



Cumberland Minor Hockey Association

"The CMHA Chronicle"

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C.M.H.A. 110 Place d'Orléans Drive P.O. Box 49009 Orléans ON K1C 7E4
www.cumberlandminorhockey.ca cmhainfo@cumberlandminorhockey.ca

Welcome Back

By Your Executive Committee

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Dear CMHA members,

Another hockey season has begun and what an exciting time it is for players and families. It is great to see so many smiling faces back at the rink.

For a second consecutive year, over 1400 players have registered in our house league program, comprising a total of 87 teams from Novice all the way up to Juvenile. With this large number of players, a considerable amount of time was required to complete the player evaluation process as well as meet the challenge of balancing all the teams. Kudos to all our volunteers who have dedicated numerous hours and sacrificed many week-ends to complete this process. We are now ready to drop the puck and cheer on our CMHA players.

At our Annual General Meeting in May, a full complement of board members was elected to the 2010-2011 executive council. I would like to thank the 29 member panel for volunteering with our association. I would also encourage other members to offer any support or assistance that they can in helping with our organization's continued success. A helping hand would certainly be appreciated and welcomed by all volunteers.

Over the past several years, the CMHA has been a strong supporter in providing its players with developmental opportunities to enhance their hockey skills. I am pleased to announce that in conjunction with the leadership of our player development mentor; there will be a series of player and goalie development sessions offered throughout the year. These sessions can be accessed through our main CMHA website and represent further tangible evidence of the CMHA's developmental commitment for its players and members.

In closing, we want the upcoming hockey season to be fun and a positive experience for everyone. We are therefore asking each of our members to carefully review the parents and players codes of conduct. By adhering to these fundamental principles and by exerting exemplary behaviour, we are teaching our kids the essence of good sportsmanship and helping them to become good role models for the next generation of hockey players.

Play Safe and best of luck to all teams.
Your Executive Committee



Operations Update

By Kelly Lafranchise

For the 2010/2011 Season we implemented the evaluation pilot project from last season. In 2009/2010 we piloted a new association run evaluation system at the novice level and we are now applying it to all age groups with the exception of IP and Midget.

The Director of Player Development along with the Convenors and the rest of the CMHA executive worked hard organizing the on and off ice activities needed to ensure a successful evaluation process.

The system included Hockey Canada evaluation testing and standards of play for the variety of age levels that we currently offer. This also gives the development team a measuring tool that will allow us to plan our development sessions around the need of the players that are currently in our system. We hope this will not only improve our team's competitiveness within the GHA League that we play in but that we will also be better able to develop the player's individual skill sets.

All players participated in a skills session that gave them a skill mark. The independent evaluators marked on skating (forward/backward), balance/agility and shooting/passing. This mark was weighted according to Hockey Canada guidelines. We were very fortunate that we had many volunteers who were able to evaluate at a level that they are not coaching or where they do not have a child playing. We also have a team of data imputers to enter all the skill data into the system to help ease the burden on the convenors. Once the skill sessions were complete the players and goalies played in skill games. During these games the players were marked on their game sense, puck handling and of course skating.

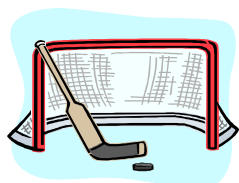
Once all the information was been entered the convenors compiled all the data and began to form teams. Games continued with player movement either for balancing purposes or because a player has been placed at a level where they will not develop appropriately.

Thank you for being patient during this evaluation time as your convenors and all the other volunteers are doing the best they can putting in more that 35 - 45 hours a week for 4 weeks ensuring your child has a place to play hockey. The system is not perfect and not everyone will agree with either the placement of their child or the strength of their child's team but please follow proper channels to be heard. We are striving to make each team competitive within the CMHA and we do not have control over the GHA teams, so please use only CMHA comparisons when you are sharing concerns around the strength of your child's team.

To date (Nov 21st) we have enjoyed success with our Cumberland vs. Cumberland games. 63% of the games ended with a 2 goal or less spread and 81% are 3 goals or less. This is up compared to last year at this time by 8%.

If you have concerns, comments or suggestions about the evaluation process please see your convenor.

Thank you for participating and we hope you have an enjoyable season.



Administration Update

By Tim MacPherson

Another season is successfully up and running and so far we have noticed many improvements from the administration side.

