



# Celebrating 50 years of HOCKEY in North Vancouver

**2015/16 Annual Report May 4, 2016**

Hockey Sticks  
World Famous,  
Favorites of Pro-  
fessional and  
Amateur Players.

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## About our association

North Vancouver Minor Hockey Association (NVMHA) provides a safe, positive, competitive, and fun experience to our players in a community and team based environment through the game of hockey. NVMHA delivers hockey programs to boys and girls in North Vancouver and reports up to Hockey Canada through the Pacific Coast Amateur Hockey Association (PCAHA) and BC Hockey.

### Mission

NVMHA is committed to promoting, organizing and delivering amateur ice hockey to the youth of the North Vancouver for the sole purpose of involving kids in a healthy sports environment from an early age into young adult for personal development and growth. It is our hope that this involvement will grow these generations into productive members of society who have developed a very high standard of sportsmanship, self-discipline, courage, perseverance and citizenship both on and off the ice who will in turn hand over the same values to the future generations of youth. We will not judge nor discriminate but provide safe, supportive hockey programs where players are mentored and encouraged to achieve their best at whatever level they wish to play, at whatever they wish to do and wherever it might lead them.





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## Season highlights

This season we had 1,026 registered players, 314 rostered team officials (coaches, managers and safety persons), and approximately 698 volunteers on an annual operating budget of \$1 million. Board member meeting attendance improved with new members taking a more active role and progress made in all areas including introducing the association to concussion baseline testing (see feature on page 22 of this report).

In terms of player development, [cross ice hockey](#) was introduced at the Initiation level and 205 extra skill sessions were offered at all levels including: goalie, puck skills, edge work, defence, conditioning, Atom prep, and pre-season conditioning. “Speed and reaction time” measures were taken for the first time at the rep hockey level to support player development and a wider roll-out of these tools is being considered for future years.

Overall, the average player satisfaction rating for 2015/16 showed modest improvement over last year (3.0 compared to 2.8 out of 5.0) as captured through the annual survey of members. Our players participated in many tournaments leaving lasting memories and experiences for all involved.

There were a number of team and individual successes this year at in all levels with the Juvenile A1 showing us how to go the distance and bringing home the gold at the BC Championships.

Finally, in the spring of 2016 the position of Assistant Director of Hockey Operations was added to support the Director of Hockey Operations in the delivery of the Player Development Plan, with a focus on improving the Initiation and C hockey programs.



## Messages



Lawrence Smyth

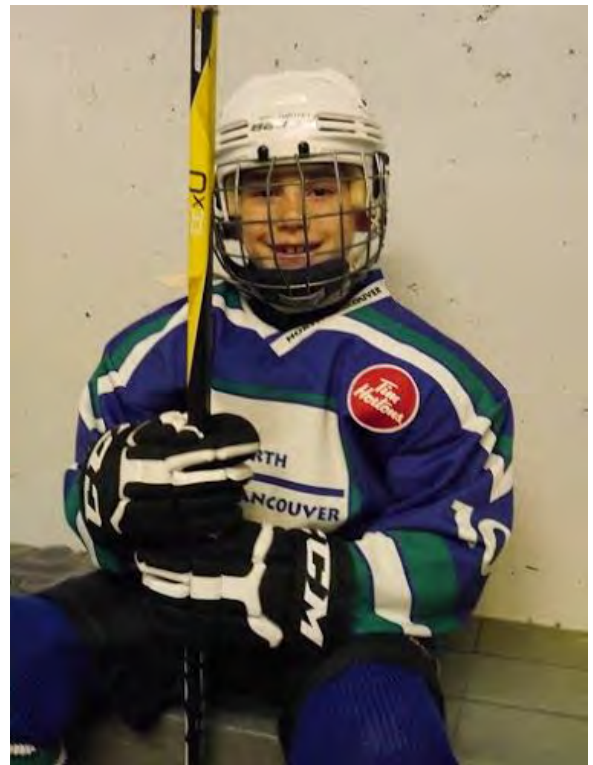
### President

I'd like to introduce you to our new look and format for the NVMHA Annual General Meeting. We decided to produce an annual report in an effort to better inform the membership and reduce meeting time at the AGM. This is the first of what I hope will many subsequent editions in the future.

