

## Notice Board

Mark on your Calendars,  
Photo Day is Sunday,  
October 24, 2010



## First Aid Kit Reminder!!

If you still have a first aid kit from last season, could you please return it to Janice Clarke, CHA Risk and Safety Director? She will issue new, restocked kits for the upcoming season shortly.

## Junior B Canadians Pass

All CHA Players this season will receive a free pass for a Junior B Canadians game. The passes will be distributed through the team coach or manager once the teams are finalized.

## Head Coach/ Manager's Meeting

October 12, 2010 @ 7:00 pm Lorenzos

## Welcome Back!

*A message from Denis Marchand,  
Coach Mentor - President (613-229-2948)*

The start of another hockey season is only days away. As President, I along with the entire CHA executive will continue to work very hard to provide a continued fun, enjoyable, and memorable hockey experience for all our children and parents.

I would like to thank all returning members of our executive and a BIG welcome to our new member, Janice Clarke, Director of Risk & Safety, whom is joining us for what we hope will be a wonderful hockey season. Also, thanks go out to all our Division Convenors who help get things started on the ice at the beginning of the season. It goes without saying that without all of our volunteers at each and every level we would not be able to provide the excellent hockey experience that the Canterbury Hockey Association is so well known for.

The start of each season is filled with lots of activity. Much effort has gone into making sure the conditioning and assessment sessions go without a 'hitch'; however, as we all know there will be the odd wrinkle to be expected.

Finally, as always our Association is here for the purpose of providing a safe environment to players to learn and enjoy the wonderful game of hockey in an atmosphere that promotes fair play, sportsmanship and lasting memories.

Yours in Hockey,

Denis Marchand



# Canterbury House League Begins with Assessments

Novice Convenor:	Erik McDonald	613-739-8888 erikmcdonald13@gmail.com
Atom Convenor:	Michelle & Tim Eshelman	613-730-4377 eshlemans@rogers.com
Peewee Convenor:	Vacant	613-736-7800 dsmith7@sympatico.ca
Bantam Convenor:	Mark Habib	613-523-7569 mhabib@lowmurchison.com
Midget Convenor:	Ron Ridley	613-523-8548 rcr Ridley@rogers.com

The assessment program is designed to determine the skill level of all players, and place them accordingly, such that the teams within CHA are balanced. **All house league players must participate in all three assessment sessions.** There is no extra charge for these sessions.

**Please note the conditioning camp ice times are recommended, however all three assessments are mandatory.** All assessment times have been scheduled to follow the completion of the Ottawa Sting competitive 'AA', 'A' and 'B' tryouts.

After three assessments, there will be a final assessment for the 'A' team. This will be by invitation only.

For details on the Evaluation Process see the article on this page.

Please try to help – it's your team! We encourage parents to assist and support the coaches to make this an enjoyable and safe season. Each team requires a coach, assistant coach, trainer, manager, emergency aid volunteers, scorekeepers, and people to run the time clocks, along with people interested in helping organize tournaments and more. If you are available, please contact your player's coach, or the Division Convenor. Coaches and assistants will be confirmed following the player assessments. We would like to take this opportunity to thank all the coaches and assistants and wish them a successful and enjoyable season.

Canterbury players, who are released from the competitive tryouts, are to return to Canterbury and ensure that they **attend ALL the house league assessments** required.

## Important Notes for Assessments

- ❖ Remember – full and proper equipment is required at all times!
- ❖ Players need to bring their own hockey jerseys until the teams are formed.
- ❖ Be at the rink dressed with skates on at least 15 minutes before the scheduled ice time.
- ❖ Please ensure that you **attend the correct session**, based on your age level and the first initial of your last name. Check the web site regularly for the latest schedule.



## Evaluation Process

Generally speaking, at Canterbury, here is how our House league teams are picked in each age group; there are 3 sessions of drills and/or exhibition games, where each player is given score by four evaluators. This score ranges between 1 (weak) and 5 (very strong). When time permits, an evaluator may rate a particular player in various aspects (backward skating-shooting-positional play etc.), but in some situations, an evaluator only gives an "overall" rating on a particular player.

