



APRIL 2025

TYSON WICKLUND

MESSAGE FROM THE EXECUTIVE DIRECTOR

Vernon – What a season!!!!

Congratulations to all our teams, athletes, coaches, and volunteers on a successful 2024-2025 hockey season. It feels like yesterday that all of you were walking into Kal Tire Place for the start of your hockey season in August and September. As you walked through those dressing room doors for the first time, you brought the energy and optimism that is the start of every hockey season. As the months progressed you battled the ups and downs, the adversity, and the challenges; and each of you rose to those occasions to become the best version of yourself. As a community, we could not be more proud of you for what you have accomplished.

This season we had a number of teams achieve great success. Lets take a moment to recognize our top league and playoff performing teams:

- U11 Development A – Flight 2 League and Playoff Champions
- U11 Fighting Chickens – Regular Season Silver Medalists
- U13 Tier 1 Mustangs – Playoff Champions and Provincial Bronze Medalists
- U13 Bandits- Playoff Silver Medalists
- U13 Wildfire – Regular Season League Champions
- U15 Tier 2 Vipers - Playoff Champions
- U15 North Zone Kings – Regular Season Champions, Playoff Champions, and Provincial Bronze Medalists
- U18 North Zone Kings – Playoff Champions

To our coaches – THANK YOU for all you have done this season. Your commitment to our community does not go unnoticed. You spend countless unseen hours preparing, evaluating and reflecting to help each and every player on your team. GVMHA is stronger today because of what you do.

“A good coach will make his players see what they can be rather than what they are”

-Ara Parseghian

To our countless volunteers – THANK YOU for the hours and commitment you have made to make this season a reality. Our team managers, safety people, treasurers, fundraising coordinators, time keepers, scorekeepers, dressing room supervisors; you are what make this organization tick. Without your efforts we cannot facilitate the countless games and events that make the hockey season so enjoyable. Your time and commitment behind the scenes does not go unnoticed, and is such a critical part of what makes GVMHA the greatest place to play and develop.

“Without volunteers, we would be a nation without a soul”

-Rosalynn Carter

Finally, to our Officials – THANK YOU for your commitment to making the game a safe and fair place for us to play. Without you, there are no games for us to play and enjoy. You have our sports toughest job, and you do it with pride and integrity.

As one season finishes, another one begins.... HOCKEY SEASON 2025-2026...COMING SOON!

CANUCKS FEMALE SKILLS DAY



Greater Vernon Minor Hockey Association (GVMHA), in partnership with the Vancouver Canucks, hosted an unforgettable Female Skills Day on March 24 at Kal Tire Place North. With a fantastic turnout of young female athletes eager to develop their skills, the event was filled with learning, mentorship, and fun, leaving a lasting impact on everyone involved. We welcomed nearly 120 Female Athletes and Coaches, from GVMHA, and our neighbouring associations including: Lumby, Winfield, Kelowna, North Okanagan, and Salmon Arm. GVMHA showed once again our commitment to being a leader in Female Hockey in the North Okanagan

ALL-FEMALE COACH CREWS

Serving as the next extension of our **Female Coach Development Program**, started in 2023, this event saw nearly 20 female mentors volunteer to oversee our entire event, from on-ice instruction to check-in to distributing Canucks swag, and everything in between.

The day began with a classroom session on practice planning, where coaches and on-ice helpers gained valuable insights into structuring practices and running drills with confidence. This session set the stage for a series of high-energy on-ice sessions tailored to different age groups



DEVELOPING SKILLS & CONFIDENCE

These female coaches and on ice helpers, comprised of passionate volunteers in our community as well as players from the U18AAA Lakers and U18A Novas, developed skill clinics based on their own experiences in hockey, and the needs of our young GVMHA Athletes. Each session saw a Coach tandem of one Senior Lead and one Junior Lead.

This tandem coach model helped facilitate a confident delivery of age-appropriate programming and gave some up-and-coming female coaches their first experience at holding the reins in a practice environment. • U7/U9 Session: Senior Lead Olivia Linton and Junior Lead Claire Marino • U11 Session: Senior Lead Marley Wournell and Junior Lead Ana Lovelace • U13 Session: Senior Lead Olivia Linton and Junior Lead Maddy Millership • U15 Session: Senior Lead Brittany Caron and Junior Lead Emma Ward



CANUCKS FEMALE SKILLS DAY



SPECIAL GUESTS

The event was made even more special by the presence of Canucks alumni **Kirk McLean**, who took the time to work directly with the goalies on the ice, offering invaluable tips and insights from his storied NHL career. The young netminders had the rare opportunity to learn from a goaltending legend, making this an unforgettable experience. Also in attendance was **Rod Brathwaite**, Manager of Community Partnerships and Hockey Development for the Vancouver Canucks and the Canucks Alumni Liaison. Brathwaite helped facilitate the event, engaging with players and coaches while reinforcing the Canucks' commitment to supporting grassroots hockey and growing the female game. And of course, **Fin**, the Canucks' beloved mascot, was on hand to bring the energy, keeping the players entertained and adding to the fun atmosphere!