We've completed another successful season of hockey and as you might have noted by the cover, we will be 50 years old at the start of the 2016-2017 season. We're intent on getting the community in on it and have started preliminary planning to celebrate including commemorative handouts and various events with a gala somewhere along the way. Stay tuned as we roll out festivities through the summer and into next season, saluting past and present players and members who've helped shape our great association into what it is today.

Another development you might have noticed, at least if you were in Initiation hockey H2 – H3, was a complete movement to the Cross-Ice Development format which is sweeping the nation. This has been a two year progression with NVMHA at the leading edge through our participation in the pilot program, introducing rule changes and a training model, and insisting on the formation of a lower mainland steering committee. We preceded the shift by purchasing rink dividers and junior nets to make the game as close to the real thing for the players as possible as they battle it out on a smaller playing surface. As one of the key members on the steering committee, we will be ironing out issues and designing guidelines to make efficient use of the facilities.

Coupled with the cross-ice format we're also evaluating our "grassroots" development model for the Initiation group. It's been about 6 years since we implemented standardized training for H2 – H4 and we're ready to take a fresh look at how we teach our young players the game of hockey. We feel that focusing on skating and puck control skills and technique, along with instilling the confidence in them to try new things, will help move through the initiation levels and into Atom with a stronger foundation in place.



Of the many events we took on this past season such as the annual Frolic and the Thanksgiving and Christmas Tournaments, one of the most memorable was the Cops for Cancer charity fundraiser hockey game. This game pitted NVMHA coaches against the North Vancouver RCMP. I won't get into the details of the game but it did start a new rivalry with the RCMP vowing to revenge their loss in the next chapter with "reinforcements".



True to form, our long time administrator Don Woodman bravely sacrificed his hair and raised over \$2,000 for the cause. NVMHA teams chipped in with other fundraising and combined with other efforts the event raised over \$9,000 for cancer.



Our season just past saw many teams make it deep into the playoffs with many "C" teams competing for a banner in their respective finals and 4 rep teams playing into their final-four series. Our most successful team was Juvenile A1, making it all the way to the BC Hockey Championship series and winning gold against some very good competition. For their efforts NVMHA will be receiving a Canucks Silver Skate Award for Juvenile hockey at the BC Hockey AGM in June, a proud moment for our association. This not only highlights our Juvenile program but hopefully will create a resurgence of interest in the Juvenile hockey program overall.

Changes in the Societies Act and at BC Hockey have had Minor Hockey Associations take a look at their governance. We're no different and NVMHA has embarked on its own governance review, looking at ways to change the way we administer the association and increase capacity to better serve the membership and the players of all ages.

We look forward to working with our membership to continue to improve our youth hockey programs and ensure our players have a positive and memorable experience through a short, intense six month season. My measure for success is collaborating with the board, staff and our volunteers to organize 1,000 plus players into a structured, competitive community hockey association. Simply, this year we succeeded in our goal of providing organized hockey to the youth of North Vancouver in a safe and fun environment.



Dan Cioffi

## Director of Hockey Operations

I feel we've come a long way building a strong foundation for our hockey programs. We have great people from our volunteers, parents, and coaches who understand that hockey development takes time and focusing on development progress and character building, such as accountability and commitment, vs. win / loss records is part of the long term development plan.

As we continue to develop our players and coaches and add add new resources through the Assistant Director of Hockey Operations, I look forward to rolling out next year's programs and another great year having fun with the kids learning and enjoying the great game of hockey.

### Rep Try Outs

Another positive Rep tryout process this season with players being evaluated through both Phase 1 and 2 and coaches in all divisions allowing movement up and down with all working groups including C teams. We also saw the implementation of the WHL combine testing being the first minor hockey association in BC to do so for evaluations to test individual skills, we found this very useful and efficient and will be implementing again this season followed by another half dozen associations who now have adopted the same process. We are always trying to improve our process as we did this past year with inter- squad games between working groups. The implementation of deadline dates for team selection helped staying on track and efficient, but still can be improved on.

