



FEBRUARY 2025 NEWSLETTER

# GVAHA 2025



ISLA MILLER

# VERNON 2025 SPRING BALL HOCKEY LEAGUE



## MENS [18+ YRS]

### 16 Game Season

- INDIVIDUAL, GROUP OR TEAM REGISTRATIONS
- DIVISIONS FOR ALL SKILL SETS
- MINIMAL EQUIPMENT
- MON - THURS 7-10 PM, TWO DAYS/WEEK

\$260/individual or \$3,800/team  
(\$224/player with a 17 player roster)

GST and Jersey Fee (\$30) are added to cost during online registration process.



## WOMENS [18+ YRS]

### 10 Game Season

- INDIVIDUAL AND GROUP REGISTRATIONS
- DIVISIONS FOR ALL SKILL SETS
- MINIMAL EQUIPMENT
- ONE GAME PER WEEK, DAY TBD

\$160/individual + \$30  
(Jersey fee) + GST

GST and Jersey Fee (\$30) are added to cost during online registration process.



## YOUTH [3-YRS]



### 16 Game Season

- IMPROVE HOCKEY SKILLS (PASSING, SHOOTING, VISION, GAME PLAN)
- MEET NEW FRIENDS
- REGISTER WITH FRIENDS
- GREAT INTRODUCTORY SPORT FOR ASPIRING ICE HOCKEY PLAYERS.
- NON-CONTACT AND MINIMAL EQUIPMENT

\$260/individual + \$30 (Jersey fee) + GST



AGE	CATEGORIES	DAYS OF WEEK*	COSTS	GAMES
U5	2020/2021/2022	Sundays	\$260	16
U7	2018/2019	Sundays	\$260	16
U9	2016/2017	Sundays	\$260	16
U11	2014/2015	Sundays	\$260	16
U13	2012/2013	Sundays	\$260	16
U15	2010/2011	Sundays	\$260	16
U18	2007/2008/2009	Sundays	\$260	16

\* Times are projected game times based on having 4 teams per age category\*  
GST added to all above registrations

SEASON RUNS  
MID APRIL - END  
OF JUNE, 2025



Registration Deadline is March 20, 2025

For more information or to register please visit: [vernonballhockey.com](http://vernonballhockey.com)



Vernon Ball Hockey is a registered member of the BC Ball Hockey Association, players have access to Provincial, Regional, National and World Championships.



# FEMALE DIRECTOR'S UPDATE

2024-2025 has been an overwhelmingly successful season for GVMHA's Female Programs. With recreational teams at every age for the first time in GVMHA's history, Female Hockey is thriving in the Greater Vernon area! This season sees the addition of two female teams, our U18 Rec Lakers, coached by 2024 Senior Division Coach of the Year Joel Liman, and our U13A Rep Lakers, coached by Nathan Rush. These two teams join our other female programs, the U9 Lakers coached by Terry McGlame, U11 Rec Lakers coached by Todd Rysz, U13 Rec Lakers coached by Jason Hoffman, and the U15 Rec Lakers coached by Ron Caron. Many of these coaches are in their first year as head coaches, and we are extremely grateful for their contributions to the culture, development, and enjoyment of Female Hockey.

In addition to these 6 Female Teams, GVMHA is also well-represented at the regional/zone level. We have 2 GVMHA players with the U15A Novas, playing out of Salmon Arm this season, congratulations to Brooke Dixon and Camryn Cunningham. We have 8 GVMHA players with the U18A Novas, out of North Okanagan, more than any other North Zone Association. We'd like to recognize Kyla Johnson, Lily Stuart, Lyriq Nerling, Maci Lamoureux, Marlee White, Paisley Kasper, Shia Linford, and Vanessa Hillman for the season they're having. GVMHA is represented at the AAA level as well, with four GVMHA girls playing with the Thompson Okanagan AAA Lakers. Emma Ward, Emily Boyd, Ana Lovelace, and Orian Laventure are all helping the Lakers defend their BC and Pacific Titles this season.

Another big win for Female Hockey this season has been the addition of shared-ice practices featuring all female teams. Our U15 and U18 Rec Lakers have been practicing together all season, and this is a model we aim to recreate at U11/U13 in the coming seasons. To put our athletes in this development environment has been incredibly successful and serves to promote the culture of leadership we strive to create in our Lakers programs.

Paying forward that leadership from the U18s, a handful of our U15 rec girls joined GVMHA's First Shift Program in January to serve as mentors for these new players, which they all enjoyed very much. GVMHA would like to extend a big thank you to U15 Lakers Brynn Roberts, Olivia Barrie, Bryn Whieldon, Bella DeSutter, and all the other female mentors from the AAA Lakers and Novas who took time out of their Sundays to help many new GVMHA players learn to skate and enjoy this great game!

We have a very exciting announcement coming up about a GVMHA Female Event on March 24 2025. Keep an eye on your inbox for this exciting and Fin-teresting opportunity for female players and mentors!

