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Charlottetown Abbies Capture Atlantic Championship Title

The Charlottetown Midget AAA Abbies avenged a disappointing loss from the 2008 Atlantic Championships. The team recently capped off a perfect playoff run capturing the Atlantic Minor Midget Hockey Championships in Amherst, Nova Scotia.

Led by a powerful offensive attack, the Abbies cruised through the round robin portion of the event undefeated and then soundly defeated St. John's Newfoundland in the final 5-1 to capture the gold medal.

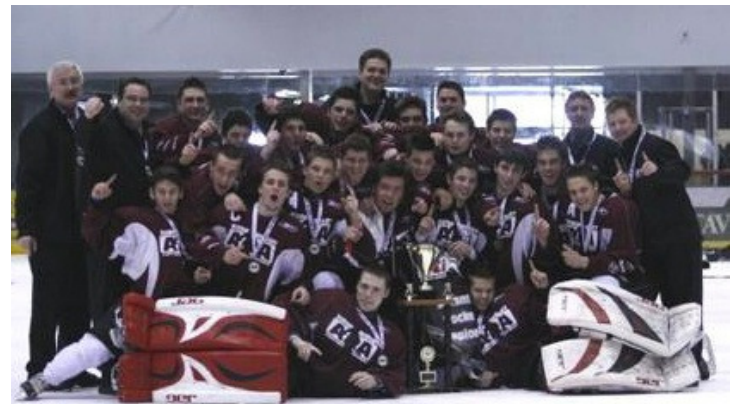
"Our players played unbelievably and bought into what we wanted them to," stated head coach Jeff MacDonald after the victory. MacDonald said all four lines played hard all weekend to help reach the goal the team set for themselves in September.

"It's nice to fulfill that goal. We lost last year by a score of 3-2 in the championship game, and I'm a big believer that you have to take a step backward before you go forward. We learned a lot from that loss last year and it was well worth the wait."

Isaac Murphy led the charge for Charlottetown potting two goals in the final game, while Conor MacAleer, Dan Dunn and Ben Buchanan added singles. Kyle Craswell picked up the win in nets and Cole MacMillan was named player of the game for Charlottetown with two helpers.

The Abbies team was also honored with several tournament awards. Cole MacMillan was named Most Valuable Player of the tournament as well as earning the top scorer award with 13 points in four games on 5 goals and 8 assists, an average of 3.25 points per game.

Top Goaltender award went to Chris Chandler and Isaac Murphy was presented with the Most Sportsmanlike Player award. Murphy was second in scoring with 11 points on 6 goals and 5 assists and no penalty minutes.



Charlottetown Abbies
Atlantic Minor Midget Champions

RBC Volunteer Award

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Summerside Awarded World Junior "A" Challenge



Some of the best Junior "A" hockey players in the world will converge on Summerside for the 2009 World Junior "A" Hockey Challenge. Hockey Canada, in partnership with the Canadian Junior "A" Hockey League (CJAHL), awarded the Championship to Summerside. The event will run from November 2-8, 2009.

This is the fourth year of the event. It is comprised of 6 teams in 2 divisions - Canada (East) in one division, Canada (West) in the other division. Both Canadian teams will be joined by 4 international teams in a tournament format including a single round robin followed by two (2) semi-final games and two (2) medal games for a total of 13 games.

All 13 games of the 2009 World Junior "A" Challenge will take place at Credit Union Place, home of the Maritime Junior Hockey Leagues (MJAHL) Summerside Capitals. This is the fourth time this event has been held. Past hosts include Yorkton and Humboldt, Saskatchewan (2006), Trail and Nelson, BC (2007) and Camrose, Alberta (2008).

The 2009 World Junior "A" Challenge will follow the same format as previous years – two Canadian entries will be joined by four international teams and separated into two pools. Last year's event included Canada West, Canada East, Russia, Belarus, USA and Germany. The International teams will be confirmed in May IIHF meetings. The group winners will receive an automatic bye to the semi-finals, while the second and third place teams will crossover for the quarterfinals.

"The City of Summerside is excited to add another prestigious event to the list of regional, national and international events it has hosted," said Basil Stewart, mayor of the City of Summerside. "The World Junior "A" Challenge allows us to bring some of the best young players in the world to the best Junior A fans in the world. The City of Summerside, Hockey PEI and the MJAHL are committed to making the 2009 World Junior "A" Challenge the best yet this November."

"Hockey PEI is honoured and excited to partner with the City of Summerside, the MJAHL, (CJAHL) and Hockey Canada to bring this prestigious event here to our province. We look forward to showcasing many of the best junior players to the province and the entire hockey community in November," says Gordie Whitlock, president of Hockey PEI.

Team USA defeated Canada West by a score of 7-1 to capture the 2008 Challenge in Camrose. Jordan Knox then a member of the Summerside Western Capitals was a member of Canada Team East at the inaugural championships in 2006. Team East captured a silver medal at that event.