### Initiation Program

We saw the implementation of cross ice hockey at the H2 and 3 levels this season, with H2 incorporating it full time and H3 as a Hybrid and split season. This was an introductory season to this program across the board and there is plenty of upside for improvement and growth, which the PCAHA cross ice committee is looking at. Hockey Canada is immersing in this program and will be launching its national development program shortly.

### C-Hockey Program

This season saw the continued implementation of a C-team development model. Where some teams incorporated our in house development program with DHO and the addition of our skills providers. There were many positives as well as some continued challenges that need to be improved upon moving to next season to help build on and deliver continued productive programs.

### Rep Program

This season saw us ice 16 REP teams including Juvenile. Rep teams we provided development resources through DHO and other skills providers. Of our 16 Rep teams we had 1 provincial champion, 1 playoff and presidents champion and 4 teams reach the final 4.

## Development Programs

In addition to the existing development clinics we've built, we saw 4 new programs this year including Power Edge Pro puck handling and edge work, H3/4 Atom prep program, Sunday night agility and puck skills, and Thursday evening on ice coach development sessions. Pro Smart hockey, which is an online hockey platform for coaches, players and parents, was delivered to coaches in all divisions as a coaching resource with year plans that include practice plans, skills videos and other tools necessary for coaching a team.

## Success Stories

- Juvenile A1 won provincial championship
- Adam Maier from the Bantam A1 team and who has played in NVMHA since initiation was selected one of the top 70 forwards in his 2001 birth year in the province and invited to attend to compete for a spot on team BC that will compete in the Western Branch Challenge in October.
- Atom A1, Bantam A4, Midget A3 and Midget A1 final 4 appearances
- Various banner winners across all divisions





Chris Birkett

## Treasurer

In the past year NVMHA operated on a budget of approximately \$1 million. The breakdown is shown in the charts at right and the board does not anticipate any material change for the 2016/17 season.

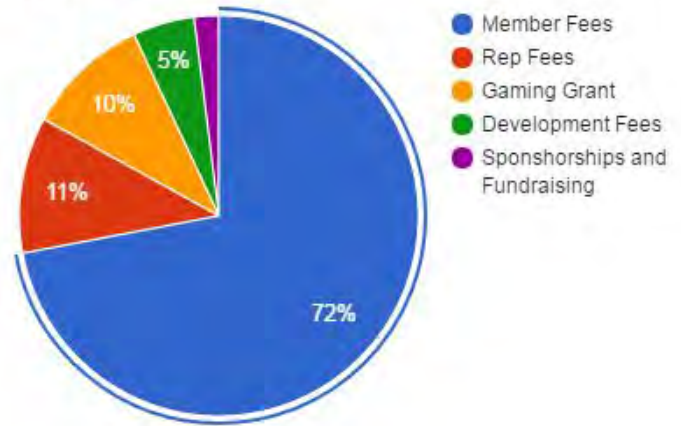
### Looking Forward

The annual budget is prepared on the concepts of fairness by trying to insure that the various programs contribute equally, on a pro-rata basis, to their programs. With continued receipt of the Community Gaming Grant, all programs within NVMHA will, in effect, be subsidized. Further, NVMHA benefits financially, in a very significant way due to the strong volunteerism that occurs within our membership. We strive to provide financial assistance to those members who require it, and support our alumni by providing scholarships to deserving young athletes. Although the board is constantly exploring ways of making hockey more accessible by making it not as costly, we are also faced with ever increasing costs (for example, ice costs increase 2% next season). The source of the funds to cover these costs will generally fall to the membership. NVMHA is in a strong financial position and has a healthy reserve should any unforeseen circumstances occur.