Brendon Caron  
Director of Female Hockey



# PENALTY BOX

## Refs, Rules, & Risk Management

### REF-IN-CHIEF: CHRIS ASHBURN

Referee families: Just a reminder that as the season wraps up and our tournaments wind down, we still have plenty of hockey to go!

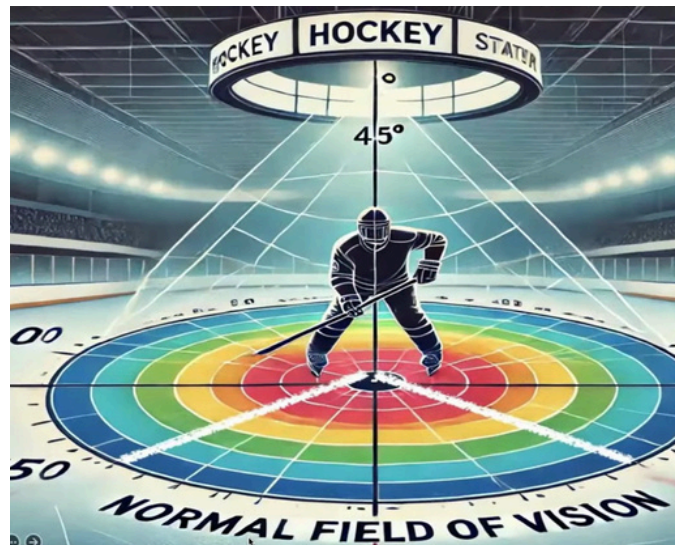
The prestigious Coca Cola tournament is upcoming on February 13-16. This is an international U13 tournament where the Mustangs play and we are able to showcase our own officials.

This tournament brings lots of people from all over, including scouts, to watch some amazing hockey. There is a lot of hockey over the 4 days and we will be looking for officials that have performed well over the season to be there!

Please be on the lookout for assignments and be sure to have your availability set to get the most out of the tournament.



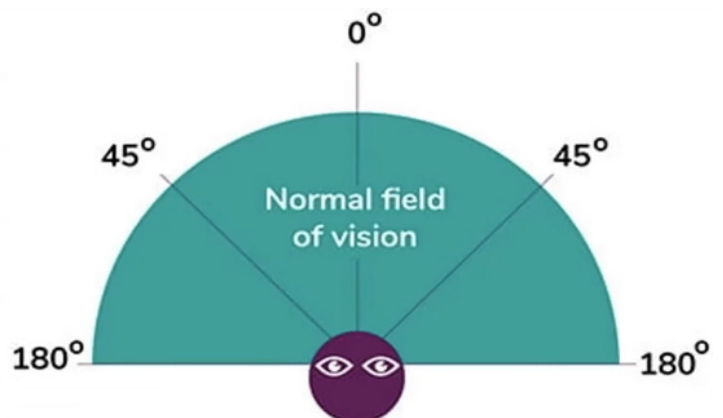
[Come join our team! Click here for more info.](#)



### BLIND SIDE HITS

A blindside hit is defined as an "open-ice body check that is delivered from an angle of approach outside a 90° peripheral point of view of a vulnerable opponent.

To clarify, the 90° field of vision is between the two 45's on the image below. Anything outside of that window would be considered a blindside hit.



Blindside hits are dangerous and a penalty (charging), regardless if there is "no head contact" or the player has the puck.



[Watch the Full Video Here!](#)  
["HC Rule of the Week"](#)

# REFS AREN'T GHOSTS!

As much as we'd like if it were true, referees aren't invisible and pucks don't magically go through us. Referees do their best to avoid the puck at all times but sometimes we get in the way.

**Maturity & Hockey IQ**  
 Linespeople are always going to be along the boards, especially by the blue line. Players should identify if *Stripes* is on their side of the ice and make a play to either chip it past or wheel the opposite way.



## REFEREE MALTREATMENT

We remind all Parents, Coaches, and Spectators that our referees are members of our GVMHA Community. Most of our members are developing officials and work very hard to learn the rules, mechanics, and skills to perform this difficult task. MANY of our referees are YOUTH.

We do not tolerate abuse or harassment of any official, on or off the ice.

At no time is it ever acceptable for anybody to come to ice level or the officials dressing room in order to confront the referees. Any concerns about the quality of officiating can be directed to the Executive Director Hockey Operations through the appropriate channels.



