



# **THE GAMESHEET**

**CMHA Newsletter #1 2019-2020**

**WELCOME TO OUR 56th SEASON!!**

Hello **CMHA Chiefs** and welcome to the beginning of our **56th season!**

---

## **PRESIDENT'S MESSAGE**

*Welcome to all of our CMHA members, returning and new! The 2019-2020 hockey season is just around the corner!*

*It is with great pride and honor to be elected to serve as the new president of CMHA. Previously I served on the board in a number of positions including Coach Coordinator, Peeewe Coordinator and Bantam Coordinator. I have also spent years coaching and officiating in minor hockey and still play adult hockey.*

*As Chair of our board, my goal this season is to be as transparent and accountable as possible, both within our board to each other and to the members of our community hockey association. Our organization has been known for it's wonderful volunteers, strong community ties, and player development programs for players of all levels and I will continue to build on that going forward. As an Executive Board, we aim to provide a positive and successful experience for all players and continue to grow the game of hockey with the hope that it lasts for years for new players to experience.*

*The success of CMHA relies on countless volunteers who coach, manage, or assist in off-ice activities. Beyond these volunteers are positive, supportive parents who are part of the organization and the individual successes their children have. I would like to challenge all of our CMHA families to not find ways to criticize, but rather to support and consider thanking my fellow directors, coaches and managers and other volunteers for stepping up to organize this minor hockey association. Without everyone's hard work the association's members would not be able to enjoy all of the wonderful moments that the fastest game on earth brings to us!*

*Many of you I already know and I am looking forward to meeting as many more members as I can during the upcoming season!*

Steve Adrain, President  
Coquitlam Minor Hockey Association  
[president@coqmha.org](mailto:president@coqmha.org)

## **ANNOUNCEMENTS**

We try to include important information in our newsletters but please be sure to always stay up-to-date by bookmarking our website [www.coquitlamminorhockey.org](http://www.coquitlamminorhockey.org) and liking our Facebook page.

### **NEW WEBSITE!**

If you have not been to our website lately, please check it out. We have moved over from TeamPages to SportsEngine and while it is still a work in process, it is up and running for the most part. We will be updating all the team and division pages over the next month so please be patient. SportsEngine has a highly rated mobile app so be sure to download that soon.

### **BAUER FIRST SHIFT PROGRAM!**

CMHA is very excited to have been selected to participate in this year's Bauer/NHL First Shift Program sponsored by Canadian Tire. This program is open to new to hockey players ages 6 to 10 years old who have never been registered for minor hockey so if you know any family's who are interested in hockey, this is an excellent time for them to try it out. We will also be requiring Midget aged players to assist with the delivery of the on ice instruction for our players so please keep that in mind if it is of interest to you. More details will follow but you can find initial details here: <https://www.firstshift.ca/for-players/>

## **REGISTRATION & FEES**

Please see detailed information under Registration tab on website

**\*Returning players** - Registration is always open for returning players until **June 30th**.

**As of July 1st, fees are increased by \$50.00 and ALL Players are considered new players and waitlists may occur.**

**\*New players** - Online registration is available for new players as of July 1. Please see the Registration>New Players tab for the link or email [registrar@coqmha.org](mailto:registrar@coqmha.org). There will be a New Parent Meeting held to help answer any questions you may have. Date and time t.b.a.

\*Outstanding payments as of July 31 will have an additional fee of \$50 added and any payment still outstanding as of Aug 31 will be assessed an additional \$50 fee. All fees must be paid prior to first ice time or the player will be unable to skate. Fees paid on evaluation day will be assessed an additional \$50.00. **Save your money and pay on time, by July 31.**

\* We have a number of financial options assist you—please see REGISTRATION>POST DATED PAYMENTS & FINANCIAL ASSISTANCE page on our website or email our Tracy, our Registrar.

---

## **PRESEASON CAMPS**

CMHA is pleased to announce a number of summer camps with something for everyone. All camp registration can be completed at the same time as you register online or you can email the registrar at [registrar@coqmha.org](mailto:registrar@coqmha.org).

PLEASE NOTE THAT ALL CAMP OPERATION WILL BE DETERMINED BY REGISTRATION NUMBERS SO IF THERE IS A CAMP YOU LIKE, REGISTER AS SOON AS POSSIBLE. SOME MAY END UP BEING CANCELLED FOR LACK OF REGISTRATION AND SOME WILL END UP WITH WAITLISTS.