Although there is always room to streamline and reduce duplication on the type of information collected at the beginning of the season, this year we tried to provide every team with the templates of information required to help with the process.

Through both coach and manager meetings we emphasized the importance of getting this information back in a timely manner. I am happy to report that we have 100% of all team budgets in as well as the District 12 Volunteer lists. Last year as an association we chased these items until February!

By collecting team budgets, at the beginning of season and the end, this helps us to define what the next season team budget should be. We look at things like on-ice and off-ice spending as well as such items as potential increases in the cost of ice. From there we decide if there should be an increase in the team budget.

This year we again partnered with the Ottawa District Minor Hockey Association (ODMHA) and Chrysler for the "Caravan for Kids" program at the Novice level. The big difference this year is that this will be a three year partnership which means no more putting on and removing of sponsor-bars by the teams each season. This means that teams will get the full \$500 up front, and reduce the wear and tear of sewing on the jerseys.

We are also entering our second year of sponsorship with Lowes at the Atom level. Teams should be receiving their cheques and Lowes kits shortly.

Moving forward this year, we are working on the following initiatives:

1. For the 2011-2012 season, move to on-line registration using the Hockey Canada web site.
2. Poll the association on having a Cumberland Minor Hockey brand.
3. Centralize information on our volunteers for items such as coaching certification, Speak Out, training certification and police checks.
4. Have a short mid year survey out to the teams as a pulse on the season so far.

Just a reminder, if your team will be participating in off-ice activities during the upcoming season, you will need to complete a Special Events Request through the ODMHA. This form once returned approved, ensures that your team and team management are covered under the Hockey Canada insurance. When submitting the form, please remember to copy your convenor. The link and form name are provided below.

Link: <http://odmha.on.ca/forms> Form name: Special Event Request Form ODHA

If during the season you have any questions or comments about your respective division, let your convenor know so they can answer or address them in a timely manner.

Have a great season.

Financial Status

By Fred Jones



Each year we prepare a budget which is built on the needs of our association. The needs, not only include covering the costs of day to day operating and administrative expenses, but also allowing for provisions in asset replenishment / repair, and player development.

For the past two years, we have been very successful in maintaining and improving the services that are provided to the membership in all these areas. We have also been very fortunate in the successes of our tournaments, and fundraising / sponsorship activities. As a result, we have been able to establish a reserve which is meant to hedge against large cost escalations and / or the hope that we can continue to maintain static or marginal player rate increases, the cost to you, for years to come.

Accordingly, this year, the board submitted and recommended a 'breakeven' budget to the governing District board and registrar who ultimately use as the basis to set current year player fees. The purpose, obviously, was aimed to minimize cost to parents as we are all being affected by current economic pressures. The proposed budget which included rate and HST increases for ice of almost 11%, along with referee increases of 10% was accepted. The net effect to members was a slight 1.4% player fee increase, on average for all levels.

To date we are well into current year activities but as yet it is still too early to predict our end of year position. We are currently forecasting to our 'breakeven' plan but have already experienced some early surprises.

- Our 'mouth guard' clinics setup throughout evaluations provided \$665 in 'commission' sales to the CMHA,
- Insurance premiums to the ODMHA were reduced by \$3 a head (player and parent volunteer),
- Membership fees to the Gloucester Hockey Association were reduced drastically from previous years, resulting in a direct saving of approximately \$5K,
- Enrolment, over the past few years our registration numbers have remained fairly static, this year we have increased by approximately 60 players or four teams,
- unplanned expenditure, primarily due to our successes and something that is equitable to everyone, we spent \$16K for the cost of new socks for every registered player in House League.

We hope you all have a fun filled and successful season.

GHA – Rule 14

By Kelly Lafranchise / Tim MacPherson

For this season, the Gloucester Hockey Association, the league in which we play, has now begun to enforce rules 14.6 and 14.7 across **ALL** associations in the league.

- 14.6 Member Associations with teams at multiple levels within a Corporation House League division/category (e.g. "A", "B" and "C") shall always have as many, or more, players on the higher level team than the lower (i.e. 58 skaters in Atom = 15-A + 15-B1 + 14-B2 +14C). No adjustment to teams will be necessary for new registrants after Nov 15.
- 14.7 Member Associations, with multiple teams in one division/category, are responsible to ensure balanced teams to the greatest extent possible. The Board of Directors reserves the right, up to November 30th of each playing season, to make changes to teams for the Member Associations.