More details will follow in the future regarding the event, schedules and tickets. Visit www.hockeycanada.ca or www.city.summerside.pe.ca

Hockey PEI Crowns Provincial Champions

The conclusion of the 2008-2009 hockey season recently ended and 24 provincial champions have been declared ranging from minor hockey through to the Provincial senior leagues. The following is a list of the 2008-2009 Provincial Champions.

DIVISION	CHAMPION
Atom Female	Sherwood Falcons
Atom A Male	North River Firehawks
Atom AA Male	North River Flames
Atom AAA Male	Charlottetown Abbies
Pee Wee A Female	Morell Mustangs
Pee Wee A Male	North River Flames 3
Pee Wee AA Female	Kings County Kings
Pee Wee AA Male	Sherwood Falcons
Pee Wee AAA Male	Sherwood Falcons
Bantam A Female	Souris Seahawks
Bantam A Male	Belfast Sabres
Bantam AA Female	Capital District Cyclones
Bantam AA Male	Summerside Capitals
Bantam AAA Male	Kings County Kings
Midget A Female	Southside Lynx
Midget A Male	Belfast Sabres
Midget AA Female	Capital District Cyclones
Midget AA Male	Charlottetown Abbies
Midget AAA Male	Charlottetown Abbies
Major Midget	Cornwall Thunder
Minor Junior	Tignish Aces
Junior B (IJHL)	Sherwood Falcons
Island Women's Hockey League	Pownal Blades
Prince County Senior League	Kensington Granites

Bid Submissions Now Being Accepted for 2010 Midget AAA Atlantic Championships



Each season Hockey PEI hosts one of the five Atlantic Hockey Championships. Next season Hockey PEI will be hosting the Atlantic Midget Minor AAA Hockey Championships.

The five team round robin event will be held March 18-21, 2010. Hockey PEI is now accepting bid submissions from interested minor hockey associations/teams for the Championships.

Bid documents can be obtained by contacting the Hockey PEI office. Deadline for submissions is May 22, 2009.

Atlantic Championships Recap

Each hockey season Hockey PEI participates in five Atlantic Championships. Provincial Champions in these respective divisions proudly carry the PEI flag and represent the province at these championships.

Hockey PEI enjoyed a successful year capturing one Gold, two Silver and two Bronze medals. Below is a recap of these recent championships.

Aliant Athletics - Pee Wee AAA Championship

The Sherwood Falcons represented Hockey PEI at the 2009 Championships in St. John's, Newfoundland.

NB	4	PEI	2
PEI	4	NFLD	4
PEI	2	NS	3
Host	5	PEI	4

Placing – 5th

Michael White of the Sherwood Falcons was named the top defenseman of the Championships.

Irving Oil Cup – Bantam AAA Championships

The Kings County Kings represented Hockey PEI at the 2009 Championships. The host team for the event was the Sherwood Parkdale Falcons.

Kings County - PEI

PEI	2	NB	1
NFLD	3	PEI	6
Host	1	PEI	4
PEI	3	NS	4

PEI 2 NS 5 (Gold Medal Game)

Placing – 2nd

Sherwood Falcons - Host

NB	2	Sherwood	4
Sherwood	1	NS	4
Sherwood	1	PEI	4
NFLD	4	Sherwood	1
Sherwood	4	NFLD	3

2OT (Bronze Medal Game)

Placing – 3rd

Stephen Anderson of the Kings County Kings was the Championships top scorer and tournament MVP. *Jed Winters* (Kings County Kings) was top goaltender while *Dakota Vessey* (Sherwood Falcons) was the tournament's top defenseman.

Midget Minor AAA Atlantic Championship

The Charlottetown Abbies represented Hockey PEI 2009 Championships in Amherst, Nova Scotia.

PEI	8	NS	3
Host	1	PEI	8
PEI	7	NB	1
NFLD	2	PEI	6

PEI 5 NFLD 1 (Gold Medal Game)

Placing – 1st Atlantic Champions

Cole MacMillan was the tournament's top scorer as well as the Championship MVP. Top Goaltender award went to *Chris Chandler* and *Isaac Murphy* was presented with the Most Sportsmanlike Player award.

Midget Female Atlantic Championship

The Capital District Cyclones represented Hockey PEI at 2009 Championships in Glace Bay, Nova Scotia. The winning team from this year's event represents the Atlantic Region at the 2009 Esso Cup, which will be held in Calgary, in April. This marks the first year that a National Champion will be crowned at the Female Midget level.

NS	4	PEI	1
PEI	3	NFLD	5
HOST	2	PEI	7
PEI	2	NB	6

PEI 2 NFLD 1 (Bronze Medal Game)

Placing – 3rd

Valerie Boswall of the Capital District Cyclones was named the top defenseman of the Championships and named to the first all star team. Goalie Candice Hopkinson was named to the 2nd all star team.

Atlantic Regional Midget Major Hockey Championship

The Cornwall Thunder represented Hockey PEI at the 2009 Championships in Saint John, New Brunswick. The winner of the event will be the Atlantic Canadian representative at the Telus Cup - National Midget Hockey Championship which will be played in Selkirk, Manitoba.