THERE IS STILL SOME SPACE AVAILABLE IN SOME OF THE CAMPS.

See [DEVELOPMENT>CMHA PRESEASON CAMPS](#) for more details.

### **"C" Level Camps**

#### **"C" Rust Removal**

*August 26th to August 30th - afternoons / evenings - Planet Ice*

One ice session and one dryland session daily Atom to Midget / H3 and H4 - Ice only - No Dryland

### **"A" Level Camps**

#### **Bantam Hitting Clinic**

*August 14th to 18th - Poirier MPR #3 and Rec Rink*

All players wishing to try out for Rep Hockey in Bantam to Midget are required to have taken a body checking clinic. If you have not taken one make sure to sign up for this camp.

#### **"A" Rep Prep - Week 1 (Dryland & Ice)**

*August 12th to 16th - afternoons / evenings - Poirier Rec Rink*

#### **"A" Rep Prep - Week 2 (2 Ice times)**

*August 19th to 23rd - afternoon/evenings - Planet Ice*

### **Atom Transition Camp**

*August 19th to 23rd - afternoon - Planet Ice*

### **New to Hockey**

*August 19th to 23rd - afternoon - Planet Ice*

### **Goaltending Camps**

#### **"C" Atom to Midget - (Dryland & Ice)**

*August 26th to 30th - Planet Ice*

#### **"A" Atom and Peewee - (2 Ice times)**

*Aug 19th to 23rd - Planet Ice*

---

## **IMPORTANT DATES**

Please make sure you check the website regularly for updates as dates are subject to change.

Confirmed dates & groups for evaluations will be posted mid August.

**June 30th - final day to register as a returning player**

**August 1st - all unpaid registration fees increase by \$50**

**August 22 - Rep Parent Meeting - mandatory for Atom A parents, optional for other divisions**

**August 24 & 25 - A1 Evaluation Tryout for Atom to Midget**

**August 26th – "A" Evaluations - Atom to Juvenile**

**September 3 - "C" division evaluations for Atom & Pee wee & Juvenile begin**

**September 7 – TriCity Kidsport Used Equipment Sale 10am to 1pm - Poirier Forum (618 Poirier)**

**September 8 - "C" division evaluations for Bantam & Midget begin**

**September 14 - New Parent Meeting**

**September 22 - start date for Novice Major (H4)**

**September 29 - start date for Novice Minor (H3)**

**Oct 2 - placement games start for A League**

**Oct 5th - 8th - Pee wee A tournament**

**Oct 6th - start date for Initiation Major (H2)**

**Oct 8th - Thanksgiving**

**Oct 13th - start date (tentative) for New to Hockey (H1)**

**Oct 21 - season start of C League**

**TBD - September / October - Coach / Manager Meetings**

**Nov 9th - 12th - Bantam A Tournament**

**Nov 11th - Remembrance Day**

**Dec 21st - last day of regular season ice - Fall**

**Dec 22 - Jan 6 - Christmas Break - Candy Cane Tournament / Bantam C Tournament / Midget A & C Tournaments**

**Jan 7th - first day of regular season ice - Winter**

## **MEET YOUR EXECUTIVE BOARD**

### **PRESIDENT - STEVE ADRAIN**

I have been a teacher for the Coquitlam School District for over 23 years. My daughter is 19 and just finished her first year at SFU. She has also played Lacrosse for many years. My son Kaleb is 2nd year Midget and started playing hockey in H3 in 2011 and that is when I started coaching with CMHA. That year I was assistant coach and from there I have been head coach and assistant coach on various teams with CMHA.

I have also coached baseball for my son's teams with Coquitlam Little League and Coquitlam Moody Minor Baseball as well as lacrosse for Coquitlam Minor Lacrosse Association. I have served on the board as the Bantam Coordinator for CMMBA. I have held positions on the board of CMHA board including Coach Coordinator and Pee Wee Coordinator.

I love coaching kids and working with them to see their full potential. Serving on the board allows me to give back to the association in another way and I appreciate the opportunity to bring my experience to the association in order to make us the best in the lower mainland.

### **TREASURER – JAMES BUSHELL**

I have been a Chartered Professional Accountant in public practise in Burnaby for 15 years. I have three kids playing hockey and have been a member of CMHA since 2012. I have been an assistant coach on various teams in the Coquitlam Minor Lacrosse Association and the Tri-Cities Minor Ball Hockey Association and loved it, but sadly I can barely skate. Volunteering as the treasurer for CMHA is one way I can give back to the association. I aim to provide my experience in fiscal management to the benefit of our members.

