



SEMI-ANNUAL UPDATE

WELCOME TO THE 2023/2024 SEASON CUDAS!

As we launch into our 2023/24 season we want to extend a warm welcome to all the House League, DS and Rep participants and supporters that make the BGHC such a wonderful place to play. Let's get this season started!

NEW ROLES WITHIN THE BGHC

The BGHC Board Members are always looking for new ways to improve our organization and we are excited to introduce two new pivotal roles this season; Director of Player Development and Director of Coaching.

With over 18 years of coaching experience, Mike Tarantino has been hired as our Director of Coaching. From coaching young female athletes all the way to JR. A boys, Mike brings a wealth of knowledge to our organization. Mike will over see our BGHC coaches and ensure consistent and effective methodologies are applied throughout our organization. Additionally, he will play a central role in guiding the development of our coaches, make sure coaching philosophies align with our mission and provide coaching collaboration opportunities from U9 all the way up to U22.

Our new Director of Player Development role has been appointed to Renata Fast, a former NCAA Champion, World Champion, two-time Olympic medalist, and current professional player. As the Director of Player Development, Renata has designed a comprehensive development plan for the 2023-2024 season that focuses on enhancing skills, fostering teamwork, promoting a culture of continuous improvement and providing resources for both on-ice and off-ice development.

Made up of 13 of Burlington's top skills coaches, this plan will have a vital role in the growth and success of all of our rep athletes both individually and as a team. Our skills coaches will work closely with our BGHC coaches to align schedules, identify area's of improvement and tailor practices accordingly.





HOUSE LEAGUE BEGINS!

Saturday, September 16th marked the official kick-off of the 2023/24 BGHC House League Season! Players and their families visited Mainway Arena to meet their coaches and teammates, collect their jerseys for the upcoming season, and enjoyed a frozen treat (or two). Evaluation Skates took place on the weekend before and now House League is officially underway! We're looking forward to an exciting season with some new events!! Any questions should be directed to juniorhouseleague@bghc.ca or seniorhouseleague@bghc.ca



PHOTO DAY

The BGHC Annual Photo Days will take place on **November 4th + 5th** at Appleby and Central arenas. Stay tuned for more info on when and where your team will be getting their pics!



THE GIFT OF GIVING BACK

Teams have already been busy collecting food and donations to help "Kids Feed Kids" leading up to the big even on Nov 14th + 15th @ MM Robinson High School. If your team doesn't have a Food Captain yet you can email jennlzin@hotmail.com for info.

Tag [@giftgivingback](https://www.instagram.com/giftgivingback) and [@bgbc_news](https://www.instagram.com/bgbc_news) on all your volunteer activities!



U7 CUDAS!

The BGHC has launched an exciting new program focused on “Growing the Game” of hockey for young female athletes in Burlington. Girls are under-represented in sport, and our organization wants to support more girls to enjoy the benefits of hockey and have them continue playing this sport for years to come. The BGHC Grow the Game program aims to introduce more girls to hockey by eliminating barriers to participation, promoting inclusivity and providing equal opportunities for young girls in Burlington to develop through sport. The demand for the program was so extensive, that we had to close registration after just 4 days, when we hit our capacity of 250 players!!

This program is funded through sponsorship dollars and we are thrilled to announce our first Platinum sponsors: Daredevil Hockey, Bauer Hockey and Al's Source for Sports. "Our partnership with Daredevil Hockey and Bauer/Al's Source for Sports signifies a significant step forward in our ongoing mission to empower young girls through sport," said Will Short, BGHC President. "With their support, we are not only breaking down financial barriers but also creating a welcoming environment where girls can experience the joys of hockey without hindrance. This partnership aligns seamlessly with our vision for a more inclusive future for girls' hockey."

PLATINUM SPONSORS



Want to become a SPONSOR of GIRLS IN SPORT?