PEI	3	NS	2
HOST	2	PEI	1
PEI	4	NFLD	2
NB	3	PEI	6

PEI 4 NB 5 (Gold Medal Game)

Placing – 2nd

Jordan Costello was named the Championship MVP while *Devon Cudmore* was the top goaltender.

Hockey PEI Introduces Awards Recognition Program

Hockey PEI is pleased to announce the introduction of an Awards Recognition Program developed to honor deserving participants and volunteers of hockey across the province. Eight new awards have been established for the following categories:

- Volunteer of the Year;
- Minor Hockey Association of the Year;
- Administrator of the Year;
- Female Player of the Year;
- Male Player of the Year;
- Coach of the Year;
- Team of the Year; and
- Official of the Year.

Each award has its own established set of criteria and nominations are currently available for submission for the 2008-2009 season.

In addition to these awards, Hockey PEI will also recognize individuals with the Hockey Canada Officiating Branch Awards, Presidents Award and Hockey PEI Life Membership. Gordie Whitlock, President of Hockey PEI, states "we are very pleased with the establishment of this awards program. Hockey PEI has one of the largest networks of volunteers in this province who work tirelessly to make the game of hockey available to our youth; it is those volunteers and participants who deserve the very recognition that this awards program will provide".

"We encourage all members to nominate deserving participants and volunteers for these awards", says Whitlock.

These newly developed awards are added to the already existing awards provided by Hockey PEI, such as, the BF Lorenzetti Inc. and Hockey PEI scholastic awards that are valued at \$1,000 each that honor a deserving player and/or official pursuing post secondary education. Also, Hockey PEI annually presents the Development Council Award to a minor hockey association that best promotes branch and Hockey Canada Development Programs for its players, coaches, officials and instructors. This award will see a change this year in that two associations will be recognized for their efforts; one for associations comprised of 300 players or less and one whose registrations exceed 300 players.

Information and applications on all available awards can be found at www.hockeypei.com or by contacting the office at 902-368-4334. Deadline for submission is May 15, 2009 and all presentations will be made at the Annual General Meeting to be held in June 25.

Official Assigned to National Championship

For any official attending a national event, although a reward for hard work and being at the top of your game, these events are also an opportunity to continue to improve and learn. For Valerie Vuillemot of Charlottetown that was the case at this year CIS Women's National Championships.

Vuillemot was selected as a linesman to represent Hockey PEI recently at this year's national championship in Antigonish NS. She

was one of six linesmen and three referees selected. Teams participating included Moncton, Ottawa, Wilfred Laurier, Manitoba, McGill and the host St. FX University.

"It was a really great weekend and I was glad to have the opportunity to work the event. It was refreshing to work with officials at this level who take women's hockey seriously and who are dedicated to improving their own game every time they step on the ice," stated Vuillemot. "The standard of play was much faster than I'm used to. It was really challenging to adapt to the pace and maintain my standard. Hopefully, I'll be able to translate all I've learned to the games I do back home next season."

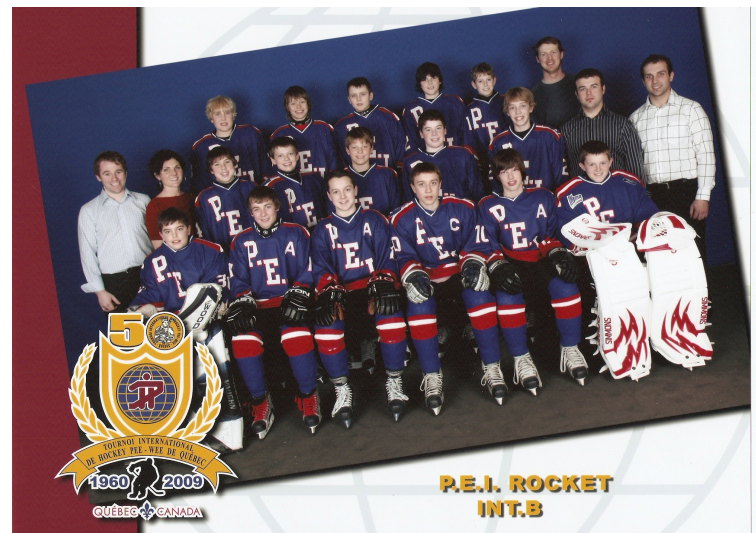
This is the second national assignment to come Vuillemot way in the last two years. In 2007 she had the privilege to work at the Esso Women's national championships hosted in Charlottetown. She believes attending such events make you a better official and hopes to grow on this experience in the hopes of more future assignments.

Mid Isle Matrix Attend Pee Wee International Tournament

Each year, a member team of the Aliant Pee Wee AAA league is giving the honor and distinction of representing PEI at the Quebec Pee Wee AAA International Tournament. This past February, that honor would go to the Mid Isle Matrix.

This year marked the 50th anniversary of this prestigious event. Each year this event attracts over 2000 young players encompassing 16 different countries. Although the event is about hockey, this event is deemed as much a cultural experience as it is about hockey.

This very popular event was founded in 1960 and has never ceased to grow in importance. Many stars from the National Hockey League have passed through this Tournament, including the likes of Guy Lafleur, Marcel Dionne, Mark Howe, Wayne Gretzky and Mario Lemieux to name a few.



