



TEAM

MEET YOUR #NORTHSTARSFAMILY

PLAYER OF THE MONTH



PROJECTS & UPDATES



PLAYER SAFETY

# NORTHSTARS NEWS



## EMHW CHAMPIONS

## U16AA NORTHSTARS

CONGRATULATIONS TO ALL OUR NORTHSTARS' TEAMS THAT COMPETED IN ESSO MINOR HOCKEY WEEK. THANK YOU TO ALL OUR MANAGERS, COACHES, PLAYERS, AND PARENTS THAT REPRESENTED OUR ASSOCIATION WITH #NORTHSTARSPRIDE

SPECIAL #SHOUTOUT TO U13 GOLD - EMHW SILVER MEDALISTS



# GENERAL MANAGERS MESSAGE

I hope this message finds you in high spirits following a great holiday season and enjoyed a nice break! As we step into the new year, I wanted to take a moment to extend warm wishes to each of you and express my gratitude for being part of our incredible hockey community.

Your participation and support have been invaluable, and we wanted to share some insights gathered from the recent survey. Your feedback truly shapes the direction of our initiatives, and we're grateful for your candid responses. Here's a snapshot of what we've discovered and how we worked through a few common themes:

Ice time concerns:

This was a common concern amongst a variety of teams and age groups, and we appreciate you bringing forward that you believed we were shortchanged on ice times. I have worked with Hockey Calgary (they give us ice) and our managers to ensure we are getting what we are being promised. We are only allotted and allowed to secure 29 ice sessions per week for our 14 teams through Hockey Calgary Rules and Regulations. I took a deep dive into past years practice numbers and researched the other quadrants ice times, and they did receive 1-2 more ice times per AA team than us to date. I believe after the findings and conversations with Hockey Calgary we will be back on track to fulfil our 50-55 ice times for AA teams and 70 for AAA teams (which is reflected in registration fees).

Some other key findings showed:

**91.14%** believe their coaching staff is good to great. We have added support where themes were brought forward. Support for Defensemen was a theme that we have added new coaches or added support via video or practice.

**91.68%** believe their team is managed good to great. We have met with parties who had concerning results or feedback and am confident this will improve.

**84.81%** believes our fees are reasonable. Concerns were brought up regarding fundraising that the board will evaluate. For reference, CNHA is the lowest association in terms of registration fees and in some cases up to 45% lower than other Calgary Associations. We will also look for ways to provide value while not sacrificing the product.

**97.47%** of our players are proud Northstars.

**91.14%** their overall CNHA experience is good to great.

Your input fuels our commitment to continuous improvement and ensures that we're constantly striving to meet your expectations and enhance your experience within our Northstar family. All comments both positive and constructive are taken very seriously and are something we look to act and improve upon.

Another survey has been conducted by Hockey Alberta to all associations and members across the province. We thank all the CNHA families that participated in this and we are proud to report that based on the survey, we have been seen as a top 4 association in terms of both our AA and our AAA operation around the province. This is based on items such as development, coaching, policies and procedures, communication, tryout procedures, and other line items that goes into running an association. That is a great feather in our cap to know compared to others we are in the top 4 out of 36 organizations in Alberta. That being said, we have room to grow and improve as well and are determined to continue that upward trend.

As we embark on this new year together, we're enthusiastic about the opportunities ahead and look forward to implementing your suggestions and ideas. Stay tuned for updates on upcoming events, programs, and initiatives designed with your feedback in mind!

Once again, thank you for being an essential part of our organization. Here's to a fantastic year ahead filled with development, success, and improved culture.

Jesse Hale  
General Manager, Hockey Operations  
Calgary Northstars

# STARS IN THE



As part of the mission statement of the Calgary North Stars Hockey Association, it is hoped that players become "exceptional people" as part of a "community that comes together on and off the ice."

To this end, U15AA Green have had a great opportunity to volunteer in a meaningful way that allows them to share their love and passion for hockey.

They have become involved with helping to coach the Unified Athletes at Lester B. Pearson High School. These are a group of 18 students that have a complex set of physical and mental abilities in a setting where there are not always enough resources. We are currently doing floor hockey and it has been an amazing opportunity for our players to share our knowledge, expertise and enthusiasm for hockey with the Unified athletes, many of whom will never see a hockey game, let alone play in a game.

In discussion with Coach David and Manager Sarah, we have set up a few dates in which players have/will volunteer to work with these students by putting on clinics as well as coaching and/or refereeing at a final tournament against another school. The Unified Athletes are benefiting from the inclusive interaction with our player experts and our players would develop an appreciation for their privilege as well as engaging with our community and showing what it is to be a Northstar.

