



GVMHA

NEWSLETTER 2024



Message from the President

As we approach the heart of our hockey season, I want to take a moment to reflect on the progress we've made and express my gratitude for the incredible support and dedication from everyone in our hockey community.

Whether you're a player, coach, volunteer, or parent, your contribution is what makes this organization thrive. It's been an exciting start to the season, and we are so proud to see our athletes growing not only as players but as individuals. The teamwork, sportsmanship, and effort they demonstrate on and off the ice are truly inspiring.



Length of service on the GVMHA Board: 8 years (2017-present)

Board Roles: Risk and Safety (2017-2018), First Vice President (2018-2021), President (2021-Present)

Favourite NHL Team: Edmonton Oilers

Favourite NHL Player: Leon Draisaitl

Favourite GVMHA moment: Seeing GVMHA player registration numbers grow during my time in the association. I am proud that we have more kids experiencing our great game of hockey in our community than ever before.

LOGO SHOWDOWN SPOTLIGHT

GVMHA REC

The Recreation Team Name & Logo Competition winner will be announced in the January Newsletter! Thank you to all of the teams that shared their creativity and submitted a logo. A big thank you to the U5 group who will be selecting the winner of the 2024 Battle of the Brands!



PRIZE! Boston Pizza Awaits

The winning team of the GVMHA Recreation Team Name & Logo Competition will be treated to a delicious Boston Pizza pizza party at the restaurant! It's a fantastic opportunity to celebrate your hard work and teamwork while enjoying some tasty pizza with your teammates.



PENALTY BOX

Refs, Rules, & Risk Management

REF-IN-CHIEF: CHRIS ASHBURN

Referees: Allocating games is challenging and we are working hard to ensure that all officials will be working on the ice this season.

The first half of the season is geared more towards senior officials as there are a greater number of senior and rep tournaments. The second half of the season has more games and tournaments at younger levels, which provides more opportunities for the newer officials.

Remember, your availability in Spordle is so important to helping us assign you. Your availability must reflect all hours of the day and 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.



www.bchockey.net/officials/getting-started



GET OUT OF THE WAY, REF!

What happens when a puck strikes a ref? We are all familiar with that collective groan when a puck takes a funny bounce off a referee or - worse - comes to a complete stop in their feet. (Trust us, the referees are more frustrated than anyone)

But what happens next?

Puck simply hitting an official: play on! We're all frustrated, but referees are a part of the ice. Players should always have an eye out for the whereabouts of the officials, and referees do their best to be in the "expected" position at all times.

Puck bounces off ref, then out of play: the faceoff is located at the nearest face-off spot in the zone in which the referee was located when struck.

Puck bounces off ref, then into the net: if the puck goes DIRECTLY into the net off a referee, it is NO GOAL. If it caroms off any other player/object, the goal shall count.



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



XMAS HOCKEY DECORATION INSPIRATION!



NECK GUARDS

As per Rule 3.6(f), the wearing of a BNQ-certified neck guard (AKA neck protector, throat protector) is compulsory for players registered in minor hockey. It is important when purchasing a neck protector that it contains the BNQ certification logo.



If a player's neck guard comes off during play, they must proceed directly to their back immediately upon becoming aware. Continuing to participate in the play can result in a minor penalty. (Rule 10.6 illegal equipment)

Proper sizing, placement and maintenance of equipment goes a long way in ensuring player safety.

As players, coaches, officials and parents we owe it to ourselves to read booklets like Hockey Canada's **Safety Requires Teamwork & Safety for All** among many others available.

Go online at www.hockeycanada.ca

Shared respect... let's turn our attention to prevention!

Open, read and learn. Safety Requires Teamwork & Safety for All is available from your Branch, local hockey association or online at www.hockeycanada.ca. Thanks to the NHL for the completion of this poster.

Ouch Resistant
Be informed about the proper wearing of all hockey equipment.

Labels on the player: HELMET, FACEGUARD, MOUTHGUARD, CHIN STRAP, THROAT PROTECTOR, SHOULDER PADS, ELBOW PADS, ATHLETIC SUPPORT/PELVIC PROTECTOR, WAIST PADS, PANTS, GLOVES, SHIN PADS.

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

www.vernonminorhockey.com

REFEREE SPOTLIGHT



JESSE VANDENBRAND
JEFFREY CURTIS
ANNIE PILE

Gold medal officials from the U13 Tier 2 tournament. Congratulations on a tournament well done!