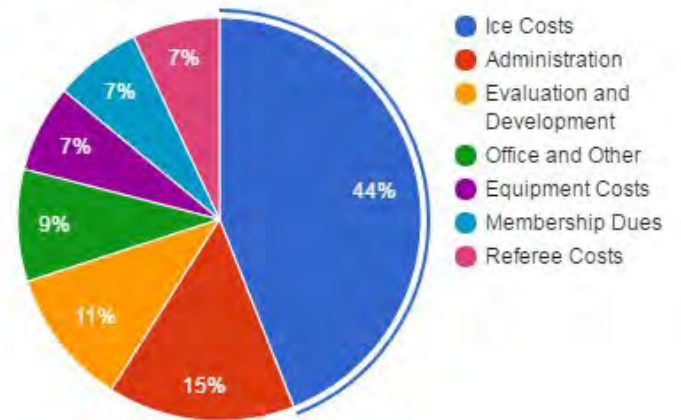
### Financial Controls

NVMHA has established a sufficient set of financial controls. Expenditures are paid based on contracts / invoices that are approved by an appropriate staff member or board member. Approved invoices are forwarded to the treasurer for payment who reviews and questions the expenses where appropriate. Cheques prepared by an outside accounting firm are then signed by two board members. Financial statements are prepared annually for the membership that have the ability to question the veracity of the statements. As the treasurer, I feel that our financial controls are sufficient and recommend that we again waive the requirement for a costly audit on the basis that it is unlikely to provide a financial benefit to our membership at large.

Revenues



Expenses






## Progress and goals for next season

Over the course of the year the Board of Directors and staff focused on four themes for improvement, measured progress and developed goals for the 2016/17 season.

	2015/16 Progress	2016/17 Goals
<b>Governance and capacity building</b>		
Reorganize NVMHA to deliver on the vision, mission and mandate	Added Assistant Director Hockey Operations position, revised NVMHA bylaws and proposed new organization structure	Continue organization structure review to support improvements to hockey programs, member satisfaction, and transparency.
Follow best practices for clubs, become more effective and efficient with staff, volunteer and board time	Complete " <a href="#">Club Excellence</a> " affiliate status	Attain "Club Excellence" member status
Produce annual report to improve communications and engagement with membership	Developed first annual report	Incorporate feedback and consider a more interactive on-line version
Celebrate 50th anniversary	Initiated, committed and started plan	Complete plan and deliver events
<b>Player and coach development</b>		
<a href="#">Player Development Plan</a>	Refreshed including alignment with <a href="#">Long Term Player Development Model</a> and NVMHA Strategic Plan	Refresh plan working with Hockey Development Committee and Assistant DHO
Initiation Program	Skills sessions and dedicated goalie training. Introduced cross-ice program	Program adjustments and new ADHO to oversee program
House (C) Program	Skills sessions for players and goalies, DHO oversight	Program adjustments and new ADHO to participate in program

	2015/16 Progress	2016/17 Goals
Representative (A) Program	Skills sessions, development plan for each division, professional coaches, combine testing	Program adjustments, <a href="#">rep tryout adjustment</a> (A1 declaration), second year combine testing
Coach development	Introduced coach development sessions to ensure consistency in the way the game is taught	Improve on-ice attendance and documentation, encourage coaches to collaborate and exchange ideas
	Introduced <a href="#">ProSmart</a> , an online learning system, that coaches, players, and parents can use as a development resource	Improve communication and use of this resource, focus on Initiation and C program coaches
<b>Player safety</b>		
Concussion baseline testing	Introduced to board, established relations with service providers, started pilot program	Wider roll-out, partnerships with service providers
ePact (Player medical information availability)	Use of ePact offers digital as well as paper accessibility for officials	Availability of information for tryout/evaluation and streamlining processes
CRC (Criminal record check)	In excess of 300 CRC's captured	Streamlining system to make it as automated as possible
<b>Fees and finances</b>		
Financial policies	Initiated review of policies	Implement new policies and improve information provided to members
Ice utilization	Identify ideas for improving current utilization of ice allocated to NVMHA	Work with Hockey Committee and Ice Scheduler, implement improvement ideas supported by the membership