Donate HERE



BGHC OFFICE UPDATE

The BGHC has officially landed at Mainway Arena and our office renovations are complete. We are proud of our Hockey Community and we have tried to represent our past and future by including our old and new logo. We are excited to kick off the season with a new home that will continue to represent "The Cuda Way".

U22 JR CUDAS

Several players on our 23/24 Jr Cudas team were invited to the U18 high performance camps to tryout for a spot in the Ontario Provincial team rosters to compete at the Canada Championships in Dawson Creek, BC in November.

U18 High Performance Camp (Team Ontario) invites include:

TJ Flores

Claire Murdoch

Avery Peters

Charlotte Pieckenhagen

Avery Holmes

Deija Houston

Katelynn Charlton

U18 High Performance Camp (Team Manitoba) invites include our Newest Jr Cudas:

Sara Manness and Kate Manness

Recently three members of our Jr Cudas team were invited to attend the Hockey Canada National Women's Program Summer Showcase in St. Catharines... if selected for the U22 roster these players will compete for Canada in Lake Placid for a US/Canada friendly in August and will head to Switzerland in January for the World Championships

Congrats to *Charlotte Pieckenhagen*, *Sara Manness* and *Claire Murdoch*!

Follow the Jr Cudas on Instagram



SAFETY + EQUIPMENT

As an organization we:

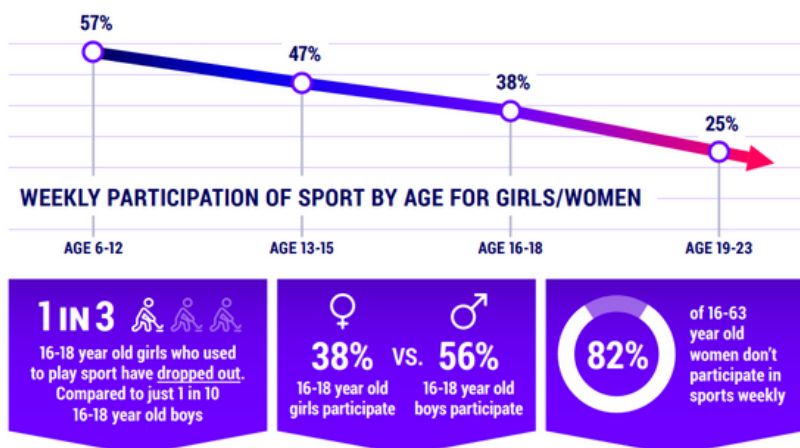
- are committed to support each other’s health and well-being on and off the ice, following all protocols provided to us by Hockey Canada, the OWH, the City of Burlington, and Public Health
- respect and understand that all athletes/staff/parents have different experiences, levels of vulnerability, and personal experiences/opinions. We need to approach these differences with respect and understanding at all times
- understand that safety is a shared responsibility and we all need to work together to ensure our players thrive on and off the ice.

To ensure we meet these expectations, all Coaches, Managers, and Trainers have received safety training that focuses on the Well-Being and Care of our players. They have reviewed the OWH and Hockey Canada Harassment and Bullying Policies, have learned how to prevent, identify, support, and report injuries, as well as follow concussion protocols. Each team (Rep and House League) has also been provided with a trainers bag, complete with start up supplies so everyone is ready for a safe season.



NEW THIS YEAR...

We are excited to announce that we have partnered with Velocity Sports Medicine and Training Centre and have been working with all Head Trainers (Rep and House League) to learn about the importance of preparing for play mentally and physically. With a hockey focus, our Trainers will learn how to deliver dynamic warm-ups, develop consistent techniques and enhance resiliency for all of our athletes. We believe that one of the keys to success is having a great start and by educating our trainers, our athletes will be ready when the puck drops.



