



Special Interest  
Articles:

PRESIDENT  
TRANSITION

•STORM COACH  
MENTORSHIP  
PROGRAM

FIRST TOWNHALL  
MEETING

G.M.H.A. PLAYER  
DEVELOPMENT  
CENTRE

*Individual  
Highlights:*

H1N1 Policy 1

Guelph Storm Days 1

Guelph RZone 4

*"A player must be able to skate, have hockey sense, be able to shoot - not necessarily able to score - and have drive."*

*"Pierre Page"*

## *The Official News Letter of Guelph Minor Hockey*

### HOCKEY CANADA H1N1 POLICY

Team staff need to emphasize to players and parents the need for total cooperation in all aspects concerning hygiene, but specifically to the prevention of the transmission of the H1N1 virus. The following are recommended steps within the team environment:

1. Players should be urged to report all illnesses to their parents and the safety person/trainer. Parents are urged to keep their children away from the hockey environment if they are showing any signs of infectious disease or virus. Sick players are encouraged to see their physician if showing signs or symptoms of the H1N1 virus, and to be fully recovered prior to returning to play.

2. Players should be encouraged to wash hands routinely and always after handling hockey equipment. Frequent hand washing with soap and water is one of the best preventions we can recommend. Teams are encouraged to carry extra hand soap or hand sanitizer as not all arenas have this readily available.

3. Talk to your players about using their arm when covering their mouths and nose when coughing or sneezing as opposed to their hands.

4. Advise players to try and not touch their own mouths or nose when in the hockey environment to reduce the chance of them passing an infection on to themselves.

5. Ensure all players and staffs have their own water bottles labeled with names and players numbers. Sport drink bottles should be avoided as direct lip contact is possible when drinking.

6. Officials and coaches should avoid drinking from other water bottles and have water readily available to them on their respective benches.

7. Towels should be removed from all benches. Players should not share towels, clothing, bar soap or other personal items such as razors.

8. Assist athletes in protecting their immune system by stressing they get sufficient sleep, that they do not over train and that they get proper nutrition.



## IMPORTANT DATES:

### November 24

Bantam/Midget  
Storm Mentorship

### November 27-29

38<sup>h</sup> Annual GMHA



Powerplay Tournament

### December 6

OMHA 75<sup>th</sup>

Anniversary All-Time  
Team Ceremonies

Ray Scapinello

Bill McCreary

Guelph Storm vs.  
Kitchener Rangers  
Game

### December 15

Atom/Pee wee  
Storm Mentorship

### January 5

Bantam/Midget  
Storm Mentorship

### January 16

GMHA Player  
Development  
(Mitron) Day

### February 2010

Attentive Second  
Townhall Meeting – Date  
to be Determined.

## VOLUNTEERS NEEDED

Guelph Minor Hockey Association is always looking for volunteers. Whether it be one hour of your time or one day, all help is appreciated. Many hands make light work.

GMHA is only as good as the people volunteering. If you are interested in helping out, please send an email to [Committee Help](#) and state what committee you would like to help out with. (if you have a preference) Your name will be forwarded to the Chair of that committee. Guelph Hockey can't run without volunteers like you!



### *75<sup>th</sup> Anniversary All –Time team*

Guelph minor hockey would like to congratulate Ray Scapinello and Bill McCreary on their selection to the OMHA All-time team. A banner raising ceremony will take place on Sunday December 6<sup>th</sup> prior to the Guelph Storm game. Please join us as we recognize Ray and Bill contributions to hockey.

### GMHA Minor Hockey Days from the Guelph Storm!!

The Guelph Storm is running a promotion for GMHA where any GMHA player wearing their jersey gets their ticket for only \$10! The tickets are purchased at the box office on the day of the games. This promotion applies to the Storm games on the following days:

December 13  
January 17  
January 24

## Presidency Transition

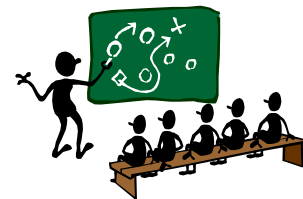
Due to personal matters, David Lake has had to step down as president this year. We wish David and his family all the best as they move back to St. Catherines to be closer to their families. David Lake is still an active member within the GMHA Board of Directors as past president. We welcome back Tom Hopgood as President again this year. Thanks Tom for your dedication, commitment and hard work on behalf of GMHA.