The CMHA Executive support the intent of these rules being applied as we have asked for several years for this to be addressed. We fully understand that no player movement is ever easy during the season, and wish to thank the coaches, players and parents affected for their understanding and cooperation.

Convenor's Corner

Initiation Program

By Guy Bourque & Jennifer Wawak



Over 240 IP "TimBit" Hockey Players hit the ice in early September, many of them for the First Time in their young Hockey Careers. After three weeks of Conditioning Ice and Evaluations, the CMHA "IP" Program assigned its Future Stars into Eight Groups. Many thanks to those that assisted both on and off the ice, helping us get our new season Kick-Started the first weekend in October.

Early season hi-lights include; 1) an inaugural 5th Group in the IP-6 Program, which has reached an amazing 145 Players, and 2) Jeff Aylen's IP-6 Group has been selected to represent Cumberland Minor Hockey Association at the October 28th Timbit Mini-Game at ScotiaBank Place, and will hone their skills in front of 18,000 strong at the Ottawa Senators and Florida Panthers Game during the First Intermission.

We would also like to thank all our Coaches, Assistant Coaches, On-Ice Helpers, Managers, Trainers and Treasurers, as we are now 125+ volunteers for this amazing group of kids.

We hope everyone has a Great Season!!

Team Pictures

By Tim MacPherson

In the next couple of weeks, all teams that participated in the team picture session with Capital Sports will be receiving a call that they are ready for pick up.

This year we have worked with Capital Sports to schedule a re-take day for January 8th, 2011. The re-takes can be for individual players or complete teams. If you are interested, please contact Capital Sports directly at 613-741-8573 on or before December 15th.

If you have any comments about the picture session this year, we would be interested in hearing as we work to better define our association needs with Capital Sports.

Atom

By Paul Lever & Imrana Jeffrey

The Atom level has grown by 3 teams over last year allowing the CMHA to field 4 "A" teams, 6 "B" teams and 4 "C" teams. Both the "A" and "B" levels consist of 15 skaters and 2 goalies while at the "C" level, we have 2 teams with 2 goalies and 14 skaters and 2 teams with 1 goalie and 13 skaters.

This year's evaluation time lines were shortened by two weeks. This was mainly due to the fact that the Season started two weeks earlier instead of the weekend following Thanksgiving. We maintained the same number of evaluation sessions by using weeknight ice and spreading those sessions over a 3 night period. Goalie evaluations were well attended as we have seen a larger interest in goalie participation this year, which when checking the age level, can be attributed to the pilot project that was launched last year in Novice.

Player and goalie development sessions are being well attended and this year we have been able to hold a development "Practice" for two "C" teams with the remaining teams to follow. These sessions are to not only assist the players, but to also give an opportunity to the coaches to see different drills and to ask questions of the Director of Player Development and the CMHA Coach Mentor in order to help them develop their skills as well. A heartfelt THANK YOU to both Jeff Toll and Kelly LaFranchise for getting this off the ground!

Affiliation has been a hot topic of concern over the last 4-6 weeks. Though the requests for clarification have slowed down there is still some confusion around the process. As a reminder, Players are not permitted to play with the affiliating team without your coach's approval, the completion and filing of all documents with the District Registrar. These steps are laid out by the ODMHA and are in place to protect the players.

Overall, the teams at all levels have been playing very well against the other CMHA teams and have had their fair chances against other teams in the League. Though unfortunate and out of the CMHA control, the advanced league schedule saw one team play 3 games, of which 2 were against the same CMHA team, before their first practice.

If you have any questions or concerns, please feel free to stop either of us in the rinks, or contact us via e-mail.

Peewee

By John Busnarda & Alain Casault

The Pee Wee season began on September 12 with the skater and goalie evaluations. We had 151 skaters and 22 goalies evaluated in skills drills that day. We proceeded with evaluation and balancing games for the following two weekends to arrive at the teams.

This is a large task that involves many hours of volunteer time; many thanks to those coaches, evaluators, Bantam and Midget players, and students who gave their time to help with the evaluation process.