The Mid Isle Matrix representing PEI began their venture on February 11th. The team saw their first action in the historic Pepsi Coliseum against Angleterre (England), in which they came out with a 4-2 victory. Their second game of the tournament was a hard fought 4-2 loss to Point-Levy Commande of Quebec.

"The entire event was very memorable and full of many lifetime experiences for the boys", stated team manager Rita Sark. "It is an amazing experience and a once in a life time opportunity to be on this type of stage for these young players".

The team would cap off their experience with two more exhibition games against a team from France and the United States.

Each year, the PEI Rocket provides team uniforms to the PEI representative for the event. The Pownal Red Devils Pee Wee AAA will represent PEI at the 2010 tournament.

Irving Oil Cup a Huge Success

The top Bantam AAA players from across Atlantic Canada descended on MacLaughlin Arena to battle for the 18th Annual Irving Oil Challenge Cup, Atlantic Canada's Bantam Hockey Championship.

And battle they did! The championships were a huge success attracting large crowds for many of the games including a crowd of approximately 1200 for the Championship final between Kings County Kings representing PEI and Nova Scotia represented by the Halifax Hawks. The Hawks would prevail in the Championship game with a 5-2 win and capture the Gold medal and the title of Atlantic Champions.

Kings County would settle for the Silver medal. The host Sherwood falcons captured the bronze medal with a double OT win over Newfoundland 4-3.

Hockey Canada and Irving Oil were very pleased with the overall event hosted by the Sherwood Falcons Minor Hockey Association. "The work of the entire committee is to be commended", stated Sherwood Minor Hockey President Joe Doran. "Many people gave their time and commitment to make sure the event was a great success for all the players and the hockey community as a whole. We are extremely proud of the work we did".

The host committee was lead by Chair Person Tammy Callaghan.

Award winners included the following:

MVP – Stephen Anderson (HPEI)
Top Scorer – Stephen Anderson (HPEI)
Top Forward – Taylor Burke (HNS)
Top Defense – Dakota Vessey (HOST)
Top Goalie – Jed Winters (HPEI)
Most Sportsmanlike – Michael Abbott (HNL)



Hard Hat Award Winners

HNB – Matt Allan
HNL – Lee Gulliver
HNS – Ryan Falkenham
HPEI – Jack VanDenbroek
Host – Craig MacLauchlan

For a complete recap, visit the Irving Oil Challenge Cup website www.irvingoilcup.com

Irving Oil has sponsored bantam hockey throughout Atlantic Canada since 1992. The company sponsors over 50 bantam teams during the hockey season, their respective provincial league championships, as well as this Atlantic Championship tournament.

Officials Selected for Championships

In addition to this being a great event for the players, officials that have been selected and assigned to work the games will remember this event as a high light of their officiating career. Selected officials for the Championships included:

Referees

Ryan Power	Curtis Doyle
Justin Desroches	Andrew Cutcliffe

Linesmen

Corey MacPhee	Jeff Fitzpatrick
Jeff Heron	Jackson Doughart
Ryan Reid	TJ Courtney
Jonathan Bouchey	Jordan Curtis

Program of Excellence

The Mark's Work Wearhouse Program of Excellence (POE) Spring Camp is set to be held April 16-19 at the MacLauchlan Arena on the UPEI Campus in Charlottetown.



The camp will see both the Male Under 16, 15 and 14 and Female Under 17 and 15 take place on the same weekend.

Schedules for the camp can be found by visiting <http://hockeypei.com/poe.php> or contact the Hockey PEI office.

Under 17 Male – Under 18 Female Identification Camps

In addition to the POE Spring Camp, Hockey PEI will also be hosting a minicamp on May 29-30, 2009 at UPEI to select players that will represent Hockey PEI at the Under 17 Male and Under 18 Female Team Atlantic Summer Camps.

More details will follow in the coming weeks related to these camps. Check out our website or contact the Hockey PEI office.

You Make the Call

So you think you know all the rules of hockey? Test your skills....

- Q1** Question: During a stoppage of play, teams are changing players. One of the officials drops the puck to start play. Immediately after the play starts, the Referee notices that one of the teams has too many players on the ice. Must the Referee assess a Minor penalty?
- Q2** A goaltender has lost her stick in the corner. Can any defending player pick it up and bring it back to the goaltender, without being assessed a penalty?
- Q3** Team A has been awarded a Penalty Shot due to a foul committed by a player of Team B. Question: Can the goaltender from Team B go to his player's bench to receive instructions, prior to commencement of the Penalty Shot, without being charged?
- Q4** A delayed penalty is to be called against Team A. Team B scores before the stoppage of play. Team A requests a measurement of the stick of the player on Team B scoring the goal.
- Q5** A goal is scored. Before the play resumes the Linesman notifies the Referee that the play should have been called for icing.
- Q6** If a fight occurs in the immediate vicinity of the goal crease, would the goaltender be allowed to go to her own player's bench?
- Q7** A goaltender in her crease has piled snow near the goal posts and goal line. The opposing team shoots the puck which in the opinion of the Referee is prevented from entering the goal by piled snow. What is the correct ruling?
- Q8** A player has a breakaway in the neutral or attacking zone and is fouled from behind. She then gets up and takes a clear unimpeded shot on goal. Should a Penalty Shot be awarded if the goal is not scored?
- Q9** A player on the penalty or player's bench directs a choke signal at the Referee who does not observe it, however, a Linesman sees the infraction. Can the Linesman call a Bench Minor penalty? What action should the Linesman take?
- Q10** A goaltender is out of his crease and a player of the opposing team who is standing in the crease, pulls the puck into the crease and then shoots it into the goal.