## Code of Conduct Parents

1. I will not force my child to participate in hockey.
2. I will remember that my child plays hockey for his/her enjoyment, not mine.
3. I will encourage my child to play by the rules and to resolve conflict without resorting to hostility or violence.
4. I will teach my child that doing one's best is as important as winning so that they will never feel defeated by the score.
5. I will make my child feel like a winner every time by offering praise for competing fairly and hard.
6. I will never ridicule or yell at my child for making a mistake or losing a game.
7. I will remember that children learn by example and will applaud good plays by both my child's team and opponents.
8. I will never question the official's judgment or honesty in public. I recognize officials are being developed.
9. I will support all efforts to remove verbal and physical abuse from hockey games.
10. I will respect and show appreciation for the volunteers who give their time.
11. I will not condone the use of alcohol, drugs or banned performance-enhancing substances.
12. I will observe the rules of the BC Hockey such as the Zero Tolerance to alcohol and banned substances.
13. I will respect the coaches decisions and will not discuss ANY issues before the 24hr cool down period.
14. I will not enter the dressing rooms at any time, without the coaches permission.
15. I will not coach from the stands.
16. I understand that I can be removed from attending GVMHA games for an undetermined time if I break these rules.

250-542-0754

riskmanager@gvmha.com

www.vernonminorhockey.com



# COACH'S CORNER WITH AMANDA GAYTHORPE



## Coaching Philosophy

The three big things that I talk about each ice time are: working hard, having fun and never giving up. I picked these because they don't just apply to hockey, but to everyday life. My goal isn't to develop hockey players and hockey players alone, but instead to teach and show what hard work, having fun and pushing through challenges can look like in any situation. Hockey is a great platform for these lessons because it's fast-paced, requires teamwork, and often tests your limits. Here's how I break it down:

1. **Working Hard:** This isn't just about putting in the hours; it's about consistency, effort, and giving your best in every practice. I tell my team that no matter the level of the other team or the situation, you can always control your effort. I implement this by rewarding players for their hard work, I explained this in the last question, and holding each player accountable to giving their all during every drill.
2. **Having Fun:** If you're not enjoying what you're doing, it's hard to stay motivated. I want the players to leave the rink feeling like they've had a good time, win or lose. To foster this, I make sure the drills are varied and dynamic, and I emphasize the importance of laughter and camaraderie. When players are laughing and supporting each other, they're more engaged, and the atmosphere becomes more positive.
3. **Never Giving Up:** Hockey, like life, doesn't always go as planned. Adversity is inevitable, whether it's a tough game or a bad shift. Teaching perseverance is key. I constantly reinforce the idea that mistakes are part of the game and that the most important thing is how you respond to them.

It's all about building resilient, hardworking, and positive individuals who know how to overcome challenges and enjoy the journey, not just the destination.

## Team Development

For each practice, I design drills that are accessible to all players, starting with basic exercises and gradually increasing in complexity. I organize the players into three groups based on skill level, which allows them to train alongside teammates who are at a similar stage in their development. This approach also enables coaches to adjust the difficulty of the drills to suit each group, either simplifying them for players who need more time with the fundamentals or increasing their complexity to challenge more advanced players. Players aren't in the same groups for every drill, it is all based on skill.

## Advice for Aspiring Coaches

I would encourage those sitting on the fence to take the step. There are supports in place to help new coaches. For me personally, it has been a fulfilling experience. It does require time but the reward far outweighs the time commitment. Three things I would say are non-negotiables. They are:

1. **After the first ice time, have a parent meeting.** State and explain the expectations you have of the players and parents. This will set the tune for the season.
2. **Be organized.** Have a plan for the practice so that there is structure. Also communicate the plans with those on the ice so everyone is on the same page.
3. **Celebrate players' successes.** Players enjoy being recognized for their hard work. This could be: 1st goal pucks, bling (for the hardest working and best listener), hustle juice or smart play of the game. This is a new one for me this year. We recognize a player who is putting what we focused on in practice to a game.

# REFEREE SPOTLIGHT



© Eric Anderson Photography

**Haylee Gosselin**  
**Terry Johnson**  
**Jenna Fletcher**


There's always a 3rd team on the ice - the referee crew! Here, this fantastic crew gets together ahead of their opening faceoff.

## **Appreciation!**

When you see a young official coming or going after refereeing a game - thank them or tell them they did a great job! Kindness goes a long way!

We recently received a heartfelt message from a parent highlighting the exceptional efforts of two young referees, Ryder Webb and Aiden Miller, who stepped up on short notice during the recent tournament. On multiple occasions, these young men filled in to ensure games could continue smoothly, demonstrating not only their commitment but also great character. Their willingness to help in a pinch is truly commendable, and we believe it's important to recognize their efforts. We encourage all our players and officials to follow their example of teamwork and dedication. Thank you, Ryder and Aiden, for your outstanding contributions!



