

Ponoka Minor Hockey News

Edition: 11:20:19



Ref Recruitment

Are you 12 or older? Do you want more ice time? Or maybe you'd like to earn some extra money. Refs receive free training as well as money for each game they officiate. This is a great opportunity to build on your skating skills and become a leader.

Almost Midnight Madness

Ponoka Minor Hockey Association is participating in the first annual Almost Midnight Madness parade in downtown Ponoka on November 22 at 5pm. Come cheer your association on and pick up some treats as well as do some local Christmas shopping while you're at it!

We hope to see you there!

Stampeders Alumni Game

The Stampeders are looking to play a Ponoka Stampeders Alumni Game on January 11th.

Please email

kenkinley@hotmail.com or ponokastampeders@gmail.com.

Alternatively, you can call Ken Kinley at 403-391-0979. RSVP by December 20, 2019

FlipGive
TEAM FUNDING MADE EASY

PMHA has signed up with Flip Give fundraising as have many associations in our area. Rimbey Minor Hockey has been using this initiative for a little while now. So far we've raised almost \$80 with only 3 people shopping through the app. If we can get at least 50% of our association using it, we will be earning tons while we shop. I know most of us shop locally, however, some things we have to buy online and this is a great way to do it. To sign up, just click the link above and use code: **WG4HVS** to start earning!



Follow us on Facebook
and check our website
for updates!



Focus on Coaches



Name: Eric Nickerson

Team: Atom Vantage Physiotherapy

What inspired you to coach? I have looked forward to coaching because I wanted to be able to pass on my genuine love for sport to my children, along with the other players and friends on their teams. Being either baseball or hockey- taking the approach of "playing for fun" and bringing a positive outlook on what can be a challenging pressure position to fill has been my goal. Coaches can be that small spark away from home that keeps kids involved in team sports and away from what seems are growing

peer pressure situations. I want that for my boys and would expect that of any of their coaches or influences. Being able to be that for them - has been very rewarding.

Athletes



Name: Dustin Groves #31 Goalie

Team: Atom Vantage Physiotherapy

Goals for the season? I'd like to learn to butterfly and get up quicker.

What do you like most about playing hockey?
Goaltending

Who's your favorite team? **Edmonton Oilers**



Name: Sydney Hook #3

Team: Hulk Ventures Colts

What is your favorite thing about hockey? Freeze tag

What do you find the hardest? Skating backwards

What would you like to get better at by the end of the season? Shooting the puck



Nathan Parker started with Ponoka Minor Hockey when he was just 4 years old and now plays AA hockey with the Central Alberta Selects Bantam team. Nathan said during an interview that he enjoys being an official because it allows him to work on his skating development and wants to ref as high as AAA or higher if possible. He said his biggest challenge when he's on the ice in this capacity is to make the right calls.



Respect the Ref

Did you know that many refs get their start when they're in minor hockey? These athletes are proven leaders and have an interest in keeping the game safe for our players. The refs job is to ensure that the game is played fairly and to rule without bias for either side. This takes a confident person, or someone who is working on building confidence.

Hockey can be a very emotional game. We as spectators and players need to remember that these officials are someones son or daughter trying to become better at what they do, and challenging themselves to become a better skater and/or a better leader. The officials, whether they are 12 or 72, are human. They make mistakes just like you and I. They are not NHL officials, they're minor hockey officials and are there to develop their game, and have fun. Whatever the call is – it's always the officials call and Ponoka Minor Hockey Association will not condone bullying or name calling of our officials.

Just like when you come to your son or daughter's game, you can bet the parent of the officials are in the stands. The pressure these athletes feel can be incredible and it's our job to promote their safety and pass on positive feedback to help them reinforce their confidence. If a call is missed by a ref, you can bet it's not missed by the player's parents. Any parent who knows and understands the respect in sport theme will always discuss rough housing or playing dirty with their child and will chastise them worse than any 2 minute penalty they might receive if they're caught by the ref.

Refs do not control the game. It is controlled by players, coaches, and most important, *the parents*. Players control the game through the choices they make while they are playing. Coaches control players by granting or denying ice time. Parents control the player by approving or disapproving of the the play of their child.

Source: <https://www.si.com/nhl/2014/12/11/usa-hockey-referee-in-chief-talks-about-blown-calls-control-ofgame>



Great News! Jesse is in the process of collecting sponsor cheques and has placed an order for our new boards!!!

Quick and Easy Recipes for Stress Free Game/Practice Nights

2 Step Inside-Out Chicken Pot Pie

Prep time: 10 Minutes

Cook time: 20 minutes

Ingredients:

- 4 Boneless, skinless, chicken breasts cut into chunks
- 1 Can Campbells Cream of Chicken Soup
- 1 Small bag frozen mixed vegetables
- 8 Hot tea biscuits split

Directions

1. Cook chicken until well browned at medium-high heat in non-stick skillet, stirring often.
2. Add soup and vegetables. Cover and simmer for 10 minutes. Serve on biscuit halves.

Source: <https://www.cookwithcampbells.ca/recipe/two-step-inside-out-chicken-pot-pie/>



If you have a favorite recipe for busy nights you'd like to share, please email to inform.pmha@gmail.com

Update: the First Shift program is full!!! Stay tuned...



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