By the time the third session is over, each player has 12 different scores (3 sessions times 4 evaluators). These are added up to give each player a final or "total" score. The top 24 players are invited to the 'A' house game, where they receive one more rating. Generally, the players with the highest scores are automatically placed on the 'A' house team, although the Head Coach may select the final 2 or 3 players from a short list of players "on the bubble" to provide the Head Coach with some say in the makeup of his or her team.

Players are then divided into 'B' and 'C' levels depending on their scores. Generally there will be at least one 'C' team in each of Novice, Atom, Peewee and Bantam as well as Midget, if the numbers warrant.

The 'B' teams are then formed by inviting each 'B' Coach to a meeting, where the coaches "draft" their players using the player ratings. Each Coach picks his or her team, but the Division Convenor oversees the process, to ensure all 'B' teams have as close to the same total rating as possible.

Once the teams are formed, there will be several scrimmages. This may result in players moving to another team, in order to balance the teams as we are required to do so by the Bytown League in which we play.



## Volunteers Need to Register too!

Please note Hockey Canada requires all team volunteers to be registered. If you have received your pre-filled form and are thinking of helping out again this year please verify the information and submit it to Bob Pelland at [treasurer@canterburyhockey.ca](mailto:treasurer@canterburyhockey.ca). If you have not volunteered in the past, this year would be a great year to lend a hand to your child's team. You can download the volunteer registration form at [www.canterburyhockey.ca](http://www.canterburyhockey.ca)

# Attention All Goalies!

Goalie Equipment & Development Director, Marc Lafontaine  
(613-523-9151)

Welcome to another year of goalie development. The CHA will again provide sessions for its house league goalies from Novice through to the Midget levels. These sessions will be led by our goalie coaches Renault Brault, Claude Evraire, along with myself and the help of assistant coaches from various teams. These sessions are a great way for goalies to have their own dedicated time on the ice learning valuable skills.

**CHA Coaches** please feel free to download and complete a [goalie evaluation form](#). The goalie coaches and I would like your feedback for future development. You can drop-off the completed forms to the Equipment Director's mailbox at the Kilrea canteen.

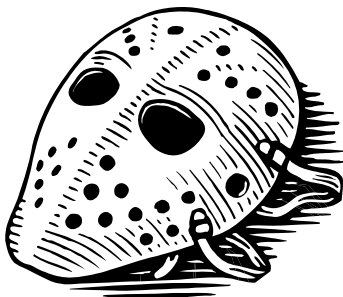
As always, the CHA can rent the following equipment for the season: trapper, blocker, chest protector and pads.

See you on the ice.

*The rental rates are as follows:*

Division	Deposit required at time of rental	Refund when equipment returned	Net Rental Fee
<b>Initiation</b>	N/A	N/A	N/A
<b>Novice</b>	\$75.00	\$75.00	N/A
<b>Atom</b>	\$75.00	\$50.00	\$25.00
<b>Pee wee</b>	\$150.00	\$100.00	\$50.00
<b>Bantam</b>	\$150.00	\$75.00	\$75.00
<b>Midget</b>	\$150.00	\$50.00	\$100.00

Please have your cheque ready when you pick up your child's equipment. If you have not yet received your refund from last year, you can apply it to this year's rental. Please contact Marc Lafontaine at 613-523-9151 or by email at [goalie@canterburyhockey.ca](mailto:goalie@canterburyhockey.ca) for more information. Revenue generated will be used to purchase/repair/update equipment for the Association.



# Call for Trainers

A certified Trainer must be present every time the kids step on the ice. Each team should therefore have a few people certified as trainers in order to easily comply with this requirement throughout the year. Courses run from September to December and fill up fast – so make sure your team has enough trainers early in the season.

Consult the ODHA web site at <http://www.odha.com/Pages/Clinics/Trainers.php> for dates and times of the 6 hr Trainer Certification Clinics. Canterbury Hockey Association reimburses certification costs of our team officials provided they have a current or valid Police Record Check on file. Trainers must certify every 3 years. Registered healthcare professionals in Ontario can take the level I clinic and with yearly proof of registration can maintain certification at level II.

John Ng Hockey Trainer for the Canterbury Hockey Association was recently the recipient of **the Hockey Trainers' Certification Program Recognition Award**.