We have formed the following teams this year, by level - 3 A teams, 6 B teams and 3 C teams. Traditionally, Cumberland teams are slow starters as the teams are generally composed of players who have not played together before as a team. The results improve as the year progresses but the emphasis in Pee Wee House League and in the CMHA, remains player development. We feel very strongly that our coaching and team staffs are well placed to guide this process along. After watching a large number of games so far in Pee Wee, we are pleased with the level of play with the teams, particularly with the first-year Pee Wee players who have graduated from Atom.



Webmaster

By Joshua Glover

As you're likely aware the CMHA website is becoming dated in terms of appearance and technology. We'll be undertaking an overhaul of the site starting in the New Year. As part of that activity we'd appreciate feedback from the users of the site as to what you'd like to see. Any feedback is valuable, whether it's a piece of information that's helpful, a feature you like, or things you think are missing or hard to find, no matter how big or small we want to hear it.

We're also looking for volunteers to help. Currently that constitutes two main requests - if anyone has graphic design or development skills and would like to assist we'd love to have your help (otherwise this becomes an expense), and for those without the technical aptitude you can still be of assistance in usability reviews as we move through the design process. The website is for you, so your input as to what you want to see is very valuable.

Any suggestions, or volunteer offers can be sent to Joshua-glover@cumberlandminorhockey.ca

Midget

By Pierre Lalonde & Rick Montroy

At Midget this year, we have roughly 235 players on 15 teams. This represents a few more players than last year, but we have increased the number of players per team and thus have one less than last year. The split of teams, determined by the GHA, is 6 A teams and 9 B teams.

The evaluation process in Midget is different than at the other levels given that the various junior teams (especially junior B and C) must make their teams first before the various competitive teams can be finalized. This in turns delays the process in House League, and since the GHA mandates the start of the season, we are faced with doing evaluations in a shorter period of time. Despite this, it appears early in the season that the CMHA teams are balanced within the CMHA.

Discipline issues are a little lower to start of the season, so this is excellent news. A number of CMHA teams are among the least penalized in the league - great job by the coaches and players.

Finding volunteers continues to be one of the major challenges facing the Midget level. Pierre and I would like to thank all those who have stepped up to be a coach this year. We would also like to thank those who have volunteered to be a manager, a trainer, treasurer, or any of the other duties required to run a team. Remember, it is much easier to run a team if everyone helps out.

Training Update

By Sue Evans

“Let ‘em Play Program”

As per ODHA (Ottawa District Hockey Association), effective now for the 2010-11 hockey season at the Initiation Program level:

“ALL registered team officials and on-ice helpers at the Initiation Program Level are required to complete the online parental program entitled “Let ‘em Play”. Any person, who volunteers at this level in a non-team official/on-ice helper capacity, may be directed to complete the “Let ‘em Play” by their minor hockey association.

Should they continue to the Novice Level, they will be required to complete the Speak Out Program as per the existing policy.”

On-Ice Officials and Speak Out

As per ODHA, effective as of 2010-11 hockey season:

“ALL new (first time) On-Ice Officials who are 16 years of age and older will be required to complete the 4 hr Speak Out Program.

ALL new (first time) On-Ice Officials who are 12-15 years of age, as well as ALL existing On-Ice Officials having been certified during or before the 2009/2010 season will be required to successfully complete the Prevention of Conflict for Officials Workbook. NOTE: Once the 12-15 year-old Official turns 16, they would be required to complete the 4 hr Speak Out Program.

There will be no charge for the 4 hour Speak Out course for any Official who is currently attending high school.”

Training Courses hosted by CMHA:

Total number of Participants = **440** of which there was **46%** participation by **CMHA members**

<u>Intro Coach</u>	= 24 total , 67% was CMHA
<u>Coach Stream</u>	= 102 total, 40% was CMHA
<u>Trainer Level 1</u>	= 152 total, 30% was CMHA

HTCP (Hockey Trainers Certification Program) Level 1

The course is available to trainers renewing their certification and whose certification expires in August of the current year. The refresher course is comprised of 8 learning modules and requires the participant to successfully complete an examination at the conclusion of the course.