## Director Reports

Season Highlights	
<p>Vice President</p>  <p>Hecel Peakman</p>	<p>Supported the President and the Division Directors throughout the year. We have continued to improve the lines of communication not only for the membership but at a Team and Division Level. I am still aware of Discipline Issues, but most are being dealt with at the Team and Division level. As Chair of the Discipline Committee, one item was brought to the committee and resolved in a timely manner.</p> <p>Will continue to revise Team Manuals and Division Director Manuals as well as develop policy for Procedural Fairness regarding disciplinary items. I will finish my term next season and continue to move forward to support the reorganization plan of board roles to better serve our membership.</p>
<p>Secretary</p>  <p>Rick Danyluk</p>	<p>I've enjoyed being on the board and feel we made improvements this year including moving to google drive to improve information sharing and collaboration, publishing an Annual Report to support planning and member engagement and working on achieving affiliate status with the Club Excellence program. As I leave the board to focus on coaching I'm happy to see the slate of candidates for the 2016/17 season and wish them success.</p>
<p>Player Rep</p>  <p>Ken Davies</p>	<p>We had many players attend Junior and Major Midget (MM) camps and some players had success and made the Junior and MM rosters. Introduction of WHL Combine testing during rep tryouts was a success and I received positive feedback from players and parents. As normal, some concerns during the rep placement process and I had discussions with coaches, Director of Hockey Operations and Division Directors in order to confirm that players were placed where they should be. Not a perfect science. Balancing issues in House, and this happens every year as parents and players do not understand that the team where they are initially placed can change up until December. There were a lot of player/parent/coach issues during the season and I attended many meetings to try to come to a resolution for each issue. After 5 years on the Board, I will be stepping away, but I will assist the new Board in any way that I can.</p>

## Season Highlights

### Risk Management



Richard Shipway

The primary focus this season, was the collection of necessary certifications and information to maximize player safety. The two highlights of this are that we now have in excess of 300 Criminal record checks on our coaches and officials. The system will be internally tweaked this year to further automate the data storage procedure.

The collection and availability of player health information (ePact) was difficult last year and not successful initially. We have worked closely with ePact to ensure our process this year will allow the information to be available at tryout/evaluation time.

The following years push, will also focus on player concussion awareness, baseline testing initiatives and information. There will also include more opportunities to learn about other physiotherapy driven initiatives.

### Sponsorship







Mark Climenhaga

The North Vancouver Minor Hockey Association is very proud to be partnered with key sponsors in the community. We would like to give special thanks and acknowledge their valued contributions and the difference they make for our organization! In 2015, we added two major contributors; Browns Social House and AJ Transmission's, we would like to thank them for their support of NVMHA! And we would also like to thank those sponsors that continue to support NVMHA each year - Tim Hortons, Time Out Sports, Boston Pizza-Esplanade, Agility Blades, Advanced Storage, and ProSmart Sports Learning Systems all make a difference to the sport of hockey on the North Shore. In addition to sponsorship we had a very successful raffle this year! It could not have been done without the help of all the families that sold the tickets and the team managers who coordinated the distribution and pick up of the books. Congrats to all the many happy winners!

To conclude, we all know sponsorships and community involvement are important to any not for profit organization. These relationships in the community enable us to keep costs lower and provide special prizes and discounts to our members. The key is ensuring that the values of our organization stay strong and that the kids are having fun playing hockey! When we work together things get done and with over 1100 members and their families involved we can reach out and engage more sponsors/contributors to get involved in 2016. I encourage all members to tap into your network and see if there are any business' you know that would like to be a part of a premier hockey association. Please contact Mark Climenhaga if you would like more information on sponsorship.