This Award is presented to an individual in recognition of their outstanding contributions to the ideals of safety, enjoyment, fair play, sportsmanship, education and honesty in the game of hockey.

**Congratulations John!!**



# Let's Have a Safe Season!

## Speak Out Clinics

All Volunteers who will be working with children must take the Speak Out Course

(<http://www.odha.com/Pages/AbusePrevention/SpeakOutProgram.php>)

## Police Record Checks

To help ensure the safety of all our athletes, all coaches, assistant coaches, trainers, managers, and other volunteers including the CHA Executive, are required to complete a Police Record Check every FIVE years. This is a directive from Hockey Canada, the Ottawa District Minor Hockey Association and District B.

Completing the process is easy! All information is confidential.

1. Complete the PRC form available on the CHA website
2. Photocopy the front AND back of two pieces of ID (both must have name, address and birth date; one must also have a photo)
3. Submit it to the Risk and Safety mailbox at Kilrea arena canteen or directly to the Risk and Safety Director who will forward the request to the Ottawa Police. Note that the Ottawa Police sends the approval to your home address.
4. Once you receive the results at your home address, forward the Ottawa Police approved forms to the Risk and Safety Director. If you received a positive hit don't panic – contact the Risk and Safety Director at [riskandsafety@canterburyhockey.ca](mailto:riskandsafety@canterburyhockey.ca) for next steps.

## Equipment Check!

Equipment is mandatory and players will not be allowed on the ice without it. Trainers – please verify equipment for each player early in the season to make sure the kids are safe. Verify helmet fit and make sure that the screws (especially J Clips and sizing screws) are intact.

Parents: when you haul the equipment out for this season, please make sure that you still have each piece and that it still has the ability to protect your child. Equipment does break down. One of my sons has grown at least 5 inches since last season...he'll need some larger equipment! We know that the equipment is expensive, and everyone's stuff looks the same - so be sure to identify each piece of equipment with your player's name, including the hockey stick. Skates should be sharpened every 6 practices or so.

Mouth guards need to be replaced if they don't fit well in the mouth or if they have been badly chewed – remember the mouth guard is REQUIRED to protect your child from head injury. Keep an extra one in the hockey bag just in case. Consider taking advantage of the Mobile smiles clinic to have a custom made mouth guard for your child (it will fit better and as a result is more comfortable, less chewed and stays in the mouth).

**Contact the Risk and Safety Director for more information** [riskandsafety@canterburyhockey.ca](mailto:riskandsafety@canterburyhockey.ca)

## A Message from the Canteen Manager

*Iris Pelland (613-523-7540)*

You may have already noticed some changes in the Canteen at the Brian Kilrea Arena. Over the summer, the City of Ottawa made some significant renovations to the Canteen. The Association took advantage of this opportunity to acquire a new double-door glass fridge for the Canteen.

Every attempt is made to keep the **Canteen well-stocked** with a variety of confectionery items, beverages and other food products **at reasonable and affordable prices**. Due to increased costs from our suppliers, there will be some unavoidable price increases this season. If you have any suggestions regarding other food products that could be sold at the Canteen, do not hesitate to discuss this with the Canteen Manager.

Ask about special discounts on drinks (fountain/soft drinks, juices, slush puppies, and lemonade), food items (except penny and nickel candy) when a minimum order of 12 units of the same item is made.

The Canteen will also be selling some merchandise items, such as CHA lapel pins for \$2.50 each (with volume discounts for large or team orders – for example, when purchasing 50 or more CHA lapel pins, the unit price drops to \$2.00 each) and CHA mock neck shirts in youth sizes (small and large) and adult sizes (large and XXL) at \$20.00 each.

You are reminded that the net proceeds from the Canteen are added to our Association's cash reserves and are primarily used to help offset the costs of our hockey operations, in particular the cost of ice as well as purchases of hockey sweaters and goalie equipment.



# Another successful early registration

Treasurer, Bob Pelland (613-523-7540) and Registrar, Joe Nykilchyk (613-322-4477)

A big thank you to all those who registered early through the mail-in process for the 2010-11 season. For the Canterbury Hockey Association (CHA), as at September 18<sup>th</sup> we have received 523 registrations, which is the same as last season's figure at that time.