### **RISK MANAGER – TRACEY TAKAHASHI**

#### **1ST VICE PRESIDENT – PHIL BATTISTA (Coordinator for Bantam, Midget and Juvenile A)**

#### **2ND VICE PRESIDENT - TINA CHAN (Coordinator for Peewee A)**

#### **ATOM A – ERYN TITE (Coordinator for Atom A)**

Eryn has 2 boys in hockey; one entering 2nd year Atom, the other 1st year Bantam. She has enjoyed being the Atom A Division Coordinator for the past 3 years - the 2019-20 season will be her 4th year in the position, and 5th year on the Board. It is her sincerest wish for the players in this age group to learn great hockey skills and life lessons about sportsmanship, perseverance and commitment, while at the same time making new friendships and having FUN!

#### **4th VICE PRESIDENT - LANA MORRISON**

I am returning to the board after volunteering for 4 years with the Pacific Coast Amateur Hockey Association (PCAHA). My son just finished his 9th season with CMHA and now that he moves on to Midget I felt that this is my last opportunity to volunteer with our Home association. This is my second time on the board, having served in the PAC role for 3 years as well as stepping in to run divisions when there were board vacancies mid season. Though I grew up in a hockey family my sports background started in softball where I played at the Division 1 university level. I coached/evaluated under the Softball Canada umbrella for 19 years. So while it's not hockey, I understand the competitiveness and the process that goes into creating success both on and off the ice. I look forward to working with our youngest Chiefs and their coaches so that they can achieve success which is ultimately to have fun and continue to love playing the game for life.

### **COACH COORDINATOR - CRAIG FRASER**

I have spent the last 3 seasons serving as Coach Coordinator with CMHA. Prior to serving on our Executive Board, I Coached my son from Initiation through Atom. My coaching background had provided me with a number of B.C. Hockey opportunities and am currently teaching the coaching curriculum for Coach 1 and Coach 2. My own hockey experience as a player and a coach extend from Major Junior with the Belleville Bulls in the OHL as well as being a CIS National Champion with the Acadia Axemen.

Coaching has always been a passion of mine and I am fortunate to have a position at CMHA that allows me to work closely with all coaches in our Association.

### **REFEREE IN CHIEF - DEAN NELSON**

### **PARENT AUX CHAIR – RAEANNE LEDUC**

As a mother of 2 boys, currently playing at the Midget and PeeWee levels, Raeanne has actively been involved with both her sons teams since Hockey 1. Last year was her first year at the executive level. She has spent most of her life in Coquitlam, loves Hockey and giving back to the community. She really encourages anyone to join her sub committee to help organize the many events throughout the hockey season. Fresh input is always welcomed.

### **EQUIPMENT MANAGER – LYLE HAYLOCK**

### **SPONSORSHIP COORDINATOR – JENNY ADAMS**

### **INITIATION - HOCKEY 1/2 – DRAGA FAVARO**

This will be me returning to CMHA on the Executive board after serving as the Ice Allocator for 4 seasons from 2013-2017. My oldest son John has been playing with CMHA since Hockey 3 and just finished his 3rd year of Midget. I cannot believe he will be graduating and playing Juvenile next year. John has been playing Rep hockey since first year Atom and even made it to Provincials in 2018 with his Midget A2 team. Daniel my younger son played hockey from H2 up until Peewee and then decided to stick with soccer instead of hockey. In the past 11 years I have served as Manager for 8 of those seasons both in the A and C divisions and have a vast knowledge of how hockey works behind the scenes. I decided to come back to the executive to bring this "wisdom" I've learned and pass it on to future parents and kids. Giving back to an association that has given so much to me and my kids was important to me. We can all do a little to make our community a better place to live. I look forward to working with the newest members of CMHA to learning the fundamentals of hockey and most of all having fun!

### **NOVICE - HOCKEY 3/4 – JOLENE ALLEGRETTO**

This year will be my 3rd season as the Hockey 3/4 Coordinator. I have 2 boys, Dominic, going into his 2nd year of Atom and Luca, going into Hockey 4. My husband has been coaching with CMHA since Hockey 1, in 2014. The boys are all very passionate about hockey, and I have come to love the game just as much. We have had nothing but great experiences with CMHA and I wanted to help volunteer my time, to make sure everyone enjoys the game, and makes the long lasting friendships like my family has continued to do. Some of our best friends have come from being teammates at the rink! I'm looking forward to another fun hockey season.