Season Highlights	
<p>Tournaments</p>  <p>Lucas Giles</p>	<p>This year NVMHA hosted four different tournaments throughout the season. Bantam House and Bantam "T4" during Thanksgiving weekend and Pee wee and Atom House over the Christmas break. All of the tournaments were a success with a total of 40 teams from across the Lower Mainland and the USA. North Vancouver teams battled hard throughout getting close to winning it all with appearances in three of the four tournament finals. Each tournament poised its own challenges as it was a learning curve from start to finish. As a first year director I couldn't have hoped for a better challenge and outcome. I am currently looking to add and improve to the tournaments going forwards and hope to continue to add to the success of the organization going into next year.</p>
<p>Volunteers</p>  <p>Joel Gibson</p>	<p>Volunteer signup is now converted to an online system, payment for accounts are set-up for automatic billing so future directors are not out of pocket. A partnership was created with local high school counsellors to target and encourage our youth to get more involved and understand the importance of volunteering. Additional ways to recognize volunteers has been explored and was successful this past year and rep tryouts will not be so time consuming as we have mainstreamed the catering process.</p> <p>I'd like to see the board follow through with its reorganization plan including improving documentation of roles, responsibilities and accountability measures so the players can enjoy planned improvements sooner. As I leave the board this year I wish the new board success next season.</p>
<p>Initiation</p>  <p>Kirsten Tiemann Standing</p>	<p>As a 1st year Director, I felt fortunate to be introduced to a such a great group of parents and kids. Everyone was excited to get on the ice and learn the skills they need to become great hockey players while at the same time having FUN! Thanks to all the volunteers (coaches, assistant coaches, managers, HCSP, etc.) this year had many highlights, including:</p> <ul style="list-style-type: none"> <li>• A formal introduction to cross ice. A few bumps on the road re: scheduling, etc. but the groundwork has been set to make next year even smoother</li> <li>• Successful Initiation / Atom Raffle with lots of money raised for the Association and some great prizes for the kids who worked so hard selling the tickets.</li> <li>• Many teams participated in the Timbits Jamboree and we had the continued support from Tim Horton's so each child received a mini stick, medal and hockey cards.</li> </ul> <p>The main goal is for the kids to have fun. From the feedback the Association has received, the Initiation kids and parents had another successful year. We look forward to introducing hockey to new players in the upcoming year and helping this year's players progress. Thank you to all the parents for their participation this past year and for their support moving forward!</p>

Season Highlights	
<p>Atom</p>  <p>Scott Hewson</p>	<p>I feel our Atom rep division would benefit from having a higher standard right from the start of the year, from tryouts all the way through the season. A stronger commitment to challenging the players will improve their all round development in the future.</p> <p>While all teams improved their skills over the year, Atom A1 performed well after being placed in flight 2, ending the year with a 11-7-2 record. They went 2-3-2 in playoffs and lost to NSWC A2 in semi finals in the final four.</p> <p>Atom house had a very successful season with each team competing hard and improving throughout the season. Our Atom C4 team won the banner in a great 4-3 win against Whistler. An all round successful season for our Atom house division.</p>
<p>Peewee</p>  <p>Thomas Huth</p>	<p>This year in peewee we had 4 rep teams and 7 house teams. Our peewee A1 team finished in tier 2 in the middle of the pack. Our Peewee A3 team won their regular season and, after losing their first playoff game in a heartbreaker, went undefeated and won the presidents series banner. In house, Peewee C4 won the banner for the regular season and playoffs. Peewee C2 also won a playoff banner and peewee C5 lost in the final.</p> <p>This year in Peewee we were a goalie short, but we were able to call up from atom. Other peewee goalies were allowed to play for another team provided there were no conflicts. We're hoping that the fact there was abundant goalies in Atom this year that this will not be a problem going forward.</p>
<p>Bantam</p>  <p>Erin Avantini</p>	<p>This year in Bantam we fielded 4 rep teams and 5 C teams. It seemed to be a good year for all teams. We had some successes: Bantam A1 won their flight in regular league play, NVC3 came 2nd in the Lions Gate League C league – behind a very tough Hollyburn team who went undefeated all season. NVC2 came in a very close 4th. In the playoffs NVC1 beat the Sunshine Coast team to win their banner. Congrats to all the players on a great season.</p>
<p>Midget / Juvenile</p>  <p>Melinda Tarves</p>	<p>This year Midget we fielded 3 rep teams and 8 C Teams. Successes include: Midget C3 won the Lion's Gate League Championship Banner and Midget A1 and A3 both earned a spot in the Final Four.</p> <p>Juvenile was able to field two rep teams. Juvenile A2 were Playoff Champions of series 5 and brought home the Championship banner. Juvenile A1 earned a spot in the Final Four and continued on to WIN and become the 2016 BC Provincial Champions!</p>