UPEI PANTHER HOCKEY ACADEMY



August 10-14, 2009 APM Centre

For Further Information Contact: Director of Program Coordination and Development: Tomas Stryncl – tstryncl@upepei.ca, (902) 940 - 3332

<http://www.upei.ca/athletics/allcamps/varsity>



ACADEMY MISSION STATEMENT

Enable all Island hockey players to access and benefit from elite level training, instruction and coaching in a fun and safe environment at a family based rate.

Nutrition Tips

By: Nancy Fong, BSc., R.D.
Registered Dietitian

Nutrition For The Off-Season

Now that your hockey season is coming to an end, what do you plan to do? Whether you plan off-ice training, taking time off, or participate in a different sport- proper nutrition should be incorporated into your strategy.

Why is nutrition so important during the off season? Off-season nutrition plays an important role in determining your body composition for the following season.

Body composition differs from body weight as it comprises the percentage of bone, muscles, organs and body fatness. By achieving an ideal body composition, you increase the likelihood of improving speed, agility, endurance, while still enabling your body to take the hits.

Find the Answers on Page 10

As mentioned, body composition is different than body weight thus achieving an ideal body composition involves achieving ideal body fatness and not just losing or gaining body weight. Below are some main objectives that should be attained during the off season to aid in achieving your individual body composition.

Objectives the Off Season:

- ✓ Determine your goals for the off season. Do you want to lose body fat, maintain current body composition, or gain size while losing body fat?
- ✓ If your objective is to lose or gain, ensure you achieve your goal in a healthy manner. A weight loss or gain of no more than 1-2 pounds per week accompanied with an appropriate training regime can aid in achieving an ideal body composition.
- ✓ Keep activity level and calories in mind. If you continue to train or take time off, calories must match activity level to avoid unwanted changes in body composition.
- ✓ Ensure your diet consists of a variety of food from all four food groups. The inclusion of a variety of foods permits consumption of a balanced diet which contains all the nutrients, vitamins & minerals your body needs to maintain health and train at an optimal level.

Enjoy your off-season.

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Maximum Performance & Nutrition
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Did You Know? Hockey Facts.....

Most fans know about Canada's lucky loonie at centre ice, but did you know a dime was buried in the ice BEFORE the dollar coin, just underneath it?

Lester Patrick, patriarch of the Hockey Royal Patrick family, did it all; in 1928 as coach and manager of the Rangers, he filled in for his injured goalie in Game 2 of the Stanley Cup Finals... the elderly Patrick played well, and won 2-1.

The rule for a two minute penalty is: if a goal is scored the player comes back on the ice to play. But, long ago, the rule was that the player stayed off the full two minutes regardless. That rule had to be changed because of the Montreal Canadiens. They were so good on the power play that they would score two or more goals before the two minutes was up, putting the other team at a huge disadvantage, especially if they took too many penalties.

Sherwood Falcons head to Don Johnson Cup



The Sherwood Falcons Junior B recently captured the provincial Island Junior Hockey League title winning the Championships in six games versus the Kensington Vipers. The team will now head to the 2009 Don Johnson Cup in Bay Roberts Newfoundland for the Championships April 15-19, 2009.

The Sherwood Falcons were the host team for the 2008 Championships.

The Don Johnson Cup Story

The year was 1930, the location was Halifax, Nova Scotia where Don Johnson was born. There was no minor hockey at the time, Johnson did play school hockey in his early days. He went on to St. Mary's High School and College where he continued to compete at both levels. Later, he coached both teams with the latter playing at the AUAA level. Johnson also played junior hockey at St. Mary's in Halifax. The next two seasons Johnson played with the Annapolis Valley's Middleton Maple Leafs, then he moved on to play with the Digby Ravens. Returning to Halifax in the 1950's, he laced up with the Fairview Aces of the Halifax Suburban Hockey League. In addition, during this period Don also played a season with the Bridgewater Hawks, and the Windsor Maple Leafs.

In the late 50's Johnson moved to Campbellton, New Brunswick where he helped the Tigers claim a provincial title during his second year with the team.

As an employee of the Bank of Nova Scotia, Johnson was transferred to St. John's, Newfoundland in December of 1959. He played senior hockey at the local level for two years. During this time his St. Pat's team won the historic Boyle Trophy both seasons (only the Stanley Cup is older than the Boyle Trophy). Johnson was an assistant coach with the St. John's Capitals when they won three consecutive provincial titles to claim the Herder Memorial Trophy.