Unfortunately, due to the complex needs of the Unified Athletes, especially regarding transportation, the clinics take place during school hours. All of these sessions and tournament have/will take place in the gymnasium at Lester B. Pearson High School



Shaun Erick  
Director Community Involvement  
CNHA





# MEET OUR TEAM

U15 BLACK



**ILA BALL**

My name is Ila Ball, and I am the athletic therapist with CNHA U15AA Black. I started my journey as an athletic therapist at Mount Royal University where I earned a Bachelors of Health and Physical Education in Athletic Therapy in May 2023.

After graduation I wrote my national certification exam, and officially became an athletic therapist in July 2023! I have experience in a variety of sports such as rugby, football, basketball, volleyball, and hockey of course. I really have a passion for helping athletes return to sport, and keeping them safe and functioning at their best.

In my spare time I enjoy yoga, running, hiking, and spending lots of time with friends and family. This is my first season with the Northstars, and I really look forward to continuing with such a great team of people.

U15 AAA



**REBECCA HOLM**

Hello, my name is Rebecca and I am a certified athletic therapist who has a variety of experience working with multiple different sports at different levels including community, varsity and professional levels. When I am not out in the field, on the court or in the rink, you can find me working at the University of Calgary Sports Medicine Centre in the Acute Knee Injury Clinic, Acute Sport Concussion Clinic and Shoulder Clinic.

Karate was my main sport growing up. I earned my first-degree black belt at 16 years old and earned my third-degree black belt in 2017. I participated in other sports and activities and received multiple injuries myself. Fortunately, from these injuries also grew my passion for the human body and the healing process.

I am very passionate about what I do and enjoy getting to know other peoples experiences with their own injuries as I am always looking for an opportunity to learn something new. Please don't hesitate to say hi if you see me at the rink! If you have trouble finding me, look for the tallest person there with a fanny pack.



**Melissa O'Neal**

Wife to Awesome Hubby, Dennis

Mother to two amazing boys, Hunter & Kolt

CNHA Board Experience:

Ice Director 2019-2023

Administrator 2023-Present

# PLAYER OF THE MONTH NOVEMBER

SPONSORED BY



U18 GOLD



BRAYDEN HARVEY

U15 GREEN



MATTIAS WIEBE

MICHAEL TZAVARAS



U16 AA

JADEN STOPPLER



U13 GOLD



# PLAYER OF THE MONTH

## DECEMBER

SPONSORED BY



U18 AAA

NICHOLAS SHULAR



U15 GOLD

CARSON WRIGHT



U17 AAA

COHEN BABINEAU



U13 BLACK

AVA BARBOUR





Northstars Cares has continued to build their relationship with KidSport, Calgary Flames Sports Bank, and Heros Hockey.



Through Northstars Cares initiatives we want to inspire and empower all Northstar hockey players and parents to give back to their communities and help our youth hockey programs who are in need, so that they can have the same opportunities to participate in team sports and excel in a physical, respectful, and inclusive team settings.



Northstars Cares originated in 2019 to support three local charities [@heroshockey](#) [@flamessportsbank](#) and [@kidsportcalgary](#) that are doing great work in making the sport of hockey accessible to so many deserving kids and families in our community.



We held a successful Junior and Intermediate stick drive for the Flames sports bank! Our association brought in a lot of quality sticks, the Flames Sports Bank was very appreciative of our efforts!





PRIDE

GIVE THE GIFT OF SPORT

In December, we asked for your support in our first ever association wide 50/50 in support of Northstars Cares and our great charity partners KidSport Calgary, HEROS & SuperHEROS Hockey and the Flames Sports Bank. Combined these organizations have opened the door to hockey for over 1,000 local kids in 2023.

The Draw took place December 22, just in time for the holidays. The winning ticket was # D-1901 CONGRATULATIONS!



Each team was set up with their own team to support on the drop-down menu. The team who finished with the top sales received a team pizza party to recognize their efforts!

The TEAM with the most sales was U15 AAA 🙌🙌



Thank you Northstars families for giving back by supporting this great hockey community through the powerful work of our charity partners!



TRADITION



In November the **U13 GREEN** was provided with two senior secret Santa (SSS) candidates and their list of special requests to make the holidays better for seniors on their own.



The team met at Marlborough Mall on a Saturday to shop in 2 groups and select special items for their seniors. The team took photos with Santa to accompany the signed and packaged gifts, which their team coordinator then took to the drop off for special delivery for our seniors.



“Our team had a blast selecting items to buy and paying for them. It was a fun afternoon, and we are grateful to have been a part of making Christmas better for a senior in our community.”



Meanwhile in December **U13 BLACK** shared the love on a Friday evening, by helping to sort and pack gifts and good cheer for Calgarians in need.





LOOKING AHEAD



Some Northstars Cares initiatives coming up:

CNHA U18AAA team will be working with the U9 McKnight team in January and February.

