



October 1, 2017

# KMHA TOPSHELF



Kanata Minor Hockey Newsletter

Issue No. 5

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## President's Message

With Midget house just days away from starting we have all of the KMHA teams set for 2017-18. Those who participated in the organizing, planning, e-mailing, calling, greeting, skating, evaluating, tabulating, checking, sorting, team building, balancing, re-checking, etc, etc, know the monumental task that is involved, much of it on too little sleep and either in cold rinks or dark dressing rooms in the back where we hide the convenors. KMHA and its families extend a heartfelt thank you to all who helped, it is appreciated and without you we wouldn't be able to make our association work. Is it perfect, it never will be, but it was pretty darn good and always with the best intentions, to give our kids a fun, safe and challenging place to play. All the best for the season ahead.

*Andy McAfee*

*A few notes about*

## DRESSING ROOM POLICIES

- NO PICTURES TO BE TAKEN IN CHANGE ROOMS
- FEMALE FAMILY MEMBERS (OF ANY AGE) ARE NOT PERMITTED IN MALE CHANGE ROOMS FOR PEEWEE AGE GROUP & OLDER; MALES ARE NOT PERMITTED IN FEMALE-ONLY CHANGE ROOMS
- HOCKEY CANADA'S FEMALE & CO-ED DRESSING ROOM POLICIES CAN BE FOUND AT [HTTP://WWW.HOCKEYNOVASCOTIA.CA/FILES/HOCKEYCANADACOEDROOMPOLICY06.PDF](http://www.hockeynovascotia.ca/files/hockeycanadacoedroompolicy06.pdf)

## HOUSE LEAGUE GAMES

This year coaches, players, parents and fans may notice a change to time on the clock for house league games. We are wanting to make use of the entire 50 minutes of ice time, therefore all games will consist of two 15 minutes runtime periods. The third period will be runtime and will depend on the amount of time left in the 50 minute ice time slot.

Period one —15 minutes run time

Period two —15 minutes run time

Period three — 15 minutes run time, (may be more or less depending on time left on the clock.)

# 15:00

KMHA take pride in our jerseys and equipment. This year we will have passed out 4,158 hockey jerseys and 26 sets of goalie gear for our players to use for the season. We ask that jerseys & equipment be cared for throughout the season and returned in the same condition as they were received. If you notice any stains, marks, tears or any damage to your jersey, please let the equipment managers know so they can record it. If you notice any damage to your goalie gear, please let the equipment managers know. Email [equipment@kmha.ca](mailto:equipment@kmha.ca)

*Follow the Do's*

**\*DON'T USE GLUE OR IRON-ON ADHESIVES**

**Jersey Care DO'S & DON'TS**

- DO sew on name bar & letters with fairly loose stitches that are easy to remove
- DON'T use glue, tape or iron-on
- Do consider hiring a professional (ask a dry-cleaner if they offer sewing)
- DO use a seam-ripper/thread-puller to remove name & sponsorship bars at end of season
- DO be gentle & handle with care
- DON'T damage your jersey or you'll be charged for a replacement

**PLEASE WASH AND PROPERLY DRY YOUR JERSEY ON A REGULAR BASIS. DAMP JERSEYS STORED IN DAMP HOCKEY BAGS NOT ONLY SMELL BUT ALSO GROW BACTERIA & MOULD.**

## Continuing Education Sessions for Coaches

KMHA values our coaches and wants to ensure we provide them with the necessary tools and will be offering ongoing support throughout the season. This year KMHA will be hosting 5 continuing education sessions for coaches. The first one is planned for October 5th at 6:30 pm in the KMHA boardroom.

The first session is discussing the new shared ice practices approach and how to create a practice on shared ice.

To register use the link emailed to all coaches by the KMHA Coach Mentor, Terry Lavineway.

The following future sessions will be taking place. Please mark your calendars for the following upcoming sessions and dates:

November 9th — Practice Planning

December 7th — Small Area Games

Please note that these sessions are for KMHA coaches only.