After his playing and coaching days were over, Johnson was elected president of the St. John's Junior and Senior Hockey League and in

the mid 60's was elected president of the Newfoundland Amateur Hockey Association where he would help lead that province into union with the Canadian Amateur Hockey Association. In the 70's he was the first elected officer of the Canadian Amateur Hockey Association (CAHA), and later was elected president of the national body, a position he held for two years.

During Johnson's term in office, the CAHA returned to international hockey and the Canada Cup, and helmets were made mandatory. He was an officer of the association for ten years and was elected an Honorary Life Member in 1982.

The first Don Johnson Cup was played in 1982 in Kensington P.E.I. Johnson had the privilege of presenting the trophy to his own son, who was the assistant captain for the winning Brother Rice Junior Celtics from St. John's Newfoundland. Robert Cousins was the organizer of the inaugural tournament and led the initiative to have the trophy named in honour of Don Johnson.

Charla Currie Honored with Hockey Canada Award



Charla Currie

Annually Hockey Canada honours a deserving individual with the Isobel Gathorne Hardy Award. This award is attributed to an active player, at any level of the game, whose values, leadership and personal traits are representative of all female athletes. The award recognizes a player that has demonstrated strong community involvement and dedication to the game of hockey.

This year's recipient is Charla Currie representing Hockey PEI. The IWHL (Island Women's Hockey League) and the P.E.I. Female Hockey Council submitted the nomination to be considered for the Isobel Gathorne Hardy Award. Charla was selected for the award amongst nominations submitted by all thirteen branches from across the country.

Currie from Charlottetown, has been involved in women's hockey for 28 years. She was born and raised in Summerside and began playing hockey at the age of seven and continued playing through the minor hockey system. She was a member of the P.E.I. Canada Games Women's Hockey team in 1991 - the first set of Games that included women's hockey.

She participated in eight ESSO Women's Nationals and two Eastern Shield tournaments. Charla also played for the University of New Brunswick and recently played in the IWHL in which her team the Pownal Blades captured the League Championship.

In addition to her playing career, coaching and development has been and continues to be a big part of Charla's hockey involvement. Her experience includes:

1998 - 2002	POE Assistant Coach P.E.I. U-18;
2003	Assistant Coach P.E.I. Canada Games;
2003 - 2005	POE Head Coach P.E.I. U-15;
2004 - 2006	Head Coach Holland College Hurricanes;
2005	Head Coach Team Atlantic U-18;
2006	POE Assistant Coach P.E.I. U-18;

2007	Assistant Coach P.E.I. Canada Games;
2006 -2008	Assistant Coach U.P.E.I. Lady Panthers

Charla has been a leader in the promotion and development of female hockey in Prince Edward Island. In 1997 she became a member of the inaugural P.E.I. Female Hockey Council. Over the years she has led many ESSO Fun Days. In 2008 she became the Female POE coordinator and also became a member of Hockey P.E.I.'s Development Council. She continues in both positions. She is a course conductor for Hockey P.E.I. and has instructed at numerous coaching clinics.

Charla has been a dominant and influential figure in hockey on P.E.I. for many years. She is well respected, not only in her teaching career, but also by all who have been involved with her in many hockey programs. Her great sense of humor and even temperament have helped her through difficult situations and allowed her to bring out the best in individuals.

The Isobel Gathorne Hardy Award will be presented to Charla at the 2009 Esso Cup Midget Female National Championship banquet in Calgary on April 23rd.

Congratulations Charla!

Development Corner

Coaches Tip – Benefits of Great Defensive Team Play

Teams that commit to playing well defensively and take pride in the job can quickly establish an intimidating form of team identity. Focusing on a job well done in your zone enables you to dictate the pace and type of game that will be played. Knowing that you can be successful defensively instills confidence throughout your squad, especially in tight situations when you really need it. Lesser skilled players are also able to identify and fulfill roles within a defensive oriented structure which allows your entire group to contribute. Your opponent will know that they are in for a tough night offensively and while they are trying to sort that out you will be able to create turnovers, use effective transition, and maximize your time with the puck.

On-Ice Tip – Puck Support

Expect the puck, want the puck, and be prepared for a pass every time you are on the ice and skating around. As a player without the puck, the onus is on you to become an option. One way to do this is to change the point of attack from side to side or from top to bottom. Balanced positioning is also key, and that involves ensuring that the player with the puck is supported by teammates on both sides. You can support the puck carrier by setting screens and legal picks which create time and space.

Today's game also means you must take advantage of the eliminated red line and ensure that the stretch man stretches with purpose – to open up the ice and become an option.

Fitness Tips

By: Kris MacPhee
Can-Fit-Pro Certified Personal Trainer

Hockey Conditioning – How To Approach the Off-Season

I overheard someone last week proclaiming “Two more weeks until the Toronto Maple Leafs are on the golf course.” This comment hit me with much happiness, and it also gave me a realization that the 2008-2009 season is over for most minor hockey players. Many players now face the dilemma of what to do during the off-season. Some will play spring hockey, some will play another sport, some will start a hockey conditioning program, and some will use the summer months for relaxation. All of the listed approaches are good for young athletes, but to a certain degree. Too much hockey during the summer combined with starting your training schedule too early may cause burnout. Playing too much of another sport will limit your ability to make necessary physical and skill improvements for hockey. Too much relaxation will lead to a decrease in physical abilities. With this in mind, here are some keys to having a productive and enjoyable off-season.