THANK YOU TO OUR ON ICE HELPERS

U18 AAA Thompson-Okanagan Lakers:

- Emily Boyd
- Kallico Mollin
- Orjan Laventure
- Maicey Hawes

U18A North Okanagan Novas

- Shia Linford
- Lily Stuart
- Maci Lamoureux
- Lyriq Nerling
- Vanessa Hillman

U18C Greater Vernon Lakers

- Sophia Liman



A TRUE TEAM EFFORT

The GVMHA & Vancouver Canucks Female Skills Day was more than just a development camp—it was a celebration of female hockey, mentorship, and the bright future of the sport. As the season winds down, we hope that everyone leaves this event feeling inspired and excited for what's next. With events like this, the future of female hockey in Vernon—and beyond—has never looked brighter! Thank you to all who made it possible!



Written by Female Director Brendon Caron



AWARDS BANQUET



GVMHA AWARDS CEREMONY – APRIL 22ND!

Join us at the Greater Vernon Minor Hockey Awards Ceremony on April 22nd at the Vernon & District Performing Arts Centre! Come celebrate an incredible season, cheer on your teammates, and see who takes home the hardware! It's a night to recognize hard work, dedication, and sportsmanship—don't miss out!

Date: April 22nd 6pm - Doors open at 5pm

Location: Vernon & District Performing Arts Centre

See you there!



Would you like to be featured in our newsletter? Send pictures to community@gvmha.com

PLAYER DEVELOPMENT

Drill of the week: Improve your stick handling this off season!

Want to take your puck control to the next level? The off-season is the perfect time to sharpen your skills, and stickhandling is key to becoming a more dynamic player. Check out this quick drill video to work on your hands and get an edge for next season! Keep practicing, and we'll see you on the ice!

Meet Jenna Skerratt!



I am the mother of 2 hockey boys and I have been involved with minor hockey as a Manager for 3 years prior to this role of Senior Division Director. I grew up in Vernon and I am very accustomed to arenas, as I was a figure skater and then later on became a coach for many years. Outside of hockey, my career is a Construction Project Coordinator which aides me in planning, outlining documentation and procedures as well as the knowledge in writing GVMHA By-laws and Policies. The reason I joined the board is to be involved in my children's Sport, to understand the mechanics of how GVMHA operates and allow me the opportunity to be involved with my community . Hockey brings people together and builds relationships for kids and families both on and off the ice. These relationships are foundational for our youth and I'm excited to be part of their journey!



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20
25



PLAYER OF THE MONTH

U18 TYSON WICKLUND

How old were you when you started playing hockey?

I started skating at 3, and GVMHA when I was 4 years old.

Can you share a favourite memory from your time playing hockey with GVMHA?

Qualifying for Valleys in my first year of U18, and playing in Lillooet.

How has hockey helped you outside of the rink?

I've had great coaches that have given me discipline and confidence on and off the ice.

what message would you like to pass along to younger players?

Don't skip practice and be on time. Go out there and have fun.

Who has the best hair on your team?

Alex Glover

What is the weirdest hockey superstition or pre game ritual you've seen on your teams over the years?

Being the last one on the ice in warm up.

What is your go to warm up song before a game?

Call Me Maybe by Carly Rae Jepsen

Would you rather get the overtime winner or the shoot out winner?

Overtime!





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SYILX (OKANAGAN) SHARP SHOOTERS

Syilx Sharp Shooters Find Success at the Nicola Valley Jr. Native Hockey Tournament



The Syilx Sharp Shooters had a great showing at this year's Nicola Valley Jr. Native Hockey Tournament in Merritt, BC. Competing with heart and determination, our teams represented the Okanagan Nation with pride.



We're proud to share that the U9 and U11 Integrated teams both brought home bronze medals, while the U13 team earned a well-deserved gold. The U11 Female and U15 teams faced tough competition and came up short this time, but their spirit and teamwork were something to be celebrated.



While medals are exciting, our program's true focus is on fun, friendships, and creating lasting memories. Watching players build connections, cheer each other on, and form bonds that will last far beyond the rink is what makes the Sharp Shooters experience so special.

A moment that truly captured the spirit of our program was during the U11 Integrated bronze medal game. One of our players, whose only hockey experience before this tournament was through the First Shift program hosted by GVMHA, stepped onto the ice for his first-ever tournament. In an unforgettable moment, he scored the game-winning goal to secure bronze for his team. Moments like these are why we do this – giving kids the opportunity to experience the joy of hockey and build lifelong memories.