 250-542-0754

 [riskmanager@gvmha.com](mailto:riskmanager@gvmha.com)

 [www.vernonminorhockey.com](http://www.vernonminorhockey.com)





# *SKILLS:GAME*


Spring Programs



 SCAN ME

 Winfield Arena

 8 Weeks: April - May

 [therink.ca/KELOWNA](https://therink.ca/KELOWNA)



# team standings

**U13**

GVMHA #4	★	20
SAMHA #3		17
WDMHA #1		16
GVMHA #1	★	16
WDMHA #2		16
SAMHA #2		15
LMHA #2		13
GVMHA #3	★	12
GVMHA #2	★	12
SAMHA #1		11
SMHA		8
LMHA #1		5
NOMHA		1

**U15**

LMHA #1		22
LMHA #2		20
SAMHA #2		18
GVMHA #1	★	18
SAMHA #2		15
GVMHA #3	★	14
GVMHA #2	★	11
SAMHA #1		10
NOMHA #1		7
SMHA		2
WDMHA		1

**U18**

SAMHA #3		21
SAMHA #2		19
SAMHA #4		18
SAMHA #1		16
SAMHA #3		15
LMHA		15
GVMHA #1	★	12
GVMHA #2	★	11
WDMHA #2		9
WDMHA #1		7
GVMHA #4	★	7
NOMHA		0

**U18 REP**

SOMHA		23
WKMHA		19
PMHA		18
KLMHA		12
GVMHA	★	8
SAMHA		8
KMHA		4

**U11**

SMHA		27
GVMHA	★	21
SAMHA #2		20
SAMHA #4		16
LMHA #1		16
GVMHA #3	★	16
LMHA #2		16
SAMHA #3		12
GVMHA #1	★	11
GVMHA #2	★	10
GVMHA #4	★	10
WDMHA #1		10
NOMHA #2		9
NOMHA #1		8
SAMHA #1		8
WDMHA #2		6
RMHA		0

