



MONTHLY NEWSLETTER

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DATES TO REMEMBER

FEB 11 - last day to nominate the BGHC for the Kruger Big Assist

MARCH 24 - last day nominations/applications are accepted for BGHC awards/ scholarships

APRIL 4 - Volunteer Party at Joe Dog's Bar + Grill

MAY 6 - BGHC Annual General Meeting at Mainway Rec Centre

GET TO KNOW YOUR BGHC BOARD MEMBERS

Sandy joined the board as our Director of Fundraising in 2022 with the hope to bring more transparency within the BGHC community and drive to increase the sponsorship to allow the BGHC to launch important programs such as "Grow the game". Keeping girls in sports is a top initiative.

Prior to joining the BGHC board in this capacity, Sandy, in support of her daughter and her teammates was an avid volunteer. Her roles included Gift of Giving Back Captain, Social Committee Captain and Team Manager throughout the last 10 years.

Using the role of fundraising on individual teams, Sandy has been able to provide camaraderie and team work with some healthy competition amongst not only their individual teams but entire divisions to reach record donations for the Gift of Giving back. Her hope is to transfer these skills to raise funds for the BGHC.



Sandy is the proud mom to her twin girls, one cheerleader and one longtime Barracuda hockey player. You can find her cheering in the stands at every game and competition.

If you have any fundraising leads or would like to help with fundraising initiatives for the BGHC please contact Sandy: fundraising@bghc.ca



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

BGHC NOMINATIONS



**NOMINATION
DEADLINE
FEBRUARY
11TH**

NOMINATE THE BGHC

Looking for a fun and helpful way to help out the BGHC?

The Kruger Big Assist is awarding five minor hockey associations each with a \$25,000 grant and one of the five winners will have the opportunity to receive an additional \$75,000 Grand Prize. This means the BGHC could receive up to \$100,000 to help hockey families in need.

We have created a pre-written nomination - find it [HERE](#)

Then submit your Nomination to Kruger [HERE](#)

Feel free to add your own flair to the Nomination to help out the BGHC!

AWARD NOMINATIONS

Each year the BGHC presents 3 awards to acknowledge and give thanks to those athletes and volunteers who have excelled throughout the season.

**All BGHC members may submit a nomination for these awards
no later than March 24th, 2024.**

Award Nominations can be sent to: communications@bghc.ca

Vern Neal Award - Nomination

In 2012, the Barracuda hockey community lost one of its most dedicated and tireless volunteers. His name was Vern Neal and we want to ensure his memory stays alive. As such, the Vern Neal Award is presented annually to an individual that has demonstrated a long-term time commitment to the Barracudas organization.

Pauline Vasiliaskas Award - Nomination

During the 2004-2005 hockey season, the Barracuda hockey community was hit with a tragedy when one of our very own hockey Mom's passed away suddenly. Her name was Pauline Vasiliaskas and she was a dedicated hockey Mom, fan and supporter. From the time her daughter joined the Barracuda's organization, Pauline was involved in the team in some capacity whether it be a parent rep, volunteering or providing financial contributions. Pauline exemplified the true SPIRIT of a volunteer, always wanting to do for others and expecting nothing in return accept for the girls to have fun. The Pauline Vasiliaskas SPIRIT Award is presented to a deserving female volunteer that has embraced Pauline's team spirit during the season.

The Team that Rockx! - Nomination

Barb Rockx was a long-standing CUDAS volunteer who generously donated her time to the BGHC, having a profound and lasting impact on our organization. Her willingness to give selflessly to help advance women's hockey in Burlington speaks to both her strength and quality of her character. Our organization is stronger with her leadership. To carry the torch that Barb lit so brightly — and leverage her awesome last name — we have created The Team that Rockx Award! This award recognizes a team that has shown the biggest commitment to our community while embracing the true meaning of team spirit.

BGHC SCHOLARSHIPS

BGHC SCHOLARSHIP APPLICATION

Each year the BGHC awards scholarship(s) in support of our players in their post secondary pursuits. Players interested in applying for a BGHC scholarship must complete the following application within the given criteria. Priority given to applicants who have demonstrated a history of commitment to the BGHC as a player and volunteer.

Scholarship Award Eligibility Criteria:

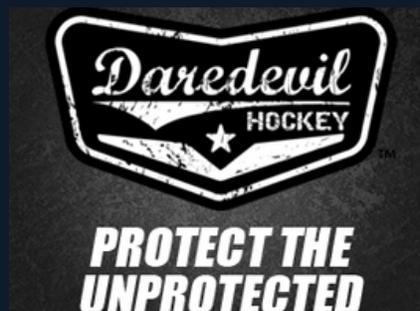
- i) Must currently be a player or member of the coaching staff of a team in the Burlington Girls Hockey Club.
- ii) Must have a minimum of 3 consecutive years with the BGHC as a player and/or member of a coaching staff.
- iii) Must be intending to pursue post-secondary education in the coming academic year.
- iv) The scholarship winner will demonstrate evidence of a history of involvement within the BGHC organization beyond that stated above for eligibility, including but not limited to volunteering, mentoring, assistant coaching, and/or refereeing.

Applicants should submit a short essay on their own behalf outlining how they meet the defined criteria, and why they feel they should be chosen as the award recipient.

Applications must be submitted via email to communications@bghc.ca

no later than March 24th, 2024

THE BGHC APPRECIATES OUR PLATINUM SPONSORS:



ALUMNI

KNOW ANY FORMER CUDAS?

Did you know that a report titled “Impact of Sports on Women’s Professional Success,” revealed that women who played competitive sports in their youth are more likely to be in leadership or management roles? 85% of women surveyed who played sports shared that the skills they developed playing sports were important to success in their professional careers! (read more about women + sports [here](#))

The BGHC wants to know what ALL former players are up to and update our Alumni page! Know of someone or a former Cuda yourself?

Send your info to

communications@bghc.ca

Check out some of our former Alumni on our [WEBSITE](#)

ALUMNI AT WESTERN FIGHTING FOR EQUALITY WOMENS HOCKEY



Former Barracuda, Savannah Staszkiel has been driving equality in sports at Western University. Not only are her and her team setting attendance records they’re also making money for a good cause.

[Read the article HERE](#)

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Burlington Girls
Hockey Club