This year, we were fortunate to welcome new players and reconnect with those who have been part of our program since it began. The opportunity to gather as a community, celebrate our culture, and share the love of hockey is what this tournament is all about.

We're already looking forward to next year's tournament and the continued growth of the Syilx Sharp Shooters program.

Written by: Brittany Caron



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PENALTY BOX

Refs, Rules, & Risk Management

MESSAGE FROM REF-IN-CHIEF:

And just like that, we have closed out the 2024/2025 GVMHA hockey season! I wanted to give every one of you a huge thank you for all your hard work and dedication over the past season. You all play an integral role in our officiating program that helped us staff each and every game.

As per last year, we have a lot of new officials that have joined us this year, while all the rest of you have honed your skills to gradually move up the officiating ladder. Since the pandemic, we still have a large gap of level 2 officials that needs to be filled, and by working through the program, I am hopeful that you fill that void by learning, growing, and reaching level 2 when you turn 16.

We had a lot of challenges this season, which has led me to change the trajectory of the program a little for next year, however that will be announced at the next season clinics. Definitely exciting things to come, and to help you further your officiating skills. I really hope you all consider returning next year, as the games that GVMHA plays can't take place without us.

I would also like to give a shout out to all the parents of our officials for all their behind the scenes work they did to get the officials to the game and the support they gave to our program. All of you are invaluable. Please keep your eyes out for an email I will be sending out soon, on further officiating opportunities.

-Chris Ashburn



AND THE OSCAR GOES TO...

Rule 10.3: Diving and Embellishment

A penalty for Unsportsmanlike Conduct will be assessed to any player who dives or embellishes in order to draw a penalty.

This may be applied with or without a penalty to the opposing team.

"If you're saying it's a trip, then how is it a dive?!"

An infraction can be committed (e.g. using your stick to trip up an opposing player) and this is not negated by the opponent theatrically embellishing the action of falling to convince the official that a trip has occurred.

Hockey is a game of grace and integrity. Let's leave the acting in Hollywood!



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

CITY CHAMPIONSHIPS!

The City Championships have come and gone! A huge thank you to our amazing sponsors for making this event possible: The Holland Family, Nixon Wenger, Five Star, and Vernon Professional Firefighters!

- *U11 Fighting Chickens win the Nixon Wenger Cup!*
- *U13 Bandits are the Vernon Firefighters Charitable Society Champions!*
- *U15 Rangers who won the Five Star Awards U15 championship trophy!*
- *U18 Team McKelvey are Holland Cup Champions!*

COACH ANNOUNCEMENT!

We are thrilled to announce Gerald Bouchard as Head Coach of the U13 T1 Mustangs for the 2025-26 Season. Gerald brings a wealth of hockey development and coaching experience to our Mustangs program, including a lifetime of coaching at the minor and junior levels of the game. Coach Bouchard will hit the ice with his new team June 20-22 for the Mustangs Spring ID Camp (registration to follow).



REFEREE SPOTLIGHT



Top Left: Brooke Dixon & Luc Gilbert
Top Right: Curt Jensen, Chris Ashburn, Nic Hartwig, Cameron Sytsma
Below: Kody Dixon, Jayden Attwood, Logan Collins



250-542-0754



riskmanager@gvmha.com



www.vernonminorhockey.com



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50/50 CASH RAFFLE

SUPPORTED BY ROYAL LEPAGE DOWNTOWN REALTY
DRAW TO BE HELD AT GVMHA GOLF TOURNAMENT ON MAY 23RD



[HTTPS://WWW.RAFFLEBOX.CA/RAFFLE/GVMHA](https://www.rafflebox.ca/raffle/gvmha)

GVMHA ONLINE 50/50 – SUPPORTING CONCUSSION MANAGEMENT IN MINOR HOCKEY!

GVMHA IS EXCITED TO ANNOUNCE THE GOLFING FOR THE GAME – ONE HOLE AT A TIME ONLINE 50/50 RAFFLE! THIS IS YOUR CHANCE TO SUPPORT YOUTH HOCKEY DEVELOPMENT IN GREATER VERNON WHILE MAKING A MEANINGFUL IMPACT. EVERY TICKET PURCHASED WILL HELP FUND BASELINE CONCUSSION TESTING AND IMPROVED CONCUSSION MANAGEMENT PROTOCOLS, ENSURING THE SAFETY AND LONG-TERM WELL-BEING OF OUR YOUNG ATHLETES.

DON'T MISS YOUR CHANCE TO WIN BIG WHILE GIVING BACK TO MINOR HOCKEY IN OUR COMMUNITY! GET YOUR TICKETS TODAY AND HELP US BUILD A SAFER, STRONGER FUTURE FOR YOUTH HOCKEY.



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

Includes 18 holes, golf cart, lunch, dinner, swag, contests, prizes and so much fun!

Website Link! - GVMHA Annual Golf Tournament



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.

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
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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



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 250-542-1989