**U13 T2**

PMHA		17
KLMHA		17
SOMHA		11
KMHA		8
GVMHA	★	7
WKMHA		6

**U13 T3**

KLMHA		24
SAMHA		18
WKMHA		16
KMHA		14
PMHA		10
WDMHA		7
GVMHA	★	3

**U15 Rep**

Spokane		21
KLMHA		17
SAMHA		14
GVMHA	★	14
PMHA		9
KMHA		1

**U11 C**

KMHA		24
NOMHA		20
PMHA		20
KLMHA D 4		16
GVMHA	★	14
KLMHA D 3		12
WKMHA		11
KLMHA Female		9
RMHA		7
SPOKANE		5

**U15 Female**

PMHA		19
KMHA #1		16
SMHA		7
GVMHA	★	7
KMHA #2		9

**U11 Female**

SAMHA #2		23
KMHA #1		16
SAMHA #1		16
KMHA #2		11
LMHA		10
GVMHA	★	5
PMHA		5
KMHA		0

**U15 NZ**

North	★	29
Central		19
South		16
Thompson		11
WK		7

**U11 A**

GVMHA	★	20
WDMHA		17
SOMHA		17
KMHA		13
WKMHA		13
SAMHA		6
KLMH		2

**U13 Female A**

KLMHA		24
PGMHA		26
KMHA		13
GVMHA	★	5
WKMHA		4

**U18 Female**

LLMHA		26
SAMHA		23
KMHA #1		16
KMHA		10
PMHA		9
100 Mile		2
GVMHA	★	2

**U13 Female C**

KLMHA		25
PMHA		17
SAMHA		16
KMHA		8
WMHA		4
GVMHA	★	0

**U13 Tier 1**

Penticton		23
Vernon	★	18
Kelowna		14
Kamloops		5
Prince George		0



## CLUTCH MOMENTS: **GAME OF THE MONTH**

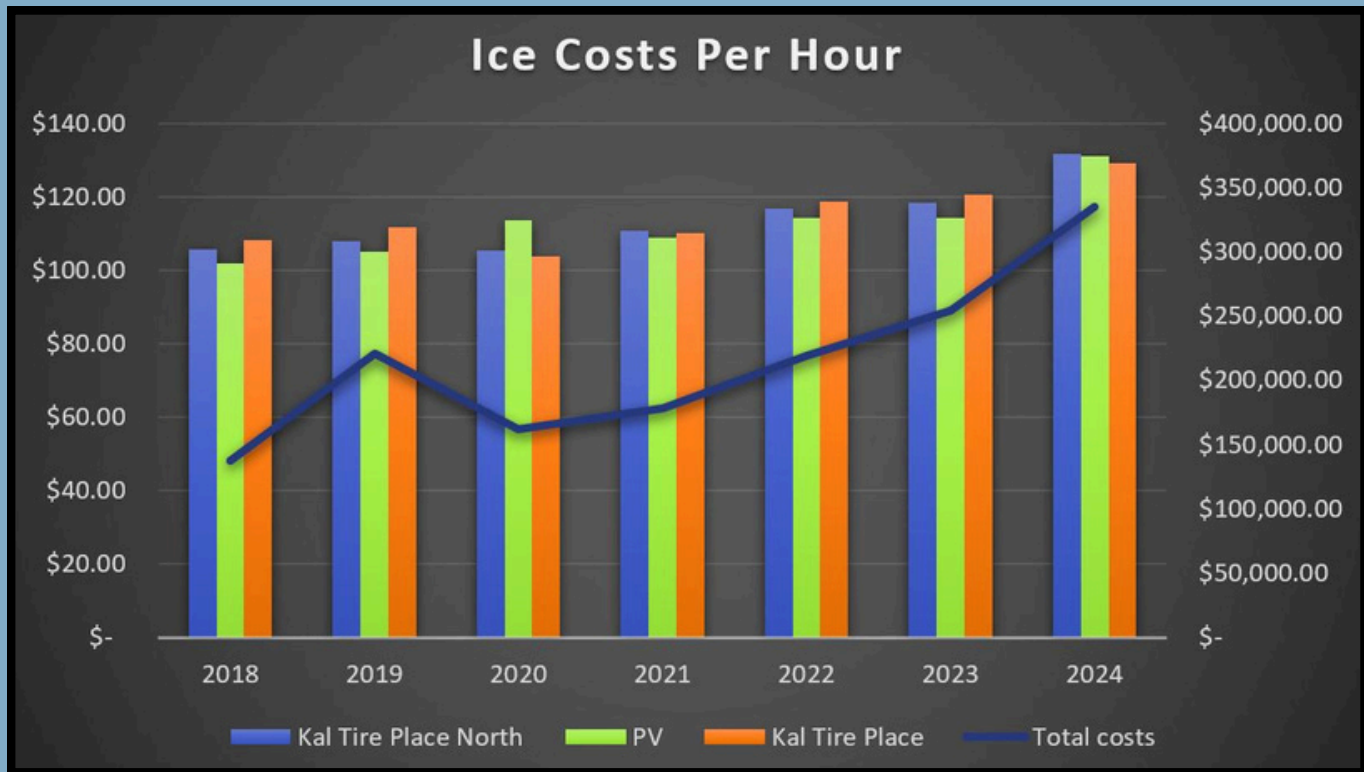
The U13 Tier 3 Vipers took an early lead and came together for a full-game effort in the New Year, securing a 5-2 victory against the Penticton Vees. This marked their first win of the season following the league-mandated Christmas break.

The January 5th afternoon game began with a goal at 2:04 of the first period, following an offensive zone face-off. Kai Jacobson fed Aaron Zubrod the puck at the point, and Zubrod fired a shot from the point that sailed past the goalie's outstretched glove. From that point on, the Vipers played a great team game.

The Vipers' defense took control, contributing three of the five goals: Zubrod, Maks Morris, and Spencer Cyr each scored. Defensively, they blocked an unofficial 15 shots in front of Luka Osborne, who made an unofficial 25 saves and was credited with the victory in goal. Jaxon Perrier, making his first appearance at the center position after playing wing, didn't disappoint. He played excellent two-way hockey, highlighted by a great diving pass during a rush behind the net in the dying seconds of the first period. This set up a goal that gave the Vipers a one-goal lead heading into the second period, a lead they would only build upon. The confidence of the Vipers was evident as they stretched their opponents across the ice with excellent passing and skillfully evaded the Vees' stick-checking. The game was a perfect stamp on the 2025 edition of U13 Tier 3 Vipers hockey. Great work, Vipers! Keep your sticks on the ice!



# GVMHA ICE COSTS UPDATE: A SEVEN-YEAR OVERVIEW



The cost of ice time is one of the most significant expenses for our association, and we want to ensure you have a clear picture of how these costs have evolved over time. From 2018 to 2024, ice costs have seen a substantial increase due to various factors, including inflation, operational costs, and increased demand for ice time in the region.

While we have worked diligently to manage these costs, we want to ensure that all members understand how the price of ice time has been impacted.

#### Key Changes Over the Past Seven Years - City of Vernon Facilities

- **Ice Time Hours:** Ice hours have increased 95%, from 1,314.25 hours in 2018 to 2,560.75 hours in 2024. This increase reflects the growing demand for ice time as more teams and players join the association.
- **Total Costs:** The total cost of ice time has risen 143%, from \$137,727.03 in 2018 to \$335,293.30 in 2024.
- **Cost Per Hour:** The cost per hour has increased 25%, from \$104.80 per hour in 2018 to \$130.94 per hour in 2024.

We understand that rising costs can be concerning, and we continue to explore strategies to mitigate these increases while ensuring our members have the best experience possible. We hope this breakdown provides clarity on how ice costs have evolved over the years. As always, we are committed to providing the best value for your membership, and we appreciate your understanding and continued support.