For trainers whose certification expired August 31, 2010, please use the following link to access the “E-Learning” option sponsored by HDCO (Hockey Development Centre of Ontario):

www.hdco.on.ca

CC#'s (Coaching Certificate) and CAC (Coaching Association of Canada)

Attention: New Coaches to the CMHA

For those of you who don't have their CC#s and wish to obtain them quickly, please write to the Coaching Association of Canada and provide them with the following information:

- Full name
- Full address
- Telephone no.
- Date of Birth
- Date, name and location of Workshop

Attention: All Coaches

Please note the following from the CAC; NCCP (National Coaching Certificate Program) cards are no longer automatically issued. The CC#s are, just not the cards unless the coaches themselves request them.

Please keep your file up-to-date with the Coaching Association of Canada so their database remains current. This will speed up the process should anyone lose their CC# or NCCP card. To do this, I have provided you with the following link:

https://nccp.coach.ca/apex/f?p=150:58:8112:52974108258::::F117_LOCALEID:1

Equipment Manager Update

By François Côté & Angela Hatfield-Lamoureux

After having coached my son in IP for the last two seasons and observing various aspects of Cumberland Hockey, I felt I could provide additional improvement and decided to take action by getting further involved. Aligned with the fundamentals of our association, I decided to concentrate my efforts on improving it from the bottom up.

My journey as Equipment Manager along side my co-manager Angela Hatfield, began with a quick survey of our equipment room and a brief summary on how Cumberland is able to keep some control of the mass inventory of hockey equipment (ie. Jerseys, hockey socks, goalie equipment, coaching equipment etc.). My philosophy of keeping things simple and Angela's requirement for a robust plan and the need for commitment to the plan, led us to the commencement of taking an entire inventory of all equipment found in the Cumberland Hockey equipment room.

While most families started focusing on soccer, baseball and other summer sports, Angela and I committed ourselves to one evening per week throughout the summer to begin the equipment inventory by counting all pieces of equipment from pucks, cones, equipment bags to every piece of goalie equipment by size. Furthermore, we went as far as opening all first aid kits and discarded all expired supplies and built new kits from the existing supplies and materials. As we completed counting each piece of inventory, we organized them in such a manner that would make it easier for future equipment managers to count and distribute at the beginning of each hockey season. Further, let's not forget the challenging task of tracking and obtaining jerseys that had not been returned at year end from the previous hockey season.

Next on our agenda was the task of ordering all supplies that we projected were required for the upcoming season. Included in this projection was the requirement to have enough equipment for at least 4 goalies per IP6 team due to Ottawa District Minor Hockey Association's (OMDHA) policy to play half ice games at this level.

September arrived quickly and goalies began returning summer rentals as we prepared all jersey sets for distribution. In addition, we also ordered and prepared to distribute hockey socks as the Board made a decision to obtain socks for every CMHA player.

Due to the continuing growth of our area, we scrounged through our spare jerseys to build three new sets for Atom as well as ordering more goalie equipment due to the addition of a 5th IP6 team. To date, coaches have received all of the necessary equipment, jerseys and socks for their teams.

Our journey continues as we will now turn our attention to the Ray Friel equipment storage room and begin our evaluation and application of lessons learned to further improve equipment logistics.

In conclusion, we would like to inform you that we have some unused goalie equipment in surplus for sale. We currently have a surplus of unused senior blockers and trappers, chest protectors and several sizes of pads (30'', 32'', 34'' and 36'') and we are offering these sets for \$600.00.

Angela and I would like to Thank-you for your ongoing assistance in caring for our equipment thereby helping to keep our equipment costs to a minimum.



Tournament Updates

By Jazz Châtelain

This year Cumberland will again be hosting three tournaments. Much planning has gone into these already and the schedules for the Christmas one are already out.

Our tournaments are currently planned for:

Christmas Tournament - December 27, 28, 29, 2010 - Registration Full

Divisions: Novice and Peewee

Location: Ray Friel Centre involving 50 teams and 800 players from the Ottawa Valley



January Tournament - January 28,29,30 - Registration Full

Divisions: Bantam and Midget

Location: Ray Friel/Cumberland Arena involving 64 teams and 1000 players from the Ottawa Valley

Initiation Program Fun Day - April 09, 10, 2011- Registration is still open

Divisions: IP 5 and IP 6

Location: Ray Friel Centre involving 16 teams and 250 players from the Ottawa Valley

For the Christmas and January tournaments we are still looking for volunteers, and it is a great way for high school students to get their volunteer hours. If you are interested, or know of someone, please have them contact me at jazz-chatelain@cumberlandminorhockey.ca.

