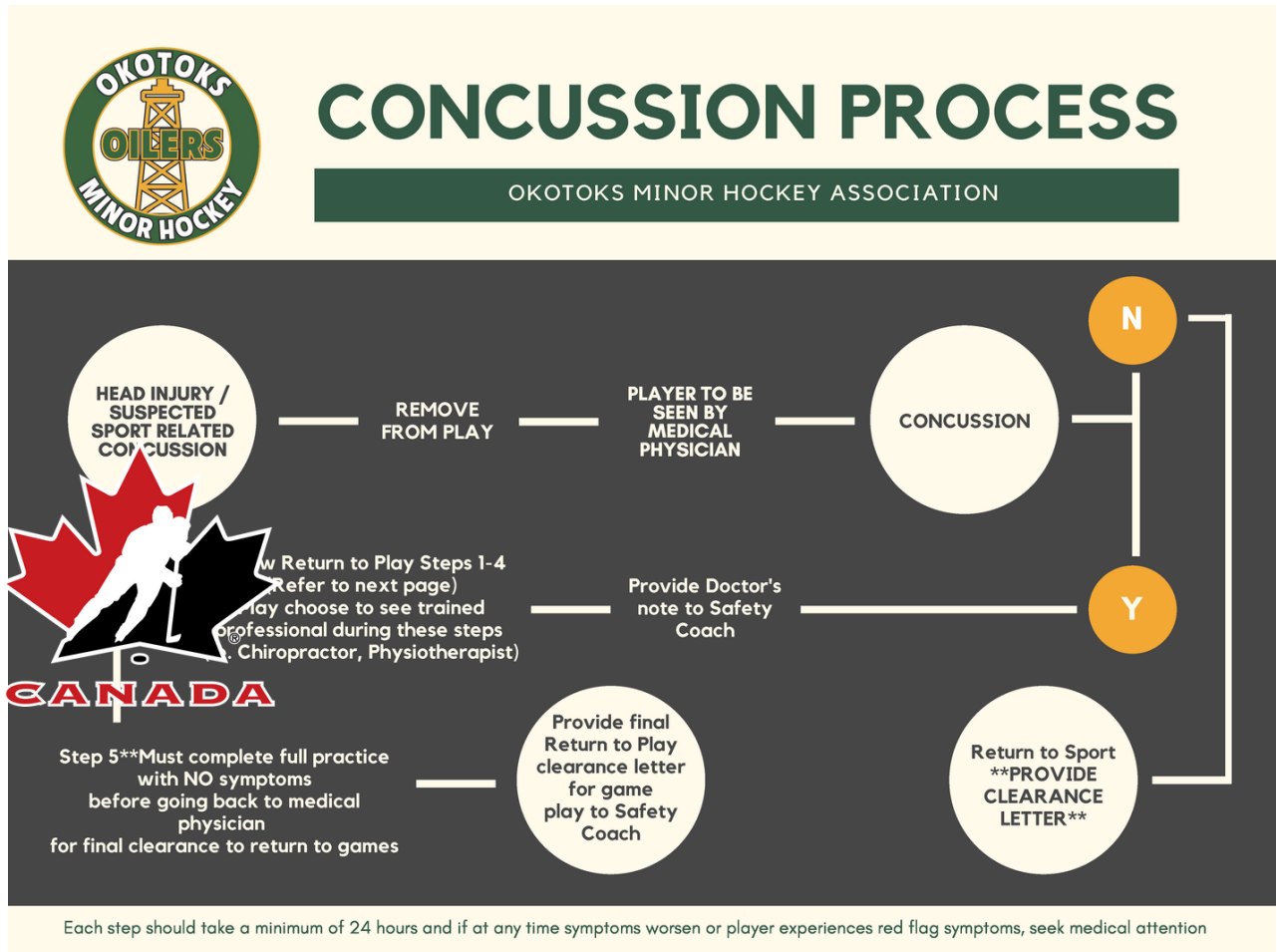
GEOFF STEWART
GSTEWART@OKOTOKSHOCKEY.COM

save the dates

STAY TUNED FOR UPCOMING
EVENTS & FUNDRAISERS

In Other News....

Concussion Process



Chevrolet Peewee Good Deeds Cup



Okotoks Peewee teams have been submitting their applications for the Good Deeds Cup for a number of years, with this year being no different. Good luck to those of you that have entered!

The winning team gets a chance to win a \$100,000 donation to charity of your choice.

If you would like to enter, please [click here](#) for more information.



In Other News....

OKOTOKS PEEWEE BIG ROCK CLASS TOURNAMENT

CONGRATULATIONS to all of the winning teams, and good luck to everyone for the rest of their season. Thank you to all of the volunteers who helped organize this tournament during an already crazy and hectic time of year.

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

OMHA'S LOOKING FOR VOLUNTEERS

We're looking for a volunteer to organize a committee for our next fundraising event; please contact us if you are interested or know of someone



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

We provide Team + individual assessments, + personalized 5-phase programming based off areas needed for improvement.

All packages customizable to your team + schedule.

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JANUARY 2020



In Other News....

OKOTOKS MINOR MENTAL HEALTH SURVEY - REMINDER FOR PLAYERS

Dear Families,

We Okotoks Minor Hockey Association Challenges You!

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 that we requested all OMHA players ages 10-17 to complete. OMHA is the first association in Alberta to undertake such an initiative. We would like to be the pioneers in this endeavor and be a resource for our athletes. The survey is completely anonymous and does not ask for any personal or identifying information.

The purpose of this initiative is to identify the areas of need within our community when it comes to our youth. Tryouts are a stressful time no doubt, but the pressures of getting good grades in school, as well as individual or team sports where coaches are asking for 110% effort every practice/game can be very taxing. We would like to gather as much information as possible so that we can determine what resources to offer to our players. The results of this survey will help determine what resources are needed.

We need your support OMHA! Parents and coaching staff, we ask you to speak to your teams and encourage your players to complete the survey in order for Dr. McDonald-Harker and her research team to collect and analyze the data. Combined 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. We have provided her contact information below.

Amy Snyder, Community-Based Research Assistant, amysnyder81@gmail.com, 587-894-4602

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

Friday Jan 31st vs Bandits @ 7:00 PM
Sunday Feb 2nd vs Canucks @ 4:15 PM
Friday Feb 7th vs Eagles @ 7:00 PM
Tuesday Feb 11th vs Kodiaks @ 7:00 PM
Saturday Feb 15th vs Dragons @ 7:00 PM
Friday 21st 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

Friday Jan 31st vs Wheatland Kings @ 8:00 PM
Sunday Feb 2nd vs Generals @ 1:15 PM
Friday Feb 7th vs Generals @ 8:00 PM
Sunday Feb 9th vs Lakers @ 1:15 PM



Bama Hockey

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- Skill development camps
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To receive your apparel package , please email us at aj@grandslamcanada.com