# #RESPECT



**As we countdown the final weeks and days of our season and head into the playoffs, we strongly encourage everyone to uphold a spirit of respect and sportsmanship towards all players, parents, coaches, officials, rink staff, and volunteers who contribute to the success and fun of playing our beloved game of hockey.**

**We appreciate that rivalries are created, your plans for spring, summer and next year are beginning to take shape. The fact that the season's playoffs are right around the corner add to that extra urge to become more verbally critical. In this case we need to take a moment to reflect on the big picture of how we got to this point and if our actions become negative towards our own players abilities or those of another member's player, ref or volunteer. Minor hockey is an amateur level of play and fun, where not only our players are young and learning, but so are our officials, coaches, and volunteers.**

**Let's all do our part to do our best and be loud to cheer on a positive experience for all of those involved.**

**See you at the rink!**

**Trevor McEachnie  
GVMHA Conduct Chair  
GVMHA Second Vice President**

# 2025 SPRING HOCKEY DEVELOPMENT PROGRAM

Program	Day of the week	Dates	Time	Arena	Cost	Link	Reg Limits	Notes
U7 Spring Dev	Tues	April 1 April 8 April 15 April 22 April 29 May 6	3:45-4:45pm	KTP	\$215	<a href="https://go.teamsnap.com/forms/468063">https://go.teamsnap.com/forms/468063</a>	20 skaters	2018-2019 Birth years
U9 Spring Dev	Wed	April 2 April 9 April 16 April 23 April 30 May 7	3:45-4:45pm	KTPN	\$215	<a href="https://go.teamsnap.com/forms/468072">https://go.teamsnap.com/forms/468072</a>	20 skaters	2016-2017 Birth years
U11 Spring Dev	Thurs	April 3 April 10 April 17 April 24 May 1 May 8	3:45-4:45pm	KTP	\$215	<a href="https://go.teamsnap.com/forms/468075">https://go.teamsnap.com/forms/468075</a>	20 skaters	2014-2015 Birth years
Goalie Spring Dev	Thurs	April 3 April 10 April 17 April 24 May 1 May 8	5:00-6:00pm	KTP	\$315	<a href="https://go.teamsnap.com/forms/468076">https://go.teamsnap.com/forms/468076</a>	12 Goalies	U9-U15 Goalies

**new kids**  
**MENU**

@ Cactus club!

## **\$22 MENU**

*Includes one food selection and one non-alcoholic drink*

### **EATS**

*choose one*

#### **CAJUN CHICKEN SANDWICH**

blackened cajun chicken, aged cheddar, lettuce, tomato, mayonnaise, brioche bun, sea salted fries.

#### **CHEDDAR BACON BURGER**

smashed certified angus beef®, aged cheddar, smoked bacon, red relish, mayonnaise, ketchup, mustard, sea salted fries.

#### **TERIYAKI CHICKEN RICE BOWL**

peppers, broccoli, red cabbage, bean sprouts, spicy yogurt.

#### **CHICKEN TENDERS**

panko-breaded chicken, sea salted fries, honey mustard dip.

### **DRINKS**

*choose one*

**POP**

**JUICE**

**SODA**

**SHIRLEY TEMPLE**

make a  
reservation  
**for your team**

February 2025

# MESSAGE FROM THE EXECUTIVE DIRECTOR

GREATER VERNON MINOR HOCKEY ASSOCIATION

## GOOD LUCK TO ALL OUR TEAMS AS YOU PREPARE FOR PLAYOFFS!



We are entering the final leg of the hockey season, and playoffs are fast approaching! With many important dates circled on our hockey schedule this time of year, we want to remind everyone of the important local and regional dates:

### February 18 - North Super League Playoffs begin

- February 28-March 2 OMAHA Rep Playoffs
- March 4 - North Super League Super Tuesday
- March 7-9 U11 Development Playoffs
- March 14-16 OMAHA Recreation District Championships
- March 16-19 BC Hockey Championships

As the competitiveness of the season becomes more intense, we remind all of our coaches, players, parents, and fans to embody the spirit of positive sportsmanship. Cheer loud, celebrate your teams successes, and be respectful of all participants in the game.

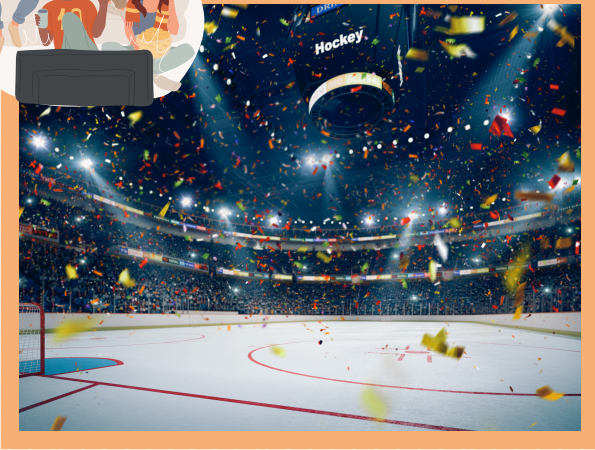
Finally, we wanted to recognize our U11 Recreation Division for their performance at their home tournament in January. For the first time in recent history, GVMHA won all Friday games (5-0), and Vernon swept the medal games (G: Kraken / S: Gators / B: Fighting Chickens).