## LATE REGISTRATIONS ARE STILL BEING ACCEPTED

However, if you have not yet registered – it is not too late – space is currently available at all levels. The Registration and District Code of Conduct forms are available on our Web site ([www.canterburyhockey.ca](http://www.canterburyhockey.ca)) and at the Canteen at the Brian Kilrea (Canterbury) Arena. Please complete both forms and have them signed by the player and a parent or legal guardian.

As noted in our May 2010 Newsletter, for players registering after August 31<sup>st</sup> a late fee is added to the 'basic' registration fees otherwise payable. **Those registering after August 31<sup>st</sup> are subject to the following registration fee schedule:**  
*2010-11 CHA Registration Fees beginning September 1, 2010 (ages as at 31 December 2010)*

Initiation	Novice	Atom	Peewee	Bantam	Midget	Juvenile
\$ 575.00	\$ 600.00	\$ 600.00	\$ 625.00	\$ 650.00	\$ 675.00	No team
Ages 5-6	Ages 7-8	Ages 9-10	Ages 11-12	Ages 13-14	Ages 15-17	Ages 18-20

**Team Photo** – As in previous years, your 2010-11 registration fee will include a team picture (approximate size 5"x7") as well as an individual picture (approximate size 3"x5"). The photographer would, no doubt, be only too willing to sell you extra pictures at an additional fee payable to the photographer at the time the picture is taken. The specific time for your team photo will be provided to your coach and/or manager once the teams have been formed.

**Payment Options** – For 2010-11 registrations received after 31 August 2010, we have two payment options to choose from – an immediate payment plan (payment dated no later than 30 September 2010) and an instalment plan (with the last payment dated no later than 31 October 2010). If you choose the instalment plan, check the CHA web site for the specific amounts and their due dates. **All cheques should be made payable to the "Canterbury Hockey Association" or the "C.H.A."**

**Family Discount Plan** – A family discount plan remains in place to encourage family participation. For 2010-11 season, **families with 3 or more hockey players** registered in with the CHA as their 'home' association will receive a **discount of \$75.00 per child** off the registration fees otherwise payable. For example, the total discount for a family with three players would be \$225.00, and the total discount for a family with four players would be \$300.00.

**Special Note on family discount:** Please be advised that the CHA family discount for a player who makes a competitive team or otherwise transfers to another association may **not** be honoured by all competitive associations and a 'top-up' fee equal to the discount may be required by the competitive or other association.

**NSF Cheques** – Cheques which are returned by the bank due to insufficient funds or similar reasons are subject to a \$25.00 administration fee and must be replaced by cash or cash equivalent (money order or certified cheque) within two weeks of notification. Registrations cannot be accepted until all fees are paid in full

**Refunds** – All refund requests must be made in writing to the Association Registrar (Joe Nykilchyk at [registrar@canterburyhockey.ca](mailto:registrar@canterburyhockey.ca)). The refunds will be based on the date of receipt of the written request and will be made according to the following schedule:

Date	Refund
On or before September 1	100%
On or before October 1	80%
On or before November 1	60%
On or before December 1	40%
On or before December 31	25%
After December 31	0%

**Special Note to new players:** For any new or first time hockey players, you must include a photocopy of the player's birth certificate as proof of age. For players moving into the Bytown District, a Declaration of Residence (*copies of which are available on the CHA web site*) must be signed by your previous hockey association and submitted to the CHA along with proof of residency (e.g. copy of a driver's licence or the top portion of your hydro or telephone bill with your name and new address).

### **Children's Fitness Tax Credit.**

Beginning in 2007, the Government of Canada started to allow a parent to claim a maximum of \$500.00 per year for eligible fees paid by parents to register a child, who is under 16 at any time during the year, in an **eligible program** of physical activity – one that has a minimum of one session per week for eight (8) weeks – such as a hockey program.

This claim will be made as part of one's **federal** non-refundable tax credits by either parent provided that another person/parent has not already claimed the same fees and that the total claimed does not exceed the maximum amount that would be allowed if only one of you were claiming the tax credit. The year in which the tax credit can be claimed is determined by the date when the fees are paid, not when the activity takes place.

