

# GVMHA

NEWSLETTER  
JANUARY 2025



January 2025

# MESSAGE FROM THE EXECUTIVE DIRECTOR

GREATER VERNON MINOR HOCKEY ASSOCIATION



## HAPPY NEW YEAR TO ALL OF OUR GVMHA FAMILIES!

I hope everyone had a great holiday season filled with time spent with family, friends, and teammates.

We now enter the second half of the hockey season, with a lot of exciting events on the horizon. January is a busy tournament month for GVMHA, featuring the majority of our recreation tournaments. We start the month of January with our U9 tournament, followed by the U15, U11, and U13 tournaments. Make sure to check out some great GVMHA Hockey this month at KTPN!

New for the 2024-25 season, GVMHA is excited to announce that we will be hosting our first ever Recreation City Championships, March 5-9, 2025. The event, named Hockey Day in Greater Vernon, will crown city champions at the U11, U13, U15, and U18 divisions. Stay tuned for more information on this exciting new GVMHA event.

As we return to our regular busy hockey schedules, we wish all of our teams the best of luck in the month of January. We look forward to watching all of you thrive in 2025!



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



NEW YEARS

# NUTRITION 2025

START THE YEAR RIGHT!

Kick off the new year on a healthy note with these nutritious options to fuel your game and support your hockey goals



## THE FAMOUS GRANOLA BAR OF THE KOOTENAYS

- 1 cup butter
- 1 1/2 cups peanut butter
- 1 1/2 tbsp of vanilla extract
- 2 cups of brown sugar
- 1 cup corn syrup (or honey)
- 6 cups of rolled oats
- 1 cup coconut, toasted
- 1 cup sunflower seeds, toasted
- 1 cup sesame seeds toasted
- 1 cup chocolate chips
- 1 cup raisins

## HOW TO MAKE A PERFECT GREEN SMOOTHIE

This tropical treat has the perfect fruit-to-veggie ratio, which makes it a great beginner-friendly green smoothie. The spinach has a mild taste and is packed with over 20 different nutrients, vitamins, minerals, antioxidants and high-quality amino acids. It's awesome stuff! Oh, and this recipe is kid-tested and approved too:)

- **2 cups spinach**
- **2 cups water**
- **1 cup mango**
- **1 cup pineapple**
- **2 bananas (Use at least one frozen fruit to chill your smoothie. We often use frozen mangos and bananas our green smoothies.)**

## 5 GREEN SMOOTHIE TIPS TO GET YOU STARTED:

- Follow the 60/40 formula
- Blend in stages to avoid leafy chunks
- Ditch the ice and freeze some fruits
- Use raw natural sweeteners
- Make smoothies ahead for the perfect fast food



## QUINOA GADO-GADO BOWL (30 MINUTES!)

### GADO-GADO

- 1/2 cup white or red quinoa (well rinsed and drained)
- 1 cup water
- 1 cup greens beans (trimmed)
- 1/2 medium red bell pepper (thinly sliced)
- 3/4 cup mung bean sprouts
- 2/3 cup thinly shredded red cabbage
- 2 whole carrots (thinly sliced with a knife or mandolin)

### SPICY PEANUT SAUCE

- 1/3 cup salted creamy peanut butter (or sub almond butter, cashew butter, or sunbutter)
- 1 Tbsp gluten-free tamari (or soy sauce if not GF)
- 2-3 Tbsp maple syrup (to taste)
- 3 Tbsp lime juice
- 1 tsp chili garlic sauce (more to taste // 1 Thai red chili, minced // or 1/4 tsp red pepper flake // amounts as original recipe is written)
- 3-4 Tbsp water (to thin)

## RESOURCES

[HTTPS://WWW.MAKINGITINTHEMOUNTAINS.COM/TH E-FAMOUS-GRANOLA-BAR-OF-THE-KOOTENAYS/](https://www.makingitinthemountains.com/the-famous-granola-bar-of-the-kootenays/)

[HTTPS://WWW.100DAYSOFREALFOOD.COM/GREEN-SMOOTHIE-RECIPE/](https://www.100daysofrealfood.com/green-smoothie-recipe/)

[HTTPS://MINIMALISTBAKER.COM/QUINOA-GADO-GADO-BOWL-30-MINUTES/](https://minimalistbaker.com/quinoa-gado-gado-bowl-30-minutes/)

# REFEREE SPOTLIGHT



**Jeff Hiscoe**  
**Cameron Sytsma**  
**Chris Ashburn**  
**Kody Dixon**

The Officiating crew from the U15 AA Zone final. Congratulations on a tournament well done!

## Mentorship!

GVMHA has a great crew of senior officials who are working with newer referees through on-ice shadowing and post-game reviews.

