



MONTHLY NEWSLETTER

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

DATES TO REMEMBER

MARCH 24

Last day nominations/applications are accepted for BGHC awards/ scholarships.

Awards and Scholarships will be presented at the Volunteer Party on April 4th

Fill out Award Nominations [HERE](#)

Send scholarship applications to communications@bghc.ca

APRIL 4

Volunteer Party at Joe Dog's Bar + Grill

If you have volunteered with the BGHC in any capacity this season we want you to JOIN US and raise a glass (or two) in celebration of another successful BGHC hockey season. Coaches, Trainers, Managers and ALL BGHC Volunteers are encouraged to attend.

MAY 6

BGHC Annual General Meeting at Mainway Rec Centre

The BGHC is seeking new Board Members for the 24/25 season! Stay tuned for the list of Director positions becoming available for application.

[Looking for past Newsletters? Check them out on the BGHC website HERE](#)

AROUND THE BGHC

GET TO KNOW YOUR BGHC BOARD MEMBERS

Lisa Brown joined the BGHC Board as Director of Safety and Equipment in 2020 and early on, the role mainly focused on working with Public Health to keep athletes safe and healthy through the pandemic.

Post covid, Lisa's role has been working with trainers and coaches to ensure the well-being of BGHC players. Lisa has been able to implement research based dryland training for Rep Teams, role specific training on concussions and injury prevention, helped to create clear and transparent performance expectations for all divisions, and updated dressing room policies to ensure the safety of all players. As part of her volunteer role, Lisa also helped to renovate the new BGHC office at Mainway Arena, making it a visible space to represent our organization. In the spring of 2023, Lisa, along with fellow Board Member Augi Chung, received an "Outstanding Volunteer Award" from MP Karina Gould for their contribution to the BGHC.



Through her role as a Director of Safety and Equipment, Lisa has enjoyed learning about Hockey and connecting with and serving the community. Becoming passionate about hockey, and seeing how team sports can build confidence and self esteem in young females has been an incredible experience. It has been a pleasure to serve on the Board of Directors and to see this amazing game grow in Burlington and beyond.

HELP US TELL OTHERS ABOUT **THE CUDA WAY**

We think our Barracudas are really special and want to be able to express to others just what THE CUDA WAY means. But, we need your help!

Hop on Instagram and share a couple words of what you think THE CUDA WAY means to you! Just comment on the post asking for words.

And don't forget to follow us [@BGHC_NEWS](#) on Instagram!

ARE YOU FOLLOWING THE BGHC ON SOCIAL MEDIA?

Follow the BGHC on Facebook + Instagram  @bghc_news  Burlington Girls Hockey Club

BGHC HOUSE LEAGUE CHAMPIONSHIP WEEKEND

Come out and cheer on our all our IP and HL Cudas **April 6th + 7th** during our House League Championship weekend when teams battle it out for GOLD!!

CONCUSSION SAFETY

The CDC explains a concussion as, "...a type of traumatic brain injury — or TBI — caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells."

A tool that is available to help diagnose a concussion is Baseline Testing. Baseline tests are conducted by a trained health care professional and are used to assess an athlete's balance and brain function (including learning and memory skills, ability to pay attention or concentrate, and how quickly he or she thinks and solve problems), as well as for the presence of any concussion symptoms. Results from baseline tests (or pre-injury tests) can be used and compared to a similar exam conducted by a health care professional during the season if an athlete has a suspected concussion.

Read more about Baseline Testing [HERE](#)

THE BGHC APPRECIATES OUR PLATINUM SPONSORS:

