



St. Albert Minor Hockey NEWSLETTER



WHAT'S IN A NAME?

This month Hockey Canada announced name changes for minor hockey divisions for the 2020-2021 season. See page 2.



DID YOU KNOW?

SAMHA teams have applied for 150 permits already this season!

The farthest a team is travelling so far is Kitchner & Ottawa, 3400 km

SAMHA teams are hosting 8 tournaments this season in various locations



COACH OF THE MONTH

We have some of the best coaches and we want to recognize them!
See page 3

HOLIDAYS

The SAMHA office will be closed for the holidays in December, for more info check out page 3.

SPONSORS

Our awesome sponsors who have provided some great things for our players - see page 4.

PHOTO CONTEST

Are you our winner? See page 5





Major Changes For Minor Hockey

Following a comprehensive review, the Hockey Canada membership approved a regulation change proposed by the Board of Directors to revise the naming of age divisions used in minor hockey across Canada. These changes will be implemented nationally beginning in the 2020-2021 hockey season. The belief is this change will simplify the system for families who may be new to the game. Below is a chart outlining the changes.

Year of Birth	Age on Dec. 31, 2020	Age Division
2014 and earlier	6 or under	Under-7 (U7)
2013	7	Under-9 (U9)
2012	8	
2011	9	Under-11 (U11)
2010	10	
2009	11	Under-13 (U13)
2008	12	
2007	13	Under-15 (U15)
2006	14	
2005	15	
2004	16	Under-18 (U18)
2003	17	
2000-2001-2002	18-19-20	Under-21 (U21)



IT'S A GREAT DAY FOR HOCKEY

- "Badger" Bob Johnson



Coach of the Month

Our coaches put in many, many hours to make our teams run and make sure our kids are developing and having fun while they do it! Every month we recognize those coaches that go above and beyond! Here are our coaches of the month for October:

Initiation – Jeff Demkiw

Peewee – Marc Meunier

Novice – Umberto Fiorillo

Bantam – Marshall Fedorovich

Atom – Lance Popke

Midget – Darcy Forsen

Congratulations!

Holidays

The SAMHA office will be closed for the Christmas holidays at 4:30pm on Friday December 20th, 2019 and will reopen at 10:00 am on Thursday January 2nd, 2020. Any teams that will need permits during this time will need to be applied for no later than Tuesday December 17th, 2019 to ensure we receive them in time.

Sponsors

We are so fortunate to have so many sponsors that provide awesome freebies for our members! All coaches were given packages for every player that include coupons from:

- Boston Pizza
- St. Louis Bar & Grill
- Canadian Brewhouse
- Central Social Hall
- Louisiana Purchase
- Skybox
- Source For Sports
- Pro Hockey Life

Make sure you take advantage of their great offers!



Coming Soon

- December 2 – Registration for winter season player development sessions
 - December 15 – Raiders Special AGM @ St. Albert Inn
 - January 10 – 19 – Minor Hockey Week
- Thank you rink managers Krystal Ralph and Michael Tymko!**
- January 16 – 19 – John Reid Memorial Tournament

Scholarship applications are now being accepted. See the SAMHA website for more info!



Photo Contest

We have 2 winners this month! Congratulations to Michelle Yaceyko and Atty Bressler! Remember to submit photos from your team's practices, games, tournaments and activities by sending them to communications@samha.ca. Selected photos will be featured on our social media pages and featured in our news letter.

Michelle captured this great photo at a tournament in Cranbrook. It was a rocky weekend for SA503 but this shot was one of the highlights of the weekend, the centre line meet and greet before the last period of "shinny" made the rest of the game play out with all having big smiles and gentle pats to their opposition on any good moment or play. They will never forget this one!



Atty sent us this submission:

Two Edmonton Oil Kings players were dared to come out to the St. Albert Spartans female hockey practice on October 20, 2019 at Mark Messier Arena St Albert. The challenge was accepted by goalie Todd Scott (#35) and left winger Jalen Luypen (#23). The challenge included

pre-practice 'interrogation' to determine their 'battle worthiness' on the frozen battle ground. Interrogation questions included 'What is the worst injury you ever had' 'How many goals have you let in' 'What do you eat before the game' 'Do you have specific rituals before a game' 'What kind of snacks do you eat between periods'. Then the St Albert Spartan pre-game battle dance was performed prior to entering the arena.



Coach Tony Abrantes then tested the skills and endurance of the Spartans and Oil Kings for 30 long and 'grueling' minutes. Coach Tony brought his assistant coach Shaun Olmstead and goalie coach Brent Elashuk to make sure the drills were executed as planned. Both Oil Kings players also

had to endure and compete in the goal drag race competition (see photos) where Coach Tony closely timed each race. Final race, although crossing the finish line backwards, was won by the goalie trio Ayla Whitney, Katie Elashuk and Todd Scott.



Afterwards a 30 minute scrimmage was held, including one Oil Kings player on each team (STA white vs STA blue) within the line up. Some one-on-one challenges occurred between Oil Kings players during some intense moments in the scrimmage. But some great battles between Oil King and Spartans were held (see photo) and won by the Spartans. The Spartan goalies both faced some fast shots at both ends. After the final shoot out even the Spartan goalie Whitney was able to stop the shot from the Oil Kings goalie Todd Scott. The girls had a lot of fun and final practice photo shows the smiles (and rabbit ears). Following the practice, various signed pucks, sticks, flags, jerseys etc were signed by the Oil King players. Thank you to the Edmonton Oil Kings for taking on the St Albert Spartan Challenge. Good luck in your future battles, we hope you learned some new battle skills.