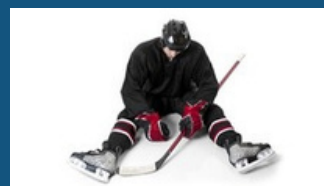
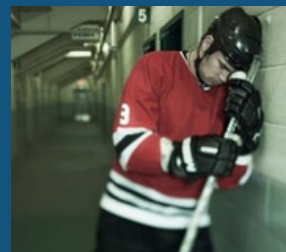
Rule reminder!

Rule 6.3e - Any stoppage of play occurring in the end zone as the result of the puck going out of play or being unplayable will result in the ensuing face-off taking place in that end-zone, regardless of whether the defending or attacking team caused the stoppage.

HOCKEY SEASON IS COLD & FLU SEASON

While hockey season is the time of year we all love, it's also the time of year the dreaded sniffles come around. Here are a few things to consider to avoid the spread of illness throughout the dressing room:

- Avoid spitting on the ice/bench, sharing water bottles, using the same towel, or rubbing your sweaty glove/hands in another player's face.
- Recover post-training to minimize immune suppression - REST & HYDRATION!
- Maintain optimal nutrition and vitamins, particularly Vitamin D.
- Avoid over-training, especially having chronic fatigue.
- Minimize contact with sick people or in large public places after an intense training session when your body is fatigued.
- Try to keep a distance from people that are coughing and sneezing.
- Wash your hands before eating or after contact with sick people, public places, after a game, training, and bathroom use.
- Carry hand sanitizer to use when needed.
- Avoid touching your mouth, nose, and eyes with your hands, especially after a game.
- Do not share food or drink with anybody.
- Wear appropriate clothing to avoid getting overly cold and wet.
- Consistently get at least seven hours of sleep per night.
- Try to keep life stress to a minimum.
-



250-542-0754



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IN SEARCH OF

SWEEPSTAKES CHAMPIONS

We are launching a \$50,000 sweepstakes to raise essential funds for our minor hockey programs. Champions will liaise with the Community Development Director on ticket distribution and encourage players to sign up for ticket sales at various community locations. This initiative not only offers participants the chance to win a significant cash prize but also helps support the overall programming for our young athletes.

DATE: DEC 4TH 6:30-8:30

LOCATION: KTPN BOARDROOM

For more info Contact Jesse Wunderlich at jrddivision@gvmha.com

STILL
Searching

BEYOND THE ICE CELEBRATING COMPASSION IN HOCKEY

The Greater Vernon Minor Hockey Association (GVMHA) is thrilled to introduce the GVMHA Beyond the Ice Award! This prestigious award honors an exceptional individual within our hockey community who embodies the spirit of humanitarianism —demonstrating compassion, empathy, service, and a genuine commitment to enhancing the lives of others.

NOMINATION PROCESS: JOIN THE CELEBRATION!

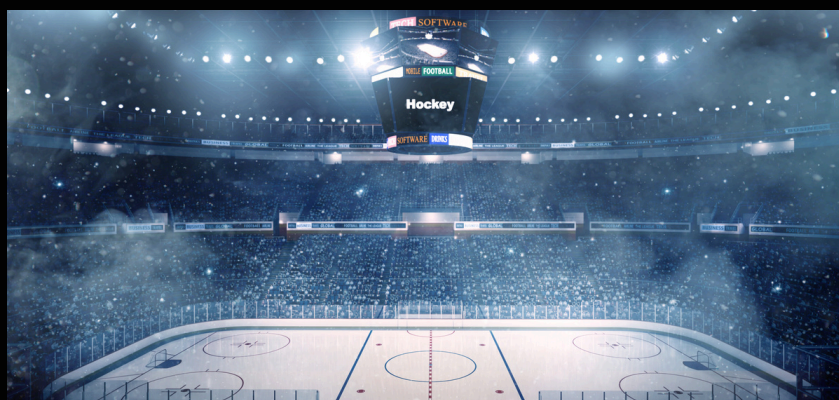
We invite all GVMHA members to submit nominations for this award. Nominations will be highlighted in our GVMHA newsletter, showcasing the incredible contributions of our nominees. Following the nominations, GVMHA coaches will cast their votes to select the award recipients.

HOW TO NOMINATE:

Ready to shine a spotlight on a deserving individual? Submit your nominations to jrdivision@gvmha.com Share your stories of those who have made a difference, and let's come together to celebrate the spirit of humanitarianism within our hockey family! Together, let's honor those who inspire us all to give back and uplift our community!

HONORING OUR HERO

The winners of the GVMHA Beyond the Ice Award will be celebrated at our Year-End Awards Banquet, where we'll recognize their invaluable contributions to our community and inspire others to follow in their footsteps.