### **ATOM C – FRANCOIS POTGIETER**

Francois has 2 boys in hockey; one entering 1st year Atom, the other 1st year PeeWee. This will be Francois' second year serving the Association on the Board. His first introduction to Hockey came three years ago when his oldest wanted to learn to play Hockey. He did a season in pond hockey and then joined the Chiefs as a 1st

year Atom player. During this season no one could run the Atom Tournament and Francois stepped up and ran the tournament. Shortly after he joined the board as the Atom Coordinator. Having made it through his first year, he is looking forward to rolling up his sleeves to work with the Atom C division on many different levels.

### **PEEWEE C – MICHELLE VALENTE**

I am the mother of 3 boys who will be playing in the Midget, Bantam and Pee wee divisions this season. I have been a member of CMHA for eight seasons and in that time I have volunteered as a manager, HCSP and tournament committee member. For the past three years I have served on the board as the Pee wee 'C' Coordinator and will be continuing with that role this season. My commitment and passion for recreational hockey benefits our players, association and community and I am looking forward to another successful and fun season ahead!

### **BANTAM C – MICHELE MACKENZIE**

I am the mother of two children, one who has played in CMHA since H1 and will be playing second year midget this upcoming season. My daughter also skates competitively so our family spends many hours at the rinks. This will be my third season as Bantam C coordinator (sharing the duties in 2017) and I look forward to this upcoming season and promote fair play and equal opportunities for players of all skills.

### **MIDGET C & JUVENILE C – GLEN BAILEY**

I am the proud father of two children: Ryan and Keira. Ryan has been playing hockey for the CMHA since H1, he will be registering for 2nd year Midget this fall and he also is a referee for CMHA. My daughter Keira, will be turning 14 this June and is a very active figure skater with the Coquitlam Skate Club.

I have volunteered as HCSP whenever asked, worked on the tournament committee's doing anything from swag guy to tournament head, and in 2017-2018 I served with my wife as Bantam coordinator.

I wish to give back to the CMHA that has allowed my son to play hockey and to set an example for my kids that a not-for-profit association must have volunteers to operate as well as continue to play the game in a beer league well into the future.

## **CMHA SUPPORT STAFF**

### **ADMINISTRATION – DEB HARPER**

The 2019/2020 season will be the 16th year that I have been privileged to serve the members of Coquitlam Minor Hockey. Prior to my current staff position that I took on eleven years ago, I served on the Board as volunteer Ice Allocator and supported my husband in his Board role for 3 years prior to that. I have three sons, two played hockey and the 3rd played football (My wallet was grateful for that choice!). My oldest boy played CMHA until his first year Midget when he moved to Major Midget and then he played Junior A starting as a 16 year old and finishing when he was 20. My youngest played CMHA / BWC travelling to the Westerns and sadly (for me) leaving after his final Midget year. I bring a lot of different levels of experience and perspective with me and really enjoy talking to parents as their children advance through the different levels of hockey.

Although most of you probably know me as a "hockey mom", my professional history includes financial management, legal administration and operations management. I have worked in both private and public sector in a variety of management roles careers spanning the last 35 years in international banking, family and corporate law and with the Ministry of Children and Families. I can say, with certainty, none have been as challenging or as rewarding as my current role. If I am ever having a "down" day, all I need to do is pop into the rink to see our Initiation kids and their bright, shiny faces, rosy cheeks and big smiles fill me up with joy.

I am honoured and grateful for the opportunity to serve you and your children in this great game we all love so much.

### **DIRECTOR OF DEVELOPMENT - MISCHA POLZIN**

I have been with Coquitlam since 2015. I was brought here with excitement to develop a strong midget program since BC Hockey was changing the landscape within this division. We attained 5 provincial berth teams and have had many young players transition into both MML, Junior A and B. Also, I am excited to see

our bantam players transitioning into bantam zone teams and academies with success. This is a strong message that both I and our coaches have helped foster our athletes into good people and players.

Along with being the Director at CMHA, I am also the Assistant Coach with the Grandview Steelers Junior Hockey Club. Being involved in junior hockey provides opportunities for players from Coquitlam as they try and embark on their dream of playing a higher level of hockey. I have also held the position of Associate Coach with the Port Moody Panthers Junior Hockey Club since being here at CMHA.