The Finest way to appreciate minor hockey is through the enthusiasm of our children playing in Canada's greatest Sport! Our tournaments are indeed for their enjoyment and I hope all of you will be taking home many excellent hockey memories.

The Tournament committee has made a commitment to make this year's tournament a true celebration of fair play in amateur sport and a successful and enjoyable experience for the participating players, coaches and parents.

Again this year we have been able to secure some really nice gifts for the players as well as many raffle prizes and merchandise tables. Our sponsors include : i) Prosmyl "mouth guards", ii) InAction Photography, iii) Toppers's Pizza, iv) Booster Juice, v) Subway who supplied a "Team Lunch", vi) Gatorade, vii) McDonald's, viii) No Frills supermarket "granola bars", ix) Puckmasters "60 min Team Session", x) Final Pass "Gear Wash".

On behalf of the Cumberland Minor Hockey Association and the 2010-2011 Tournament Organizing Committee, we wish to thank all the 2010-2011 sponsors and we look forward to your continuous support in our future events. Were it not for the support of local businesses and that of the Cumberland families, our tournament would not be possible.

Good luck to all the participating teams.

jazz-chatelain@cumberlandminorhockey.ca

For more information, click on the link below.

<http://tournaments.cumberlandminorhockey.ca/>



Navan for Kraft Hockeyville 2011

Let's Show our community spirit by including this in our 150 year Celebrations!

The Navan Memorial Centre is entered in the Kraft Hockeyville 2011 competition. Four communities will win \$25 000 while the top one receives \$100 000 in upgrades to their facility and an NHL pre-season game will be played in the arena in the fall of 2011 with a fun day of activities for everyone to enjoy!

Organized hockey has been part of Navan's precious heritage for 97 years! In 1913, the history of hockey in Navan began as a hockey club was formed of 24 members. Each member paid ten dollars and this money was used to establish an open air rink. If you have played at the Navan Memorial Centre, on Navan teams, against them, attended any hockey game in Navan or just love hockey, you definitely have a hockey story to share!

We need the support of the community to make this dream by submitting a hockey story and a photo to www.krafthockeyville.ca and selecting Navan Memorial Centre until **January 30th, 2011**. All stories are accepted including the ones just supporting our quest to the Kraft Hockeyville 2011 title.

Vintage Hockey Day will be held on Sunday January 9th from 1pm to 6:30pm at the Navan Memorial Centre. In conjunction with Navan's 150 years celebrations, come and take part in Navan's precious hockey history. We are organizing an alumni hockey game with ex-Grads Junior "A" players from 1:00pm to 2:30pm and hockey artifacts, photos and memorabilia presented in part by the Cumberland Heritage Village Museum will be on hand to view. We will give a prize to the oldest artefact brought to us and for the oldest player to have ever played in Navan that shows up. You will also hear the Navan for Kraft Hockeyville theme song performed by Rothwell & Moffatt. Computers will be set up to submit your stories. The Cumberland Grads will host the Gloucester Rangers with local singers/song writers, Rothwell & Moffatt performing during the first intermission and Lola Spriggs in the second intermission. The admission fee to the Alumni game will be by monetary donation. Also with a \$10 donation, you can sample excellent wine & cheese presented by Domaine Perrault Winery. All proceeds will go to the Breakfast Club of Canada. The Navan Lions will serve a spaghetti dinner from 4:30pm to 6:30pm, \$10 for adults, \$5 for children 5-12 yrs and free for children under 5. Proceeds from the dinner will go to the Food Bank.

Pep Rally at the Navan Memorial Centre on Sunday January 30th from 2:00pm to 5:30pm. This is the last day to submit your hockey stories and photos to www.krafthockeyville.ca. Computers will be set up to submit your stories. Show your support by gathering in the parking lot of The New Oak Tree at 2pm for a Pep Rally on Colonial Rd to the Navan Memorial Centre. We will cheer on the Cumberland Grads hosting the Smith Falls Bears at 3pm. More to come.....

If you have any questions, need help in submitting your story or would like to volunteer, please don't hesitate to contact us by telephone Lyne Proulx 613-833-1779 and Barry Irvine 613-835-2509 or email navanhockey@hotmail.com. You can also view our website at www.navanhockeyville.ca or join our