**What are Districts? All GVMHA recreation teams from U11 to U18 compete in the North Super League. Teams that win the "A" pool of the Super League advance to Districts, where they compete against other Super League champions. This year, GVMHA is hosting the U13 Districts tournament from March 14th to 16th. As hosts, if GVMHA secures both first and second place in the Super League, they have the unique opportunity to send two teams to the U13 Districts tournament.**

# Faces in the Crowd: A Community Beyond the Game

In this month's edition of Faces in the Crowd, we're shining a spotlight on the families who make up the heart of the GVMHA community. From the rink to the sidelines, these families are the lifeblood of Vernon Minor Hockey, helping to build lasting friendships and foster an environment where kids not only develop as players but as individuals.

We reached out to several families to hear what they love most about being part of the GVMHA and what makes this community so special to them.



GVMHA is an organization that allows me to watch my son grow into a respectful and team playing young adult on a weekly basis.

James - U13 dad



GVMHA means... my kids get to pursue their passion while building life-long skills and relationships!

Ashley - U9 and U13 Mom



Vernon minor hockey is great because it offers a supportive community, excellent coaching, and a strong sense of teamwork. It's a place for young players to develop their skills and passion for the game.

Mark - U13 Rep Lakers dad

GVMHA is a place where my boys have grown and developed immensely. Both in sport they love and their characters!

GVMHA has given us a second family, memories and friendships to last a lifetime!

Courtney - U9 and U13 mom



If I were to describe GVMHA, I'd say it represents a community for our kids, where friendships and memories are made. Aside from the sport of hockey itself, it helps players learn essential life skills, like discipline and teamwork.

Jess - U13 Mustangs mom





20  
25



# PLAYER OF THE MONTH

## **RYDER SMITH U13 TIER 2 VIPERS**

**What is your favorite part about playing hockey?**

- playing with friends
- scoring goals
- winning

**What is one thing you're working on to improve your game?**

- being more physical

**Who is someone who has inspired you in hockey?**

- Quinn Hughes

**What is your favorite hockey memory from this season?**

- being chosen to be assistant captain of the tier 2 team

**What advice would you give to a younger player who is just starting out in hockey?**

- if you fall down, get back up as quick as possible (literally and figuratively)



# PLAYER DEVELOPMENT



**Matt Stang**

## Drill of the week: 30-Minute Stickhandling Session

Check out the link above! Upgrade your puck control with this 30-minute stickhandling session you can do right at home! All you need is a stick, six pucks, and a bit of space. The session is designed to improve your hands and can be done on synthetic ice tiles, concrete, or any hard flooring with a green biscuit or similar puck. Ready to level up your skills? Let's go!

## Meet Brad Callihoo!



Hello Greater Vernon Hockey Community,

I am honored to introduce myself as the 1st Vice of the Greater Vernon Minor Hockey Association. My name is Brad Callihoo, and I bring a wealth of leadership experience, a passion for community development, and a deep commitment to fostering opportunities for young athletes in our region.

As a proud citizen of the Michel First Nation, I have dedicated my career to leadership roles that emphasize collaboration, strategic planning, and community engagement. My professional journey has provided me with extensive experience in governance, negotiation, and building positive relationships.

Beyond my career, I've always had a deep appreciation for the role that sports play in building character and community. Hockey is not just a game; it's an opportunity to instill values like teamwork, discipline, and resilience in our young players. I look forward to working closely with our Board, coaches, parents, and volunteers to ensure that Greater Vernon Minor Hockey provides an empowering environment for all participants.

My goal as 1st Vice President is to support the association's continued growth and success while fostering a sense of unity and pride within our hockey community. If you have ideas, feedback, or simply want to connect, I encourage you to reach out. I believe in the power of collaboration, and together, we can continue to create a positive and thriving environment for our players and families.



Would you like to be featured in our newsletter? Have your managers upload your team photos!



# THE UNSEEN GALLERY

Would you like to be featured in our newsletter? Have your managers upload your team photos!

# EQUIPMENT UPDATE:

**Goalie Gear Availability:** We are pleased to announce that we currently have a selection of goalie equipment available for players of all ages to try out. This provides a unique opportunity for young athletes to explore the position and develop new skills.

Looking ahead to next season, we are committed to expanding our collection of goalie gear specifically for younger players, with the aim of encouraging more participants to experience the role of a goalie.

Additionally, we will be offering goalie equipment for use during the spring and summer months, providing a valuable resource for young goaltenders. This equipment will be available for participants in our Minor Hockey Camps, details of which will be shared later this year. We look forward to supporting the development of our young goalies and helping them reach their full potential.



# ENERGY

## balls



### **A note from the author**

I am always on the look out for healthy "make and take" food. I found this recipe in the Whitewater Cooks at Home Cookbook and tried it. I love them. I keep them in the fridge, they freeze too, and eat one either on the go or after a workout.