## THE FIRST STEP IS GETTING THERE SAFELY!

As we head into the heart of winter, it is important to ensure we all follow safe winter driving protocols. Teams travel regularly for tournaments and league games and we want to ensure everyone arrives to their destination safely. Here are some good tips for safe winter driving:

## WINTER DRIVING TIPS



**DRIVE SLOWLY WITH CRUISE CONTROL TURNED OFF.**



**INCREASE YOUR FOLLOWING DISTANCE TO ALLOW PLENTY OF TIME TO STOP FOR THE VEHICLE AHEAD.**



**ACCELERATE AND BRAKE GENTLY. APPROACH TURNS SLOWLY.**




**USE EXTRA CAUTION ON BRIDGES, RAMPS AND OVERPASSES.**



**BUCKLE UP. EVERY RIDER. EVERY SINGLE TIME.**



**MAKE SURE HEADLIGHTS ARE ON SO YOU ARE VISIBLE TO OTHER DRIVERS.**

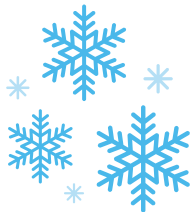
 250-542-0754

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

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



# GVMHA ICE TIME INSIGHTS



## **DID YOU KNOW?**

**The cost of ice has gone up  
over 20% in the last 4 years?**

**Total hours of ice used in the  
2024/2025 season = 3313 hours**

**Ice used for Practices – 2093 hours**

**Ice used for Regular Season &  
Playoffs – 618 hours**

**Ice used for Tournaments – 602 hours**

**Total ice costs for a season -  
\$403,258**

# LOGO SHOWDOWN SPOTLIGHT

# GVMHA REC

Thank you to all of the teams that shared their creativity and submitted a logo. A big thank you to the U5 group who selected the winner of the 2024 Battle of the Brands!

## TOP THREE



## PRIZE! Boston Pizza Awaits

Congratulations to the U11 Vernon Sharks for winning the 2024 GVMHA Recreation Team Name & Logo Competition. Your team will be treated to a delicious Boston Pizza pizza party at the restaurant!





# PENALTY BOX

## Refs, Rules, & Risk Management

### REF-IN-CHIEF: CHRIS ASHBURN

Referees: As mentioned last month, we are doing our best to have all officials on the ice working games as much as possible. The second half of the season has a lot of games and tournaments at younger levels, so the newer and younger referees should be able to see plenty of refereeing opportunities in the new year!

Remember, your availability in Spordle is vital to helping us assign you games. Please ensure your availability reflects all hours of the day - either available or unavailable. There should be no gaps in the times. We are getting declined games even though the official shows available. This makes it hard to assign efficiently and in a timely manner.

Overall, our referees have been doing an amazing job this year! Feedback has been positive - keep up the great work!



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



### IT WAS IN! IT WAS IN!

What happens when a goal is scored (allegedly!) but the referee doesn't see the puck go in the net?

Are there rules around this? Of course!

**Goal not seen at all:** If none of the officials see the puck enter the goal, there is nothing that can be done. No "going upstairs" at this level, folks!

**The Liney saw it!:** In this case, at the next stoppage, the linesperson can notify the referee that the puck entered the net. The goal is awarded and the time reverts back to when the goal was scored. Important to note the time!

**Another goal is scored:** the first goal counts, the second one does not. Again, the time reverts back.

**A penalty is called:** the goal counts AND the penalty is still called. No getting away with it this time!

Rule 6.6(A).



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

# 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!**

# STICK DOWN!

Some common misunderstood rules around sticks in play:

- A broken stick **MUST** be dropped onto the ice immediately.
- Using, carrying, or tossing a broken stick is a penalty!
- Goaltenders **CAN** receive and use a teammate's stick until the next stoppage.
- It is a penalty to throw, kick, or shoot a stick on the ice to a teammate or opponent.
- A player **CAN** pick up, carry, and deliver a stick to a teammate, but must not get involved in the play with two sticks.



## 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

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# GVMHA 1ST ANNUAL GOLF TOURNAMENT

For the benefit of youth hockey programs

## SAVE THE DATE!

23 MAY 2025 || 10:00 AT THE RISE RESORT



*more info*  
**COMING SOON**



# **GVMHA TOURNAMENTS 2024/2025**



**Five tournaments  
to go!**



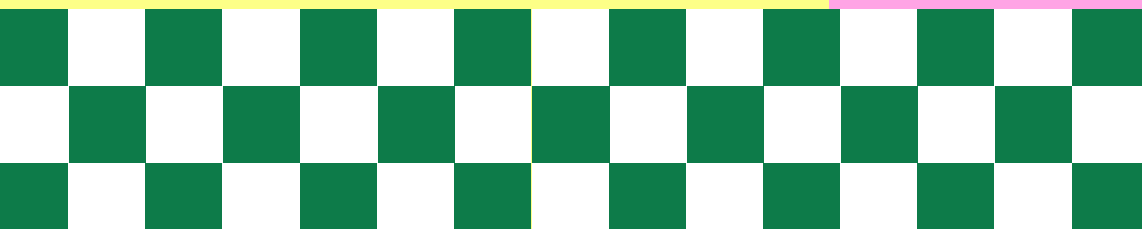
**U9 Winter Rush Jan 3-5**

**U15 Winter Classic Jan 10-12**

**U11 No Guts No Glory Jan 17-19**

**U13 Ice Crusher Classic Jan 24-26**

**U13 Coca Cola Tournament Feb 13-16**



*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 Real Estate  
Monashee Optometry  
Jespersen Electrical  
CSN Collision  
Integra Tire Vernon**

**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**



**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