Message: Executive Director



Kevin Bathurst

Congratulations to all of our GVMHA teams on a fantastic start to the 2024-25 season! All of our teams are now in full swing with league and tournament play, travelling around the province to represent our great hockey community. We have a number of teams thriving in their league play, including our U11 and U13 recreation teams leading the North Super League standings early in the season! GVMHA teams are also having significant success in tournament play, including a number of medal game appearances from recreation and rep teams. We are proud of all our athletes, coaches, and volunteers for the great work they are doing this season, making the 2024-25 season a fun and positive development experience.

Did you Know?

GVMHA has grown by over 10 teams since the 2022-23 season! This equates to over 175 hours of game ice required to service these teams. This represents almost 10 hours of game ice per weekend over the hockey season. In order to secure this volume of ice, GVMHA has worked hard to secure ice in neighboring communities to keep all our players on the ice!

As we head into the upcoming holiday season, we encourage all of our teams to contribute to the greater Vernon community in making the holiday season a special one for all. GVMHA teams have always been leaders in bringing the community together and making Vernon a great place to live and play.

Good luck to all our teams as we head into the final few weeks of the hockey season before the holiday break! GO VERNON GO!



COACH'S CORNER WITH BRITTANY CARON



Background and Experience

I come from a hockey family with deep roots in the game. My dad played for the Vernon Essos in the 70s. I used to meet friends' parents who would share stories of their on-ice battles with him. My nephew, Jacob, grew up playing for GVMHA, and I was always at his games, though at that time, it was more about supporting him than fully understanding hockey.

All three of my children have played and continue to play for GVMHA, with the exception of my daughter who now plays for the U18A North Okanagan Novas. When my oldest two started, I knew only the basics. To better understand the game, I signed up to play women's hockey in a league in Armstrong, BC in 2016. My husband, Brendon, has always been a wonderful resource for me. He often gives me pointers after my games, and we discuss different game situations, which is invaluable to my understanding.

Over the years, I've become a dedicated student of the game, researching rules and strategies. Last year, I helped out Coach Joel with the GVMHA U15 Lakers and found myself fascinated with the game at that level. I took the coaching course just to have it, not expecting to use it, but when my husband mentioned it to Kevin Bathurst, he reached out and offered me the chance to coach this year.

I've been a team manager, team treasurer, tournament coordinator, Hockey Canada safety person, scorekeeper, and timekeeper for GVMHA, so coaching, I guess, was a natural next step for me.

In addition to coaching, I'm on the planning committee that hosts the Nk'maplaq Challenge Cup, one of the largest Indigenous adult hockey tournaments in BC. Along with a few other moms from the Okanagan Indian Band, I help organize and manage teams for Youth Indigenous hockey tournaments, with our Sharp Shooters teams ranging from U9 to U15 age divisions.

Team Culture & Communication

To build and maintain a positive team culture, I focus on creating an environment where players truly support each other and have fun, on and off the ice. Having managed my kids' hockey teams for a few years, I've learned a lot about how important team culture is and the role that support and positivity play in making it successful. I work to make each team feel like a family, where everyone has each other's backs and feels connected. When players feel valued and supported, it sets the tone for a great season.

Communication is a big part of my coaching style. I want the kids to feel like their voices are heard and that their thoughts and questions are valued. At the same time, it's crucial that they clearly understand what I'm asking of them so they can perform at their best. When communication is strong, it builds trust within the team and ensures we're all moving in the same direction.

Advice for Aspiring Coaches

My advice for aspiring coaches, specifically female coaches, is to be kind to yourself. Coaching is a learning process, and you're going to make mistakes—that's okay. In a male-dominated environment, it can sometimes feel like you don't belong, but don't let that hold you back. Stay open to learning, ask for help when you need it, and trust that your perspective as a woman is valuable. Embrace the challenges, keep growing, and don't forget that your voice matters. The more you learn and grow, the stronger you'll be as a coach and as a person.



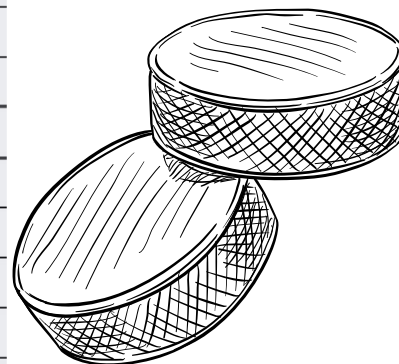
REGISTRATION NUMBERS

	2024-2025
U5	9 male / 5 female
U7	47 male / 6 female
U9	88 male / 8 female
U11	107 male / 19 female
U13	128 male / 19 female
U15	68 male / 13 female
U18	84 male / 16 female
	617 TOTAL