### **Ingredients**

- 1 cup sunflower seeds, toasted
- 1 cup sesame seeds, toasted
- 1 cup rolled oats
- 1 cup chocolate chips
- 1 cup raisins
- 1 cup dried cranberries
- 1/2 cup cocoa powder
- 2 cups peanut butter
- 1/2 cup honey
- 1 1/2 cups coconut, toasted



Place all ingredients, except for the coconut, into a large bowl. Mix with your hands. Add more honey if needed. Roll into balls using a 1/4 cup of the mixture (I used my large cookie scoop for even balls). Roll balls in coconut. Store in the fridge for up to one week or in the freezer for up to two months.

# HOCKEY DAY IN GREATER VERNON



*ARE YOU THE NEXT  
city champions?*

**HOSTED ON MARCH 5-9  
FINALS TO TAKE PLACE ON MARCH 9TH**

**HOCKEY DAY IN GREATER VERNON IS INTENDED  
TO BE A FLAGSHIP EVENT FOR GVMHA'S  
RECREATION PROGRAM. THE EVENT WILL CROWN  
CITY CHAMPIONS AND INCLUDE A SINGLE  
ELIMINATION TOURNAMENT FORMAT AT EACH  
AGE DIVISION.**

**More information to come!**



# **GVMHA ANNUAL GOLF TOURNAMENT**

- Event Date:** Friday, May 23rd, 2025
- Event Time:** 10:00 am, shotgun start
- Event Place:** The Rise Golf Course 8800 Rising  
View Way, Vernon, BC
- Dinner:** On-site: The Edge Restaurant & Bar
- Registration:** \$250/player

**Includes 18 holes, golf cart, lunch, dinner, swag, contests, prizes and so much fun! More information to come regarding sponsorship & silent auction opportunities**





# GVMHA ANNUAL GOLF TOURNAMENT

## EVENT BACKGROUND

The Greater Vernon Minor Hockey Association is excited to announce the inaugural Golf for the Kids Tournament, set to take place on May 23rd, 2025, at a premier local golf course. This event will serve as a cornerstone in our ongoing commitment to fostering the growth, development, and success of young athletes in the Greater Vernon area.

Minor hockey provides much more than just the opportunity to play a sport; it instills values of teamwork, discipline, leadership, and resilience. For the kids who participate, it is an avenue for them to build lifelong skills and memories while contributing to the spirit of community that defines Vernon. However, as with any thriving youth program, financial support is critical to ensuring every child—regardless of their background—has the opportunity to lace up their skates and hit the ice.



*Thank You!*



**GVMHA WOULD LIKE TO EXTEND THEIR  
APPRECIATION TO THE FOLLOWING SPONSORS**

**Boston Pizza  
Training House  
Armstrong Regional Co-Op  
Summit Financial  
H&L Glass  
Butcher Boys  
Bannister GM  
Watkin Motors  
Interior Savings  
Five Star Awards  
Sun Valley Source for  
Sports  
Corbett Office Plus  
Darby Photos  
Authentic Plaques  
Johnston Meier Insurance  
KCW Construction  
Theresa Fabian Realtor  
Monashee Optometry  
Jespersen Electrical  
CSN Collision  
Integra Tire Vernon  
Mr. Mikes**

**Subway  
Quality Inn Hotel  
The Tile Guy  
Nixon Wenger  
Okanagan Restoration  
Best Western Premier Hotel  
Sandman Hotel  
The Rink  
Scotia Bank  
McDonalds  
Tim Hortons  
Printech Printing Corp  
Iron Ghost Construction  
Revolution Machine works  
Vantage One  
Diner on Six  
Aberdeen Dental  
Ratio Coffee  
Butcher Boys  
Brentwell Construction  
Browns Social House  
Ricky's All Day Grill**



10% TEAM DISCOUNT



We are pleased to announce that GVMHA and Beyond Belief Escape Rooms are partnering to provide a 10% discount to our hockey teams! **CODE: GVMHA2425 (888) 944-9565**

## FULL CIRCLE SPORTS & APPAREL

Full Circle Sports offers a diverse range of high-quality team apparel, including hoodies, hats, t-shirts, and track suits at various price points to fit your teams financial needs. Full Circle Sports will donate 10% of the proceeds back to GVMHA



[team@fullcirclesports.ca](mailto:team@fullcirclesports.ca)



1-778-581-3706



Are you renovating any time soon?!

Check out this local and family owned business, The Tile Guy Flooring and Renovations. This business is supporting our teams by giving 5% of purchases directly back to your team! In return, they are giving you a 10% discount on top of any other deal they have going on in their showroom or on their website!

## BROWNS SOCIALHOUSE

restaurant . bar . socialize

When you are in Vernon and attending a GVMHA Hockey Tournament- book a week in advance for parties 8 and more and receive 15% off your order!

## INTEGRA TIRE

## GVMHA FUNDRAISING CAMPAIGNE

Integra Tire will donate 10% of every tire purchase (including tires & Rims). Simply provide GVMHA unique code GVMHA2025 when you book a service at Integra Tire. [www.integratire.com](http://www.integratire.com) 250-542-1989