KEEPING GIRLS IN SPORT

This season the BGHC Board voted to make the *Keeping Girls In Sport* course mandatory for all Board Members and Bench Staff. This is to ensure our Organization is creating a safe and respectful coaching environment for female athletes and ultimately, helping to keep them engaged and enrolled in sport long-term. For more info check out <https://womenandsport.ca/>

GET TO KNOW YOUR BGHC BOARD MEMBERS



CAITLIN GILLIGAN
VP - HOCKEY OPERATIONS

Caitlin is a new member of the board and is currently serving as our VP of Hockey Operations. Caitlin is passionate about the game and dedicated to making a difference. With a remarkable hockey journey that includes playing for the Barracudas for 10 years, winning three consecutive NCAA National Championships, and playing two years professionally in Europe, Caitlin brings a wealth of on and off ice experience and expertise to the board.

With a multifaceted background in hockey, she offers a unique perspective having experienced the game at every angle - as a player, coach and avid spectator. As a member of our hiring panel for the 2024-25 season, Caitlin's efforts are aimed to bring in non-parent coaches at the AA level and as many as possible at the A level, recruit strong female role models to join our coaching teams as assistant coaches or skill development coaches, and she played a pivotal role in hiring both our Coaching Director (Mike Tarantino) and Director of Player Development (Renata Fast). The BGHC already has many great aspects and ongoing initiatives, and Caitlin aims to contribute by offering a fresh female perspective that will elevate the organization to the next level.



PETE VINCETT
VP - BUSINESS

Pete was elected to serve as the Vice President - Business on the BGHC board in 2022. Pete wanted to help serve on the board and further build on the great foundation that already existed. Initially, Pete had goals to help create formal Mission, Vision and Values; recruit and pay non-parent coaches at the elite levels, increase females in head coaching roles and in leadership roles in the organization, provide increased on-ice development and ultimately help grow the membership of the BGHC and make hockey more accessible. The Board has made great progress on all of these fronts. However, the board has much more work to be done with Grow the Game and other initiatives!

Pete is the proud father of two daughters (Chloe and Lauren) who have played with BGHC for 8+ years, playing everything from House League to DS to every level of Rep. Pete has also coached in the BGHC as a Head Coach and/or Assistant Coach on 10+ teams.

The BGHC Board has experienced a change within its membership and would like to introduce *Sonia Ryan* as the new *Director - Senior House League* on an interim basis until the AGM of 2024. Welcome Sonia! And thank you Josh for your service!

Follow the BGHC on Facebook + Instagram



Burlington Girls
Hockey Club

THE BGHC MISSION, VISION + VALUES

You may have already noticed the BGHC Mission, Vision + Values posted on our website. They were created by the Board in the Summer and will guide us in our work as we serve our community.



Mission: We are a Burlington based sports organization focused on providing girls with a safe and healthy environment to form a love for the game of hockey and opportunities to play at a level that meets their needs: introductory, recreational, competitive or elite.

Vision: To be come one of Ontario's most respected female hockey organizations by providing hockey experiences in a safe, fun and skill focused environment at both the recreational and competitive levels.

Values:

- Provide positive hockey opportunities for all female athletes in a healthy and safe environment
- Focus on the development of skills that will benefit players on and off the ice and benefits participants throughout their lives
- Focus on the importance of developing a strong work ethic, confidence and self-esteem through the game of hockey
- Instill the values of teamwork, resilience and integrity in our athletes, coaches, staff and volunteers
- Serve our local community

VOLUNTEERS NEEDED

As the Burlington Girls Hockey Club continues to grow we are continually seeking volunteers. Even if you can't think of a specific skill, we can find a place for you! Volunteers are the backbone of the BGHC and we are grateful for each and every moment our Volunteers dedicate to making the BGHC the best place for girls hockey. Help us improve further with your ideas and time. We can't do it without you!

**VOLUNTEERS DO NOT
NECESSARILY HAVE THE TIME;
THEY JUST HAVE THE HEART.**

ELIZABTH ANDREW

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Burlington Girls
Hockey Club