1. Rest and Repair

This should take place immediately after your final game. Many players will either suffer injuries during the playoffs, or will play through existing injuries during that time. At the end of the season a player should not assume that the injury will heal itself in time. The player should obtain appropriate treatment for the injury prescribed by their doctor. Physiotherapy is often used to ensure that the injury heals efficiently and will decrease the chance of the injury recurring in the future.

At the completion of the season players should allow themselves to mentally unwind while at the same time enjoy the benefits of low intensity cross training. This is an opportune time to get involved in other recreational activities of interest. These activities should be used as “active recovery.” Players who don’t take advantage of this recovery phase will significantly increase the chances of burnout and injury during the next phases of their training.

2. Get Professional Instruction

Players should seek instruction and guidance from a fitness professional before starting a hockey specific training program. The person should be certified through a recognized program and have experience training athletes. Improper training increases the risk of injury and often results in countless hours of in-efficient workouts that produce minimal results. There are thousands of programs on-line and in bookstores that proclaim that they will do the trick, but none have been designed to meet the individual needs of the player. A good trainer will evaluate the strengths and weaknesses of the athlete, determine their goals, and then prescribe a program and workouts that best suit these. Besides this, a trainer will keep you motivated, hold you accountable, and provide constant feedback and teaching.

3. Train for the Sport

Players who want to become better within the game of hockey need to train specifically for the demands of the sport. This requires players to improve their speed, agility, strength, power, anaerobic capacity in a

way that it translates into on-ice success. Hockey players should develop lower body and core strength. Too often aspiring hockey players will spend their off-season working out their biceps and their chests. These players probably look great at the beach, but see absolutely no improvements to their performance when they hit the ice in September. Cross-training and playing other sports will have positive effects, but will see limited results on the ice. For example soccer is a great sport and requires players to be very fit. Soccer players need to be quick, have lower body and core strength, and have a very high level of aerobic endurance. Despite this, there are many differences in the physiological preparation required for each sport.

4. Don’t Procrastinate

It is never too early to start planning your off-season. An appropriate length of a hockey specific training program is roughly 12 weeks. Players who leave their training until late summer will have great difficulty making up for lost time. They will also increase their chances of a training camp injury. A good training program will start by building a fitness base and progressing to higher levels of workload and intensity. This periodized approach ensures that the training is efficient, appropriate to the individual, and will result in the player feeling fresh and fit heading into training camp.

These tips seem very simple but they are all areas of off-season training that most hockey players have struggled with at some time in their career. Following these tips should start you in the right direction in planning your summer. As noted above, a summer of training should leave you fit, healthy, and fresh for training camp. Feel free to contact Kris@hockeygrowth.com to learn more about off-season training programs.

Kris MacPhee, BA, PTS.
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Director of Off-Ice Programs - Andrews Hockey Growth Programs
Can-Fit-Pro Certified Personal Trainer
Certified Sports Conditioning Specialist - 2007

Summerside Submits bid for 2011 RBC Cup

In 1997, the City of Summerside came alive for a week in May when the National Junior “A” Royal Bank Cup Championships were hosted by the city and the Summerside Western Capitals. It didn’t hurt that the host also won the national championship defeating the South Surrey Eagles in the final.

The City of Summerside would like to relive that same experience in the new Credit Union Place. The City along with the support of the Maritime Junior “A” Hockey League, Summerside Capitals and Hockey PEI recently submitted a bid to Hockey Canada to host the 2011 Royal Bank Cup.

Last year the city was unsuccessful in their bid to host the 2010 national junior ‘A’ hockey championship, losing out to Dauphin,



Manitoba. "Hockey Canada encouraged us to re-apply," said JP Desrosiers the city's event development officer.

He said the success of last October's Maritime Junior "A" Hockey League Showcase and the Canadian Junior Hockey League's Prospects game in December should improve the city's chances this time around.

"When Hockey Canada came for the Prospects and saw the facility, they were more than pleased," added Desrosiers. "They were saying it was one of the best national events they've ever seen hosted at the junior level."

The city made an in person bid presentation in early March to the site selection committee in Toronto. The only other bid for the 2011 championships is from Thunder Bay, Ontario. A final decision will be made and awarded at the Hockey Canada Annual General Meeting in mid May in Vancouver.

The Royal Bank Cup was last held on PEI in 2003, hosted by the Charlottetown Abbies.

Two Islanders Selected to Team Atlantic Coaching Staffs

Hockey Canada's Atlantic Regional Centre and its Selection Committee made up from members of the four Atlantic Provinces announced today the coaching staff that will make up the two Team Atlantic Programs, Male Under 17 and Female Under 18 that will compete in this year's championship events. Hockey PEI is represented by **Al Mackay** whom was selected as head coach of the Female Under 18 team and **Jonathon Murphy** who was selected as an assistant coach to the Male Under 17 team.