For the 2010-11 season, the CHA will only issue receipts in February 2011 for the net amount of registration fees actually paid to the Association on or before 31 December 2010. This will ensure, in view of the definition of an eligible program that any player withdrawals or refunds, in whole or in part, through to 31 December 2010 will be taken into account in determining whether a receipt can be issued and the appropriate amount of the receipt. Consequently, no refunds for the 2010-11 season will be issued after 31 December 2010.

Although you will not need to submit the receipt issued to you by the CHA when you file your 2010 tax return, you will need to keep your receipt in case the Canada Revenue Agency asks for them when verifying your claim. Receipts should be kept for six (6) years.

## What are our sources and uses of funds?

*Treasurer, Bob Pelland (613-523-7540)*

The vast majority of the funds received by Canterbury Hockey Association to run its minor hockey program come from registration fees. A much smaller portion of funds is provided through donations or sponsorships to the Association, and equipment rental fees, investment and other income. The anticipated percentage breakdown for our source of funds for the 2010-11 season is as follows:

- Registration Fees, net: 94.7%
- Association Fundraising, Ottawa 67's tickets: 4.7%
- Donations/Sponsorships: 0.4%
- Equipment Rental Fees, Investment and Other Income: 0.2%

Almost 70% of the funds received are used to pay for ice time. Equipment expenses (goalie equipment and hockey sweaters), insurance for players and team officials, referees and related expenses and coaches/trainers clinic expenses also account for a significant portion (a total of almost 23%) of the costs of running the CHA minor hockey program. Various other expenses account for the balance. The anticipated percentage breakdown for the 2010-11 season for our use of funds for is as follows:

- Ice Costs: 69.6%
- Equipment Expenses: 5.1%
- ODMHA Insurance and Assessment Fees and District B Fees: 6.3%
- Referees and Related Expenses: 9.4%
- Clinic Expenses (for coaches and trainers plus Speak-out): 2.0%
- Office Supplies, Postage, Printing, Newsletters, Fax, etc.: 1.2%
- Miscellaneous (including player and team photographs, and CHA's share of BMHL playoff trophies): 6.4%

**We remain a financially healthy Association.** We ended the 2009-11 season with a small profit on hockey operations of about \$5,250, which was better than the budgeted loss of about \$3,500 approved by the Executive Committee. Despite taking in about \$4,000 less in registration fees than budgeted in 2009-10, the CHA spent about \$5,600 less on equipment than planned and saved almost \$3,800 in ice costs.

To keep the registration fee increase to a minimum despite higher costs for ice primarily due to the impact of the HST and an increase in the referee rates this season (the first in 4

years), the CHA Executive decided to continue with its association fundraiser with the Ottawa 67's (see separate article in the newsletter) for the 2010-11 season and to transfer up to \$25,000 from its cash reserves to cover the projected loss from hockey operations for the current season.

At the end of last season, our total net cash reserves stood at about \$42,300. By the end of the 2010-11 season, we anticipate our cash reserves to be about \$23,000. These cash reserves are required to finance future major equipment purchases (such as 'home' and 'away' hockey jerseys) and to periodically cover losses from hockey operations such as loss projected for the 2010-11 season.

## Association Fundraising Program

After very useful feedback from the membership during last season's AGM, the Canterbury Hockey Association's main fundraising event for the 2010-11 season will, once again, be the sale of Ottawa 67's game tickets. The CHA registration process for each player, from Initiation to Midget, includes the prepayment of five game tickets (5 x \$10). CHA conducts this fundraising event to help off-set the many operational costs such as ice and referee fees.

### How it works

A total of five Ottawa 67's game tickets will be set aside for each player, from Initiation to Midget, to use as they wish. At a cost to the Association of \$10 each, 50% of the sale goes to the Association. Each ticket has a face value of \$19 making it possible for teams to use their tickets as a team fundraiser, if they so wish. Two games have been selected and will be advertised by the Ottawa 67's as "Canterbury Hockey Association night". The chosen dates are Friday January 14, 2011 (vs. Windsor) and Sunday February 6, 2011 (vs. London). Approximately 925 tickets will be distributed to the Bantam and Midget teams while 1325 tickets will be distributed to the Initiation to Peewee players through their respective team managers in November/December, after team lists have been confirmed. If you have any questions, please contact David Henderson, Sponsorship and Fundraising Director [sponsorship@canterburyhockey.ca](mailto:sponsorship@canterburyhockey.ca).

