



BGHC NEWS

2022/23 Mid-Season Newsletter



U18A
Clarington Applefest
Tournament Champions

LOOKING AHEAD TO 2023

ONTARIO PROVINCIAL CHAMPIONSHIPS

April 13-16, 2023

HOUSE LEAGUE CHAMPIONSHIP WEEKEND

March 31st - April 2nd, 2023

BGHC REP TRYOUTS

*SUBJECT TO CHANGE BASED ON OWHA *

U13/U15/U18

April 17th 2023 onwards

U9/ U11

Early September, 2023

BGHC IP, HL & REP PHOTO DAY

JANUARY 21st-22nd, 2023
APPLEBY & CENTRAL RINKS

Photo time/location details to be
shared with teams via
Coaches/Managers

VOLUNTEER APPRECIATION & AWARDS NIGHT

DATE: APRIL 3, 2023

AWARDS SUBMISSIONS DATE:
MARCH 23, 2023

BGHC ANNUAL GENERAL MEETING

TUESDAY, MAY 2ND 2023

VOTING FOR AVAILABLE
BOARD POSITIONS TO TAKE
PLACE AT THE AGM



BGHC ANGEL FUND

est. 2022

The BGHC is very excited to announce the launch of our
BGHC ANGEL FUND

Hockey should be accessible to all, and this initiative provides support to families and players, helping to share the burden of costs associated with the game, and ensure equal access to sport for all our budding female athletes.

The BGHC ANGEL FUND is 100% donation based.
For all those interested in getting involved, please contact our
Director of Fundraising, Sandy Wilson for further details
fundraising@bghc.ca

In light of recent Hockey Canada events, the \$3/player fee that has traditionally been issued to Hockey Canada has been withheld by the organization and reallocated towards launching our BGHC Angel Fund. These funds have permitted us the opportunity to support 5+ families this season, who may have otherwise missed out on the opportunity to participate.

Sport is about so much more than the game. It is about the combined life skills learned through play, teamwork, leadership and the essential skills that translate to success throughout life.

We are very proud of our #Cudasnation and our supportive community helping to drive females ahead in sport and in life.



BGHC HEALTH & SAFETY

As a Board we are committed to supporting our players Health and Safety on and off the ice and this includes their mental well being. Our staff are available to help support players if there are issues of bullying and/or harassment and any issues brought forward to the Board will be investigated.

We ask that everyone review our Bullying and Social Media Policy as well as the Code of Conduct.

We want all of our players (IP, House League, and Rep) to feel valued, respected, and most importantly, to feel safe. With your continued support we can help everyone enjoy the game of Hockey.

- BGHC - Parent's Code of Conduct and BGHC Player's Code of Conduct
- BGHC - Social Media Policy
- OWSA Harassment, Abuse, and Bullying Policy
- OWSA Cyber Bullying Policy

**“
you will never
reach higher
ground if you
are always
pushing others
down**



YEAR IN REVIEW

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JUST A FEW OF THE AMAZING THINGS OUR VOLUNTEERS HAVE ACCOMPLISHED THIS SEASON

HOUSE LEAGUE BACK TO HOCKEY WEEKEND

September 2022

Three cheers for House League!

In September, we launched the return of House League Day and it was wonderful to welcome our Cudas families back to the rink.

Thank you to all our volunteers for hosting such a successful event, where our players got to meet coaches, teammates and enjoy the Ice Cream truck!

BGHC DEVELOPMENT PROGRAMS

House League & Goalie
Development Programs

We are committed as an organization to provide key female leaders for the development and support of all our players. EJ Milne-Price has been providing goalie development, to our HL&Rep Goalies.

Jana Harrigan & Becky Kellar are providing House League teams from U9 to U15 on ice development sessions this season

NON-PARENT REP COACHES

2023-24 season

The BGHC executive board approved a competitive stipend for AA Non-Parent Rep coaches for the 2023-24 season.

This allows us to further expand our roster of top tier high performance coaches to be more competitive and to recruit/retain amazing coaches for our BGHC athletes.

GOGG FUNDRAISING INITIATIVES

Way to go CUDAS!

What an incredible year for our #CUDASNATION fundraising initiatives.

Combined our Cudas teams raised close to \$70,000 for the Gift of Giving Back

Way to go CUDAS!

BGHC OFFICE HAS A NEW HOME!

Under Construction

Our new home in Mainway Arena allows the BGHC to save ~\$15K / year that can be better allocated back through our organization.

We will continue to renovate our new space over the next year, as it will serve a dual purpose being shared with our Jr Cudas for game days, video review and an on site training room.

IP PROGRAM

Celina Clark

Building a strong
foundation

This year we appointed Celina Clark as our IP Development Lead. Celina is a graduate of Adrian College, and played on the Women's ACHA Division 1 Hockey Team. Her passion for the sport shows through her teachings and instruction, allowing her to help prepare athletes throughout their own career, from their first set of skates through to pursuing their own hockey goals.





IN OTHER NEWS

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KRUGER BIG ASSIST PROGRAM

NOMINATE THE BGHC

KRUGER BIG ASSIST PROGRAM IS BACK AND AWARDING ANOTHER \$200,000 TO HELP HOCKEY FAMILIES IN NEED.

THIS SEASON, KRUGER WILL BE AWARDING SIX MINOR HOCKEY ASSOCIATIONS EACH A \$25,000 GRANT (ONE PER REGION, PLUS A WILD CARD), AND ONE OF THE SIX RECIPIENTS WILL HAVE THE OPPORTUNITY TO RECEIVE A SECOND ASSIST – A \$50,000 DONATION DEDICATED TO SUPPORTING DIVERSITY AND INCLUSION IN THEIR HOCKEY COMMUNITY (SEPARATE APPLICATION REQUIRED*).

HOW TO NOMINATE THE BGHC:

ENTRY IS SIMPLE AND IT ONLY REQUIRES A FEW MINUTES TO SUBMIT A BRIEF WRITTEN DESCRIPTION, OR VIDEO. VOLUNTEERS, COACHES AND PARENTS, ARE ALL ENCOURAGED TO NOMINATE AND NOMINATIONS WILL BE ACCEPTED UNTIL FEBRUARY 5, 2023, WITH WINNERS ANNOUNCED BY FEBRUARY 22, 2023.

**VISIT THE WEBSITE BELOW FOR FURTHER SUBMISSION DETAILS AND TO NOMINATE THE BGHC.
THERE IS NO LIMIT ON HOW MANY NOMINATIONS AN ASSOCIATION CAN MAKE!**

KRUGERBIGASSIST.CA



BRIANNA VEERMAN

BRIANNA grew up in Burlington playing hockey with the Barracudas and went on to play at the junior level for Oakville and Aurora. During her junior years she played for Team Ontario Blue in 2011 and also attended the U18 Team Canada women's hockey camp in August of 2012. After junior she went on to play NCAA Division 1 hockey at Cornell University for 5 years, where she majored in Biology & Society, with minors in Nutrition, Psychology, and Human Development. After graduating from Cornell she went on to study Osteopathy at the Canadian Academy of Osteopathy. She now runs her own business, Vector Osteopathy, working out of Burlington Proactive Wellness clinic as well as at Think Chiropractic & Wellness Centre.

We welcome Brianna to our U18AA Team Coaching Staff and know she will be an invaluable asset to our players and organization.

BGHC FEMALE LEADER PROFILE