	2023-2024
U5	5 male / 2 female
U7	56 male / 12 female
U9	92 male / 18 female
U11	91 male / 22 female
U13	111 male / 22 female
U15	64 male / 32 female
U18	87 male / 2 female
	616 TOTAL



	2022-2023
U5	9 male / 3 female
U7	52 male / 14 female
U9	82 male / 16 female
U11	87 male / 15 female
U13	84 male / 1 female
U15	62 male / 37 female
U18	74 male / 1 female
	537 TOTAL



	2021-2022
U5	10 male / 4 female
U7	56 male / 7 female
U9	75 male / 8 female
U11	83 male / 3 female
U13	78 male / 21 female
U15	62 male / 19 female
U18	86 male / 6 female
	518 TOTAL

	2020-2021 COVID
U5	7 male / 3 female
U7	43 male / 7 female
U9	64 male / 4 female
U11	76 male / 3 female
U13	71 male / 19 female
U15	69 male / 3 female
U18	68 male / 4 female
	441 TOTAL

PLAYER DEVELOPMENT



Matt Stang

Drill of the week: 27 HOCKEY SPEED DRILLS YOU CAN DO AT HOME

Check out the link above! A collection of 27 speed drills designed to improve hockey agility, speed, and conditioning, all of which can be performed at home without the need for a rink or specialized equipment. These drills focus on enhancing footwork, quickness, and overall athleticism, helping players stay in top form off the ice.

Meet Curt Jensen!



My name is Curt Jensen, and I'm proud to serve as the Equipment Manager for Vernon Minor Hockey. I've been involved in the Minor Hockey community for many years, starting with my son's participation in Vernon's programs. Over the years, I've also coached and refereed, gaining a well-rounded perspective of the game.

Currently, I'm serving my third term on the Board of Directors, and it's been incredibly rewarding to see the positive changes that are benefiting both the sport and the young athletes in our community.

In my role, I'm responsible for outfitting goalies of all ages—from the youngest beginners to players up to U18. Our association has goalie equipment available for all players so that the equipment is not a barrier to try goaltending. I encourage parents and players alike to reach out to me with any questions you have about the gear or the position. Additionally, I provide the necessary equipment for coaches to support their teams effectively. Essentially, I manage the goalie gear, coach equipment, and jerseys for all Rec, Rep, and Lakers teams and had the opportunity to assist in the re-design of the new Rec team jerseys. One of the most fulfilling parts of my job is witnessing the kids develop into not only better players, but also better individuals, contributing to our community both on and off the ice.



GVMHA TOURNAMENTS 2024/2025



Tournament	Date
U13 Rep Tier 2	Oct 11-13 2024
U11 Dev A & C	Oct 18-20 2024
U13 Rep Tier 3	Nov 8-10 2024
U15 Rep Tier 2	Nov 15-17 2024
U18 Rep Tier 2	Nov 22-24 2024
U9, U11, U13, U15 Female	Nov 29- Dec 1 2024
U15 AA Tournament	Dec 6-8 2024
U18 Recreation	Dec 13-15 2024
U9 Integrated Jamboree	Jan 3-5 2025
U15 Recreation	Jan 10-12 2025
U11 Recreation	Jan 17-19 2025
U13 Recreation	Jan 24-26 2025
U13 Rep Tier 1	Feb 13-16 2025
U18 AA Tournament	Feb 14-16 2025



Organizational Structure



GVMHA STAFF



Kevin Bathurst

Executive Director of Hockey
Operations
edho@gvmha.com



Chris Collard

Administrator, Registrar, Ice
Ambassador, Tournaments
administrator@gvmha.com



Matthew Stang

Director of Player
Development
playerdev@gvmha.com



Jodi Peshko

Accountant
accountant@gvmha.com

GVMHA BOARD OF DIRECTORS



Gordon Sitter

President



Brad Callihoo

1st Vice President
firstvp@gvmha.com



Noelle Crombie

Secretary/Treasurer
secretary@gvmha.com



Jenna Skerratt

3rd Vice President - Senior
Division Director
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Jesse Wunderlich

4th Vice President -
Junior Division Director
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Brendon Caron

Female Director
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Trevor McEachnie

2nd Vice President - Conduct
Chair
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Whitney Chanter

Association Development
Manager
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Nik Vischschraper

Risk Manager
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Curt Jensen

Equipment Manager
curtjensen-2@hotmail.com

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
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**Subway
Quality Inn Hotel
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Iron Ghost Construction
Revolution Machine works
Vantage One
Diner on Six
Aberdeen Dental
Ratio Coffee
Butcher Boys
Brentwell Construction
Browns Social House**



*** QUALITY * INTEGRITY * FAMILY * COMMUNITY ***



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! Not only can The Tile Guy supply your products and materials, but they can do your renovations too. Whether it's meeting you where you are at -on a job that you already started, or just doing the parts of the project that you don't want to do, they are there for you and can do it all.