The CNHA U15AAA and CNHA U17AAA teams will be partnering with the SuperHEROES HOCKEY program getting together to play the great game of hockey and create memories!



Our associations' parents, coaches and players have been tremendous and have gone above and beyond showcasing our outstanding brand and program! More than just a hockey player!

KEEP W1NN1NG NORTHSTARS!



WE ARE NOT HERE TO PARTICIPATE; WE ARE HERE TO TAKE OVER!



BETTER NORTHSTARS ★  
MAKE BETTER PEOPLE!



Ian couture  
Director Northstars Cares  
CNHA

The CNHA hosted its inaugural poker night at the Deerfoot Inn and Casino, drawing a turnout of 242 attendees! The event proved successful, raising over \$40,000!!

These funds contribute to various critical facets of the Northstars, encompassing reduced player fees, both on and off-ice player initiatives, coach development, and the ongoing commitment to delivering a top-tier program throughout the city.

Next up is the CNHA Golf Tournament, date is May 14th held at the Country Hills Golf Club. Details will be forthcoming.



Chris Dietzen  
Fundraising & Tryouts Director  
CNHA





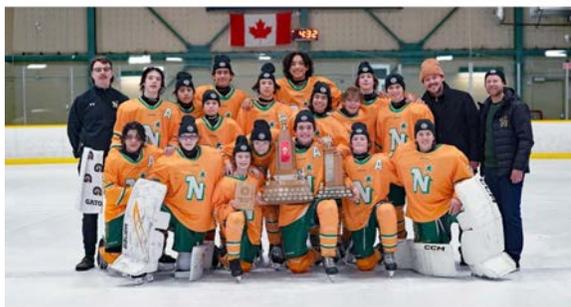
Liked by cnhau13aa\_black and 167 others  
calgarynorthstarshockey #StarsInTheCommunity

@cnhau13aagold hosted a "Hot Chocolate & Cookie Social" and created a Christmas craft with residents in Sage Hill this afternoon

# HIGHLIGHTS OF THE MONTH



Liked by baselinetherapy3 and 94 others  
cnhau15aagreen [ Olds Grizzlies U15AA Classic Tournament ] It was an exciting weekend of hockey with a barn burner of a final game - 5 min 3v3 OT and clinching the W with a... more



Liked by cnhau15aagreen and 63 others  
cnhau15aagold U15 AA Edmonton Invitational- the Northstars U15 AA GOLD TEAM as B side champions. Also Nicholas Shular #15 wins best defender of the tournament. Benji Wind... more  
View 1 comment  
January 2



Liked by cnhau16aanorthstars and 86 others



Liked by cnhau15aagreen and 98 others  
cnhau16aanorthstars Group pic with moms before heading up to Red Deer.



Liked by cnhau18aaa and 119 others  
calgarynorthstarshockey Congratulations to all the #players #parents #volunteers #supporters and #organizers on a successful night... more



Liked by cnhau13aagold and 59 others  
cnhau13aa\_black Northstars U13AA BLACK TURNED INTO ELVES TONIGHT AND HELPED OUT SANTA TO BRING JOY TO SOME FAMILIES FOR XMAS MORNING!! Thank you magic of Christmas for allowing us to help out!



**As hockey players, equipment is part of the game, and if worn properly can allow for a long career with less risk of injury.**

**Here are a couple "guard" reminders on the importance of wearing your neck guard and skate guards appropriately:**

### **NECK GUARDS:**

They are to be worn for a reason!

- ✓ Yes, they will protect you from severe neck injuries from sticks and skates
- ✓ Yes, they are part of your equipment you are responsible to wear during practice, warm up and games
- ✓ Yes, it is your responsibility to replace it when they are worn out and when the Velcro no longer sticks
- ✗ You don't have sty when you don't wear it
- ✗ Your pregame routine will not be ruined if you don't wear it during warm up
- ✗ No, socks or other pieces of clothing do not replace a proper neck guard

We've all seen high sticks hit players in the neck, and worse, skates flying up towards a player's neck (accidentally) after a hit or a fall.

There is a reason you have to leave the ice IMMEDIATELY if it falls of, or penalties are called.

Neck guards can save your life!

### **SKATE GUARDS:**

Skate guards are not only important for protecting your blades from pesky rocks or other things you might step on.

They can also help protect from potential serious foot injuries, such as:

- Broken bones
- Deep cuts
- Infections from blade cuts

Wearing your skate guards, while in the dressing room, hallway, or anywhere you are wearing your skates while not on the ice, is important!

Accidents happen. Bare feet and toes can get stepped on and cause major injuries to you and your teammates that could lead to lengthy recovery and time away from the ice!

Laura Redgate B.Sc(kin), CAT (C)  
Baseline Therapy

[www.baselinetherapy.com](http://www.baselinetherapy.com)



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