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Signup for a Clinic

**Selected Clinic**

You have selected to signup for the clinic below. Please thoroughly review all information and associated fees below before continuing.

**Clinic Information**

Type	<b>*COACH - PROFESSIONAL DEVELOPMENT</b>
Level	BRANCH COACHING DAY CLINICS
Category	Coach (*)
Office	HOCKEY EASTERN ONTARIO
Season	2017

**This clinic is being held on the following day(s):**

Date Period	10/05/2017 - 10/05/2017
Time	Start: 18:30 - End: 20:30

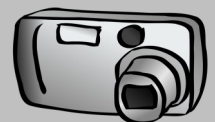
**This clinic is being held at the following location:**

Location	KMHA
Address	KMHA boardroom, Kanata Rec Complex Kanata, ON ,
Contact Person	Terry Lavineway
Telephone	
Email	Terryhl@yahoo.ca
Last Day to Signup	10/03/2017

**Additional Information**

This is a clinic on how to create a practice on shared ice. Please make sure to bring note taking material. Drill pads to draw practice plans could be of use

Share a photo of your favourite team, manager, coach, trainer, volunteer, or memory to be featured on social media through KMHA Spotlight. Email [kmhaspotlight@gmail.com](mailto:kmhaspotlight@gmail.com)





We are making changes to our KMHA website. Coming soon is a mobile friendly version. Stay tuned!

The screenshot shows the top navigation bar of the KMHA website. It includes a dark blue header with social media icons for Facebook, Twitter, and Instagram. Below this is a white navigation menu with links: Home, About, House League, Competitive, Team Staff, Officials-Referees, Parents' Corner, and Contact. The main banner features the 'Blazers' logo in a stylized white script with an orange outline, set against a background of a blue and white geometric pattern. Below the logo is the tagline 'Creating a Stronger Community through Hockey' and the text 'LANATA MINOR HOCKEY' in large, bold, orange letters with a white outline. Underneath the banner, there are sections for 'Featured Announcements' (with a 'HOUSE LEAGUE House League Sort out' link), 'Competitive News' (with a 'Competitive Coach Selection Process' link), and a sidebar with links to 'ice.kmha.ca' and 'Ice Schedule'.

## CALLING ALL GOALIES & FANS

Accept the Challenge today!

You are invited to participate in The October Saves Goalie Challenge to raise money for cancer research! Donate to Niklas Stathos' page or create your own goalie donation page.

Donate to Niklas Stathos' Goalie Page <<https://octobersaves.org/goalie/davestathos/>>

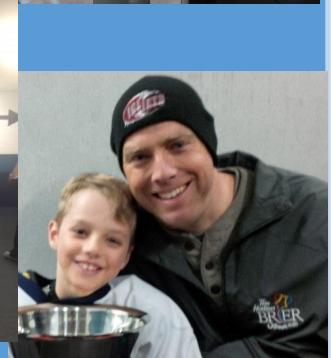
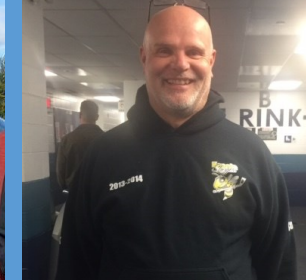


CREATE YOUR OWN GOALIE PAGE:

Participation in this event is easy! Visit [www.OctoberSaves.org](http://www.OctoberSaves.org) & click the registration button. Under the "CLUB" drop down box click "DAVE STATHOS GOALIE PERFORMANCE CENTER". Then you are ready to create your participant page & start collecting pledges & donations. Dave Stathos Goalie Performance Center will also donate their new goalie cut jerseys to the top 5 goalies to raise money within the club. So make sure that you select them as your club at the time of registration.

**Calling Goalies & Hockey Fans!  
Support the October Saves Goalie Challenge to raise money for cancer awareness.**

**Visit  
[www.OctoberSaves.org](http://www.OctoberSaves.org)**



**#ThanksCoach**  
SEPT 23 - 30, 2017

