

# Ponoka Minor Hockey News

Edition: 10:31:19



## Coaching Director Needed

Join our team!! Ponoka Minor Hockey is seeking a Coaching Director! This position will be given voting rights and will be eligible for a volunteer cheque. The Coaching Coordinator position will be for a term of approximately 8 months and will be up for renewal at our Annual General Meeting. Please email Mark Richter at [presidentpmha@gmail.com](mailto:presidentpmha@gmail.com) if you are interested.

## Concussion Clinic

Ponoka Minor Hockey Association is hosting a coaching clinic on **November 7<sup>th</sup> at 7PM** in the lounge above the arena.

This clinic is provided by Hockey Alberta and promises to be an interactive evening filled with information regarding how concussions occur, the healing required, steps we can take to speed the process and more! If you are interested in attending, please email [inform.pmha@gmail.com](mailto:inform.pmha@gmail.com) so we can prepare.

## Team Pictures

You should have received notification from each of your teams when pictures are being taken. Team pictures will commence on November 3<sup>rd</sup> and continue until 7<sup>th</sup>. Get your smiles ready!



Follow us on Facebook and check our website for updates!



## Cross Ice Developments Sessions

There is still time to sign up for our Cross Ice Development sessions. If you signed up and paid at the AGM, we are asking that you please register using the [link](#) to our registration page. It is \$50.00 for 12 sessions for Novice and up. Coaches, please share with your players!



# Coaches Corner



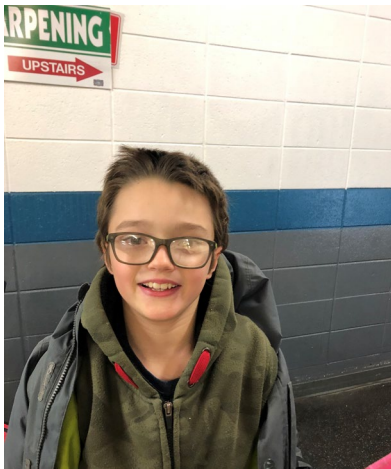
Name: Ryan Gillespie

Team: Novice

What inspired you to coach? I was “pressured” to step up and coach as was no other volunteers in my sons second year of Initiation. So glad I did as truly LOVE it! It has lead to working with Team Alberta and Oilers First Shift.

But I did coach Midget female hockey in Lacombe approximately 6 years before that. Was also ACAC Coach for Red Deer College Badminton and coached multiple central Alberta High School teams for 10 years.

What do you find most rewarding? 2 things, seeing the kids develop and win games, but mostly leading a healthy team culture. I am a big believer that coaches lead the culture of a team. Not the managers, not the parents, the coach. We do as much off the ice as we do on the ice to form bonds and build the love of being on a team.



Name: Liam Altizer

Team: Atom Vantage Physiotherapy

What is your favorite position? Left wing

What do you like most about playing hockey? It's fun!!

Who's your favorite team? My team!

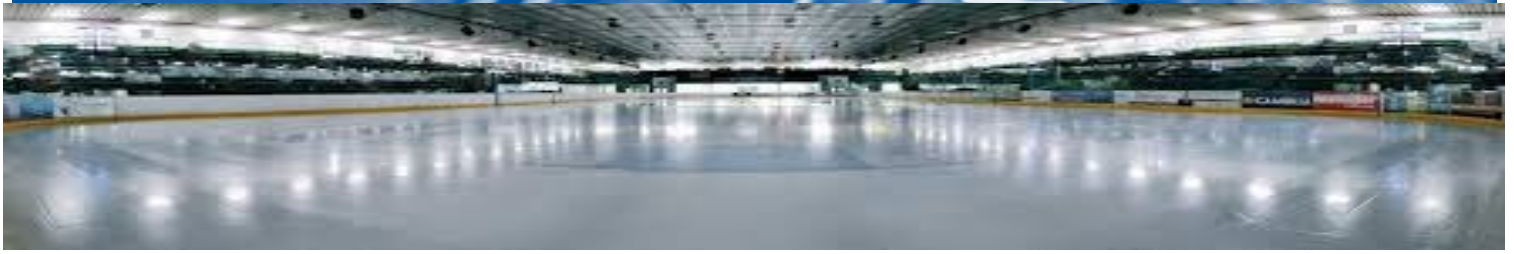


Name: Cole Williamson

Team: Pee wee Elks

What is your favorite position? Winger

What do you like most about playing hockey?  
I love that it is so fast paced



## Sponsorship Opportunity Update

4 of the 7 sponsors we are looking for have been secured! Thank you parents/board members for attaining sponsorship for the dividing boards we're hoping to purchase. We only need 3 more sponsors to pledge \$1,500 each!



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## Quick and Easy Recipes for Stress Free Game/Practice Nights

### Pulled Pork Sandwiches

#### Ingredients:

1 Pork Tenderloin  
1 Bottle of BBQ Sauce  
12 – 24 Buns  
Coleslaw  
Dill Pickles

Before work in the morning, place a frozen pork tenderloin in your slow cooker, set to temperature to low.

When you get home from work, place the tenderloin in a bowl, easily pull apart with forks, add a bottle of your favorite barbeque sauce and voila! Pulled pork for supper. Add coleslaw and dill pickles for crunch and more energy.



If you have a favorite recipe for busy nights you'd like to share, please email to [inform.pmha@gmail.com](mailto:inform.pmha@gmail.com)

# Fundraising

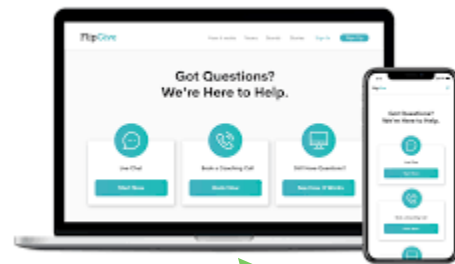
Ponoka Minor Hockey has signed up with Flip Give. This is a simple way for us to raise funds for the association and keep our costs on the lower side for our hockey families.

Its an easy way to make money for the association and doesn't include selling our asking for money from sponsors. All you do is shop through the app and funds are automatically sent to the association.

Please consider downloading the app and using our code: **WG4HVS** to start raising money. Simply shop at Amazon, Indigo, HP, Under Armour or any of the other partners described in the app and we'll start making 1% to 20% depending on the purchase partner. You can make even more for the Ponoka Minor Hockey Teams by purchasing an e-gift card and using it to do your shopping.



Sign up by clicking here  
and entering code  
**WG4HVS**



Click here to see  
how it works!

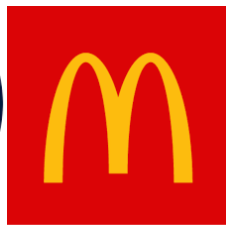


# Thank You!!! to our

## Fabulous Sponsors



*"Your Trees are our Business"*



*Tim Hortons.*

If someone you know is not receiving these communications and would like to start, please email [inform.pmha@gmail.com](mailto:inform.pmha@gmail.com) and we will be sure to add them to our email list.