



MONTHLY NEWSLETTER

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GET TO KNOW YOUR BGHC BOARD MEMBERS

Sonia began her career as a Child and Youth Worker with Peel Children's Aid Society, where she dedicated twelve years to working with children diagnosed with social, emotional, and developmental issues. Simultaneously, she held a part-time position at Thistleton Regional Centre, contributing to a long-term group home for children with severe mental health challenges. In 2003, she chose to open a women's only fitness center in Toronto, drawing from a lifelong connection to health and fitness cultivated as a competitive gymnast.

After six successful years in business, the decision was made to close the gym. Following the birth of her second child, she transitioned from frontline work at CAS to an administrative role with a private foster care organization, overseeing recruitment and support services for over 60 foster homes across Ontario.

Driven by her passion for health and fitness, she obtained a personal training certificate, establishing Drive Fitness. The business provided mobile personal training, holistic nutrition, and yoga to clients in their homes and workplaces. After two years, she made the decision to leave the business to her partner, who continues to operate it.

In 2021, she sought to broaden her skills and knowledge, leveraging her experience in recruitment, management, and administration to join DUCA Financial. She currently holds the position of Talent Acquisition Partner.

Meanwhile, her husband has been coaching rep hockey for many years, a commitment she has supported by taking on various roles, including team manager. Both of her children have been actively involved in the game since they could barely skate.



SONIA RYAN

THE GIFT OF GIVING BACK

Have you seen the totals?!?!
GREAT WORK supporting your community CUDAS!
We're so thankful for all your hard work and volunteer hours making this year a success!



Curious what the Jr Cudas are up to? Find their latest news and exciting updates on the [website](#) [HERE](#)

HOLIDAY GIFT IDEAS



**OF
GIRLS HOCKEY**

Looking for a fun and helpful way to spread joy this holiday season?

The BGHC is making it easy - Sponsor a girl to play hockey by following the QR Code. Want to make your donation a gift? No problem! Once your donation is complete you will receive a certificate.

DONATE HERE



Daredevil Hockey manufactures compression base layer apparel with cut-resistant Kevlar overlays protecting all of the vulnerable areas and vital arteries of the upper and lower body (CE Certified). We are in the midst of testing our integrated neck guard which will be both BNQ and CE certified and available the Spring of 2024. Daredevil Hockey has been cleared for use in NHL games for the last three years through the NHL Laceration Task Force, and is also an authorized apparel provider to the CHL.

The Daredevil base layer apparel can be purchased at Al's Source for Sports, or online at daredevilhockey.com

**SHOP WITH OUR
SPONSORS:**



THE IMPORTANCE OF SAFETY EQUIPMENT

Parents should care about hockey equipment because it is essential for the safety of their children. Hockey Canada recommends that parents ensure that players wear equipment that fits properly, protects the area that it is intended to protect, and is well-maintained. It is important to note that parents have a responsibility to ensure that the equipment is safe and appropriate for their child's age and skill level.



OWHA DRESSING ROOM POLICY

(AS OF OCT 2023)

It will be the Policy of the Ontario Women's Hockey Association that, when any player under the age of 18 is in the team dressing room(s) before, during and after a game, tryout or practice, a minimum of two of the following shall be present in the dressing room(s) or immediately outside the dressing room(s) with the door ajar: two team or association officials, properly screened or one such official and an adult person, 18 years or older, associated with the team. The OWHA recommends at least one of the individuals supervising a dressing room be a female.

UPDATED BGHC DRESSING ROOM POLICY 2023-2024

(AS OF NOV 1, 2023)

1. No locked doors except when the teams are on the ice.
2. Male Coaches/Bench Staff are not permitted in the dressing room without a female Team Member being present.
3. Two female Team Members must be in the changeroom for U11 and below
4. Two female Team Members must be outside the dressing room door for U13 and up
5. Coaches should restrict their time in the room to approximately five minutes before and after games.
6. Parents are not permitted to go into the dressing room. Only team members with their VSS screening are allowed in the dressing room.
7. Should players need assistance with equipment beyond what the Team Member can help with or if there is a request for additional assistance by a player (i.e. tying skates), the player may go out into the hallway to seek assistance from a parent/trusted caregiver.
8. All players are to remain in the dressing room until signaled by the coach that it is time to go on the ice.
9. No device capable of taking pictures shall be allowed in any dressing room and the area immediately outside of the dressing room door.

Notes:

- An adult is considered to be 18 years or older
- A "Team Member" is an adult, registered in RAMP with a team, and has their VSS
- The Dressing Room Policy is in effect when any player under the age of 18 is in the team dressing room(s)
- The Dressing Room Policy is in effect before, during and after a game, tryout or practice
- A Team Member must have their VSS screening
- Coaches must review roles/responsibilities with all Team Members/Bench Staff/Parents