The Female Under 18 Team Atlantic Program will compete in the National Woman's Under 18 Championship from November 4th-8th 2009 in Surrey BC. This year the Female Team Atlantic Program will hold its first ever summer evaluation camp where players will be invited based on their performance at their branch Program of Excellence spring camps. Players will then be evaluated up until the Atlantic Challenge Cup Thanksgiving Weekend and final selections will be made at that time. The Female Under 18 Team Atlantic Program will be holding their summer camp at Acadia University in Wolfville NS from July 13th-17th 2009.

The Female Under 18 Team Atlantic Staff will consist of the following;

- Head Coach- Al Mackay, HPEI
- Assistant Coach- Lesley Jordan, HNS
- Assistant Coach- Maryelle Midgley, HNB
- Goaltending Coach- Kirk Gormley, HNB
- Director of Operations- Carl Watters, HNB



Al Mackay

The Male Under 17 Team Program will compete in the World Under 17 Championships from December 28th to January 3rd 2010 in Timmons ON. The Team Atlantic Male Under 17 program will also hold their summer evaluation camp at Acadia University in Wolfville NS from July 20th-24th 2009. From the summer camp the male program is selected based on tournaments and league play up until the Monctonian tournament which is held every year in mid to late November at the Four Plex in Moncton.

The Male Under 17 Team Atlantic Staff will consist of the following;

- Head Coach- Jim Midgley, HNB
- Assistant Coach- Eric Bissonnette, HNB
- Assistant Coach- Jonathon Murphy, HPEI
- Goaltending Coach- David Alexander, HNB
- Director of Operations- Greg Leland, HNB



Jonathon Murphy

For further inquiries regarding the Team Atlantic program please contact;
Hockey Canada's Atlantic Regional Centre
125 Station Street
Saint John NB E2L 4X4
acoehoc@nbnet.nb.ca
Phone: (506) 652-2263
Fax: (506) 652-6641

Hockey PEI Minor Council

Annual General Meeting
Saturday April 18, 2009
9:00 am – Rodd Royalty Inn (Charlottetown)

Hockey PEI Female Council

Annual General Meeting
Saturday April 18, 2009
11:00 am – Rodd Royalty Inn (Charlottetown)

Hockey PEI Officials Council

Annual General Meeting
Saturday April 11, 2009
10:30 am – House of Sport (Charlottetown)

Hockey PEI

Annual General Meeting
Thursday June 25th

You Make the Call

(Answers)

- A1** No. If the referee notices too many players immediately, she must stop play and correct the situation without assessing a penalty. If the Referee does not notice immediately and play continues with too many players on the ice, a Minor penalty would be assessed. (*Rule 2.5 (d) - Situation 1*)
- A2** Yes, as long as that player does not participate in the play while carrying the goaltender's stick. (*Rule 3.2 (d) – Situation 9*)
- A3** No, if the goaltender goes to his player's bench he must be replaced. Any instructions must be relayed to him by a player of his team while he remains in the goal area prior to

the Penalty Shot. If the team does not have a substitute goaltender and the regular goaltender goes to the bench prior to the Penalty Shot without the permission of the Referee, a Minor penalty for Delay of Game shall be assessed. (Rule 3.1 (c) - Situation 17)

- A4** A stick measurement with the subsequent appropriate penalty is permitted after the scoring of a goal. (Section Three – Equipment, Measurement Guidelines #6). The goal will be allowed and the delayed penalty on Team A will be washed out. In no way can the Referee wash out the Minor penalty for “Delay of Game” for unsubstantiated stick measurement for “illegal stick”. (Rule 4.13 (b) Situation 8)
- A5** The referee shall disallow the goal and the face-off take place at the end face-off spot where the face-off for the icing should normally taken place. (Rule 5.3 (d) - Situation 7)
- A6** With the permission of the referee, the goaltender may proceed to her own bench. If she does so on her own accord, she is assessed a Minor penalty for leaving the crease during a fight. (Rule 6.7 (c) Situation 12)
- A7** Assess the goaltender a Minor penalty for interference. In this case a goal may not be awarded with the goaltender still on the ice. (Rule 7.3 (f) - Situation 10)
- A8** No (Rule 7.4 (d) - Situation 2)
- A9** Technically, the Linesman cannot assess a Bench Minor penalty. She should report the incident to the Referee, who can then assess a penalty. (Rule 9.2 (a) - Situation 6)
- A10** NO GOAL. The player was in the goal crease before the puck and remained in the crease while the puck entered the goal. Therefore the goal is not allowed. (Rule 10.4 (f) - Situation 6)

Scoring System

- 1-3: ZZZZZZ.....We're you sleeping during the clinic?
- 4-6: One high five. You are almost there.
- 7-10: Excellent . Time for you to get your whistle.

Contact Hockey PEI.....

How to reach us:

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Executive Director
Administrative Assistant
Technical Coordinator

Rob Newson
Tami Lewis
Mike White

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