Prior to me coming to Coquitlam, my 20 year hockey journey has taken me to a number of places, I have held the position as the Hockey Director with Vancouver Minor Hockey, was the Director of Player Development and Assistant Coach with the Surrey Eagles Junior A Hockey Club/Pro4 Hockey, Director of Scouting with the Nelson Leafs Junior Hockey Club, Assistant Coach with the Delta Ice Hawks Junior Hockey Club, Assistant Coach/Strength Coach with the National Champions Burnaby Express Junior A Hockey Club, Guest Coach with Liege Bulldogs Professional Hockey Club in Belgium, Guest Coach with the Kushiro Cranes Professional Hockey Club from Japan.

Along this journey I have been blessed to have seen many players follow and attain their dreams, from winning provincial banners, winning a National Championship, playing collegiate hockey, playing professional hockey and being drafted to the NHL. I look forward in continuing helping our young players become great people, mentors and carving out their own hockey journey. A quote I continually share with our young athletes.

***"People will put restrictions on your ability, on your talent, on your character. It's just an opinion, Don't let anyone put you in a box or draw the path for you"***

My personal life has provided me with two wonderful kids. I have a young energetic son who is confused as to why Sidney Crosby and Connor McDavid can never come to his birthday party upon multiple requests by him and a wonderful daughter who enjoys life to its fullest.

#### **REGISTRAR & PROGRAM COORDINATOR - TRACY CIMAGLIA**

This coming season will be the 13th year either one or both of my boys have played with CMHA. I have volunteered in many capacities with both their teams over the years and appreciate all our volunteers do to make this sport possible for our kids. I have been an employee for 2 years and previously to that I volunteered in the administration and on the board as the Atom Coordinator and the Secretary.

#### **FACILITY ALLOCATOR - DEB HARPER (temporary fill in)**

#### **TOURNAMENT DIRECTOR – MICHELLE VALENTE**

## **VOLUNTEERS ALWAYS NEEDED!!**

CMHA cannot run without volunteers and all parents are required to participate in some way. If you have any preferences, it is better for you to choose where you can contribute than to be assigned a position. Please review our [Volunteer Policy](#) for information on signing up.

**Hockey 1 - Midget "C" Coaches Needed - Coach Coordinator** requires **"C" level coaches and Assistants** – please email [coach@coqmha.org](mailto:coach@coqmha.org) directly if you are interested and/or complete the application under Coach's Corner. On the job training and support provided!

**Parent Auxiliary** requires Division Parents – one parent from each Division to be the core committee working on CMHA Events including:

- CMHA Dance
- Photo Day
- Express Night
- Volunteer Appreciation Night
- Awards Night

If you can be part of this very fun committee, please contact the PAC Chair at [pac@coqhma.org](mailto:pac@coqhma.org)

**Tournament Director** requires Tournament Coordinators from each Division - email [tournaments@coqmha.org](mailto:tournaments@coqmha.org)

**Committee Members** - CMHA has a number of committees that function to assist the Executive Board and the CMHA membership. These committees are listed below. Please email the Secretary if any of the positions suit you.

## **OTHER NEWS**

---

### **KIDSPORT - KIDSPORT USED EQUIPMENT SUMMER SALE**

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

Please support KidSport's Bi-Annual Used Sporting Goods Sale, Presented by Westminster Savings

Sat, September 7th, 10:00am – 1:00pm at Poirier Forum (across from the arena), 618 Poirier St. Coquitlam.

Amazing deals on all types of quality sporting goods – all for a great cause!

*Did you know... After family, Canadians rank sport the most positive influence in the lives of youth.*

***Donations & Volunteers needed! Please stay tuned for notice to be posted to CMHA website for more info.***

***KIDSPORT SUPPORTS OUR PLAYERS EVERY SEASON – PLEASE TRY AND GIVE BACK!***

---

## **COQUITLAM JR "A" EXPRESS**

### **Volunteers**

"The Express are currently seeking volunteers to work with the Club. There are a large number of "jobs" that the Express need your help with on game nights and promotional events! If you have some time to spare, contact the Express Office at [604-936-4625](tel:604-936-4625). We would love to hear from you!"

### **Billets**

"The Express are looking for Billets for the upcoming season. This is a wonderful opportunity for your family to share in the life of a Junior Hockey Player, while having a lot of fun! If you are interested in becoming an Express Billet, contact the Express Office at [604-936-4625](tel:604-936-4625). We would love to hear from you!"