If you are planning on doing a reno anyway, shopping local is no brainer! Outstanding service, luxury products and design, top notch workmanship, a discount for you, money for our team, and you are supporting local business! Here's a link to check them out and see what they're all about



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!

BROWNS SOCIALHOUSE

restaurant . bar . socialize



Thank you Brown Social
House for supporting our
Association!

14 Gift Baskets ✓

2000 10% Discount Coupons ✓

\$700 in Gift Cards ✓

1000 \$10 Cards ✓

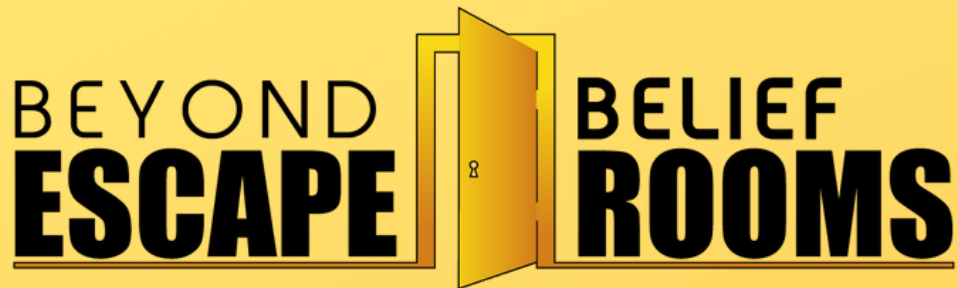
Book Now!

1-778-475-1968

www.brownsocialhouse.com

4900 27th St, Vernon BC





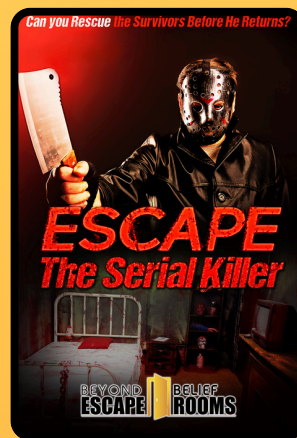
We are pleased to announce that GVMHA and Beyond Belief Escape Rooms are partnering to provide a 10% discount to our hockey teams! **CODE: GVMHA2425**

**TRY SOMETHING NEW AND EXCITING
FOR YOUR TEAM BUILDING EXERCISES**

**10% TEAM
DISCOUNT**



**CAN YOUR
TEAM BEAT
THE MISSION?**



BEYOND BELIEF ESCAPE ROOMS

(888) 944-9565

5103 25th Street, Vernon

info@beyondbelief.ca

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



GREATER VERNON MINOR HOCKEY ASSOCIATION

GVMHA FUNDRAISING CAMPAIGN



HOW IT WORKS:

INTEGRA TIRE WILL DONATE 10% OF EVERY TIRE PURCHASE —**INCLUDING TIRES & RIMS** —MADE BY FAMILIES, FRIENDS, PLAYER COACHES AND ANY SUPPORTERS OF GVMHA.

OUR GOAL IS TO HELP TEAMS RAISE AS MUCH AS POSSIBLE, AND WE'RE AIMING TO CONTRIBUTE OVER \$75,000!

HERE'S WHAT YOU NEED TO KNOW:

- SIMPLE PARTICIPATION: GVMHA HAS A UNIQUE CODE - GVMHA2025 WHEN YOU BOOK A SERVICE AT INTEGRA TIRE, JUST MENTION THE CODE.
- REAL-TIME TRACKING: WE'LL TRACK ALL PURCHASES MONTHLY AND PROVIDE REGULAR REPORTS SO YOU CAN SEE THE IMPACT OF THE TEAM EFFORTS.
- EXAMPLES: IF SOMEONE BUYS \$1000 WORTH OF TIRES, THAT'S \$100 ADDED TO YOUR FUNDRAISING TOTAL. THE MORE PEOPLE ASSOCIATED WHO COME TO INTEGRA TIRE, THE MORE MONEY GVMHA EARNS—NO STRINGS ATTACHED!
- THIS IS A FUN AND EASY WAY TO GET INVOLVED AND RAISE FUNDS!
- WE ARE HERE TO HELP SUPPORT YOU IN ANY WAY WE CAN. CONTACT US TODAY!



WWW.INTEGRATIRE.COM

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