# Team Fundraising

Last season, Canterbury teams raised over \$78,500 through various fundraising efforts. Once again, our five 'A' teams (Novice to Midget) were among the most active last season in their fundraising efforts as these teams raised over \$17,600 of this total – an average of about \$3,500 each. However, 16 'B' teams, and 8 'C' teams raised the remaining \$60,900 – an average of about \$2,500 each.

The \$78,500 raised included:

- almost \$18,850 from over 32 different sponsors,
- about \$4,800 from fundraising through the sale of calendars, bottle drive, bake sale, 67's tickets and a Midget mini-tournament, and
- over \$54,500 in parent contributions (over and above regular registration fees).

These fundraising revenues were used to pay for those "little extras" that the teams wanted to have. The most significant "extras" were for a total of 31 different tournaments, including the City of Ottawa's year-end tournament (attended by 14 CHA teams), the Bell Capital Cup (attended by 4 CHA teams), and the ever popular Kingston Kids for Kids tournament (attended by an unprecedented 16 CHA teams).

In summary, the major team expenses were:

- about \$50,900 for tournaments and related travel expenses,
- over \$2,000 for about 14 hours of extra ice for exhibition games or supplementary practices,
- about \$9,100 for team Xmas or year-end parties,
- another \$7,200 for gifts, trophies or medals for players,
- about \$2,200 for team equipment (primarily hockey socks, name bars, sponsor bars, and water bottles), and
- almost \$800 for referees at exhibition games.

This season, if you would like your team to raise additional funds to pay for those "little extras", be sure to discuss it with your team coach. It is highly desirable to have a Team Manager to help organize the team's fundraising efforts – you may wish to volunteer for this position. For further information, contact your Division Director or our Sponsorship & Fundraising Director (David Henderson).

Since the Association's Bylaws do **not** permit any individual team to hold its own bank account, all monies raised by individual teams must be submitted to the Treasurer of the Association for deposit and to ensure proper accounting of the funds. A request for disbursement of these funds for team expenses must also be made through the Treasurer. Special forms are available for the 'deposit' and 'disbursement' of team funds as well as instructions on points to consider in preparing a team budget. (*Copies of these forms will be provided to each team at the beginning of the season and they will also be available on the CHA web site.*) During the course of the season, the Treasurer will periodically issue a financial statement to each team that undertakes fundraising activities. Any unused funds raised by a team are given back to the parents as a Return of Excess Parent Contributions based on their financial contribution and as directed by the Team Manager.

## A Final Word

Please keep the Hockey Equipment Checklist included as an insert in this newsletter for future reference. A limited supply is also available at the Canteen.

**Have a great season!!!!!!!**





**Lacroix Sports Ottawa**  
 2450 Lancaster Road, Ottawa, Ontario  
 (613) 523-5292  
 lacroixsportsottawa@rogers.com

**STORE HOURS:**  
 Mon-Tues 9:30 to 6:00 pm  
 Wed-Fri 9:30 to 9:00 pm  
 Saturday 9:00 to 5:00 pm  
 Sunday 12:00 to 4:00 pm

Complete Line of Sporting Goods  
 Ligne complète d'articles de sports  
 Team Wear



## David McGuinty

Member of Parliament—Député  
 Ottawa South—Ottawa Sud

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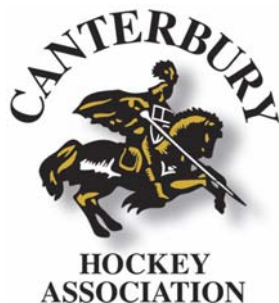
Hard Work—Dedication—Public Service



Travail—Dévouement—Service

Once again this year, Lorenzos Restaurant (on Arch St.) is a proud sponsor of the Canterbury Hockey Association. A donation of at least 5% will be given to the CHA based on the total amount of receipts (minus taxes) collected during the 2010-11 hockey season. To support this initiative, please deposit your receipts in a white box with the CHA logo located at the cash register at Lorenzos. The receipts will be collected on a regular basis.