### Storm Coach Mentorship Program

Coaches will have the opportunity to go and watch a Storm Practice, see what they do and how the practice flows. Here are the dates for the age groups:

November 3, 2009 - Tyke/Novice  
November 10, 2009 - Atom/Peewee  
November 24, 2009 - Bantam/Midget  
December 9, 2009 - Tyke/Novice  
December 15, 2009 - Atom/Peewee  
January 5, 2010 - Bantam/Midget

Coaches, please sign in at the desk near the media room/dressing room area. Practices start at 3:45



---

*"Hockey is the only job I know where you get paid to have a nap on the day of the game."  
- Chico Resch*

### GMHA Player Development System: Coaches Clinic

We have a responsibility to the children to help them learn the game. The Mitron system is competency based: Technical, Tactical, Physical, and Mental. The practice template is the key for structuring practices. It is a practice methodology. The next Clinic for the GMHA Player Development System (Mitron) is Saturday January 16, 2010. The Clinic is open for all coaches within GMHA and for all those who want to be a coach next season. House League begins at 1pm GMHA office and Rep at 2pm. Both classroom sessions will end at 3:30pm and the on ice clinic will commence at 4pm U of G Red.

### GMHA First Townhall Meeting!

Well, we had an interesting Townhall meeting in October. While the turnout was very small, we did have some good discussions. We plan on having another in the second half of the season. This is an open forum discussion, a chance to increase the communication within GMHA. A chance to ask questions, provide information, and to provide feedback. Steve Cutler

### GMHA NEW DEVELOPMENT CENTRE

The Development Centre: We have put a small pad of artificial 'ice' in the GMHA site that teams can rent out for shooting and goalie practice. We will also have a spot available for dryland training. We are planning for a fee of \$25 per hour for the team but have to work out the signup process yet. More information to follow. Watch for updates on the website.



## NEWSLETTER



We would like to hear from you. Do you have any suggestions on how to improve our communication with you? What do you want to see in future newsletters? Are there changes you would like to see on the website?

Email us at [communications@guelphminorhockey.com](mailto:communications@guelphminorhockey.com). For scores, contact info, schedules etc. see our [website](#)

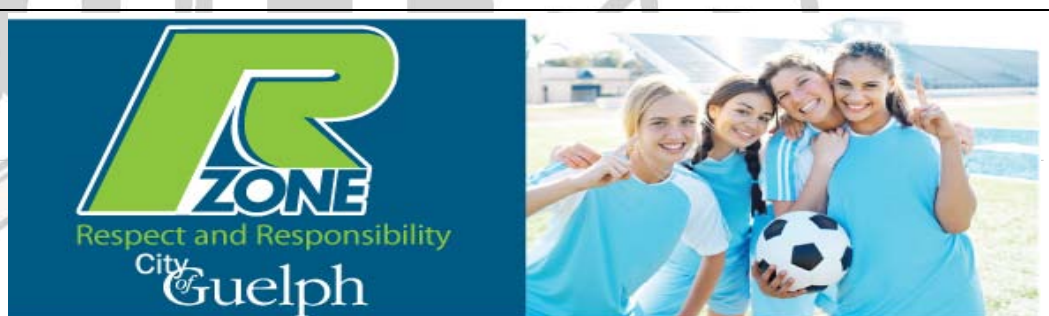
## Guelph R ZONE--Respect & Responsibility

The Rzone is an operating procedure that identifies a code of conduct which applies to all City of Guelph recreation and cultural centres, facilities, parks and programs. The Rzone procedure enforces a set of expectations around violence, vandalism and inappropriate behaviour for participants and the general public.

The "R" in the Rzone logo stands for Respect and Responsibility. Respect for Yourself; Respect for Others; and Responsibility for your Actions. The logo will serve as a reminder to staff and the public that the operating procedure is in effect and applies to everyone: coaches, parents, players, performers, audiences and visitors.

*"Some people skate to the puck. I skate to where the puck is going to be"*

. ~Wayne Gretzky



### Guelph Minor Hockey Association

C11 - 100 Crimea St. - Guelph, ON N1H 2Y6

#### Office hours:

Mon-Thurs - 9:00 AM - 5:00 PM, Fri. - 9:00AM -12:30PM

Tel: 519-824-5910 - Fax: 519-824-6273

[info@guelphminorhockey.com](mailto:info@guelphminorhockey.com) - [www.guelphminorhockey.com](http://www.guelphminorhockey.com)