*A special thanks to Sam Karkache, owner of Lorenzos on Arch St., for his on-going support.*



**Note:** If anyone wishes to contribute news, articles, team information or photos to the next edition of the newsletter, please submit them to [communications@canterburyhockey.ca](mailto:communications@canterburyhockey.ca) or drop them off in the president's mailbox at the Kilrea canteen. Rates for advertisements start at \$25.00. Contact Marlene Watkins for more info.

### 2009-10 CANTERBURY EXECUTIVE

Position	Name	Home Tel.	Email Address
President	Denis Marchand	613-526-1811	<a href="mailto:president@canterburyhockey.ca">president@canterburyhockey.ca</a>
Vice-President	Derek Smith	613-736-7800	<a href="mailto:vicepresident@canterburyhockey.ca">vicepresident@canterburyhockey.ca</a>
Treasurer	Bob Pelland	613-523-7540	<a href="mailto:treasurer@canterburyhockey.ca">treasurer@canterburyhockey.ca</a>
Registrar	Joe Nykilchvk	613-737-0017	<a href="mailto:registrar@canterburyhockey.ca">registrar@canterburyhockey.ca</a>
Ice Director	Richard Dumas	613-739-8344	<a href="mailto:ice@canterburyhockey.ca">ice@canterburyhockey.ca</a>
Equipment Director	Ron Ridley	613-523-8548	<a href="mailto:equipment@canterburyhockey.ca">equipment@canterburyhockey.ca</a>
Goalie Equipment & Development Director	Marc Lafontaine	613-523-9151	<a href="mailto:goalie@canterburyhockey.ca">goalie@canterburyhockey.ca</a>
Initiation Director	Sherry Massey-Smith	613-526-9111	<a href="mailto:initiation@canterburyhockey.ca">initiation@canterburyhockey.ca</a>
Risk & Safety Director	Janice Clarke	613-733-7588	<a href="mailto:riskandsafety@canterburyhockey.ca">riskandsafety@canterburyhockey.ca</a>
Sponsorship & Fundraising Director	Dave Henderson	613-733-7839	<a href="mailto:sponsorship@canterburyhockey.ca">sponsorship@canterburyhockey.ca</a>
Communications Director	Marlene Watkins	613-521-9039	<a href="mailto:communications@canterburyhockey.ca">communications@canterburyhockey.ca</a>
Canteen Manager	Iris Pelland	613-523-7540	
Secretary	Dave Wright	613-733-1094	<a href="mailto:secretary@canterburyhockey.ca">secretary@canterburyhockey.ca</a>
Bytown League Representative	Al Holmes	613-737-7704	<a href="mailto:bytownleaguerep@canterburyhockey.ca">bytownleaguerep@canterburyhockey.ca</a>
Member at Large	Dave Lightfoot	613-523-3961	<a href="mailto:memberatlarge2@canterburyhockey.ca">memberatlarge2@canterburyhockey.ca</a>

[www.canterburyhockey.ca](http://www.canterburyhockey.ca)

# Hockey Equipment Checklist

## Regular Equipment (in dressing order):

- Jock/Jill Support and Cup
- Shin Pads
- Shin Straps or Tape
- Hockey Socks
- Garter Belt (to hold up socks)
- Hockey Pants
- Hockey Skates
- Shoulder Pads
- Suspenders (to hold up pants)
- Elbow Pads
- Neck Guard (BNQ Approved)
- \*Hockey Game Jerseys - 'Home' and 'Away'
- Mouth Guard
- Helmet with Mask
- Chin Strap for Helmet
- Hockey Gloves
- Hockey Stick(s)
- Hockey Tape (clear/white/black)
- Hockey Bag

## Special Goalie Equipment:

- \*Chest Protector
- \*Blocker
- \*Trapper
- \*Goalie Pads
- Throat Protector
- Goalie Stick(s)

## Optional Items:

- Practice Shirt
- Long Johns
- After Game T-Shirt
- Extra Laces for Skates
- Skate Guards
- Towel(s) for Shower
- Towel to Wipe Skates
- Water Bottle
- Track or Dress Pants
- (Hockey) Jacket/Coat
- Deodorant
- Puck(s)

\* Indicates that **this piece of equipment is provided to the player, on a rental basis**, by the CHA. Anyone not returning these items to the CHA Equipment Manager at the end of the season will be billed for the replacement cost of the item.