# AGM Agenda and 2015/16 Minutes

Ice Sports North Shore  
7:00 pm - 10:00 pm

1. Call to order and roll call
2. Scholarship committee presentations
3. Approval of 2014/15 AGM minutes
4. Annual report presentation
  - President
  - Director Hockey Operations
  - Treasurer (including appointment or waiver of auditor)
  - Questions from the floor
5. Board nominations for 2016/17 and election
6. Raffle draw
7. Adjournment



## Board of Directors nominations for 2016/17

The following slate of candidates is recommended for 2016/17 with three openings for new members. Members wishing to play an active role on the board are encouraged to participate on one of the ad hoc committees as a first step.

### Officers

1. President - Lawrence Smyth
2. Vice President - Hecel Peakman
3. Treasurer - Chris Birkett
- Secretary - to be determined by new board

### Directors

4. Erin Avantini \*
5. Lucas Giles
6. Mark Climenhaga
7. Melinda Tarves \*
8. Richard Shipway \*
9. Thomas Huth
10. Open
11. Open
12. Open
13. Open
14. Open



*\* Indicates at the end of their second year of a two-year term and seeking an additional year to complete work in progress and develop a transition plan*

Committees	Player Development	Finances	Member Engagement
Standing Committees	<ol style="list-style-type: none"> <li>1. Hockey</li> <li>2. Coaches</li> <li>3. Discipline</li> </ol>	<ol style="list-style-type: none"> <li>1. Finance</li> <li>2. Scholarship</li> </ol>	<ol style="list-style-type: none"> <li>1. Ombudsman</li> <li>2. Awards</li> </ol>
Ad-Hoc Committees	<ol style="list-style-type: none"> <li>4. Apparel</li> </ol>		<ol style="list-style-type: none"> <li>3. 50 Year</li> <li>4. Frolic</li> <li>5. Survey</li> </ol>

# Activity Measures

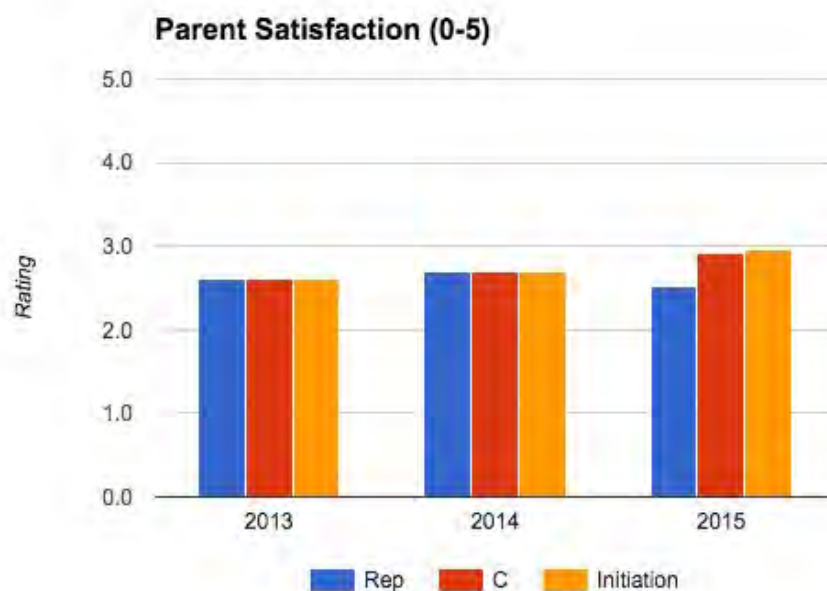
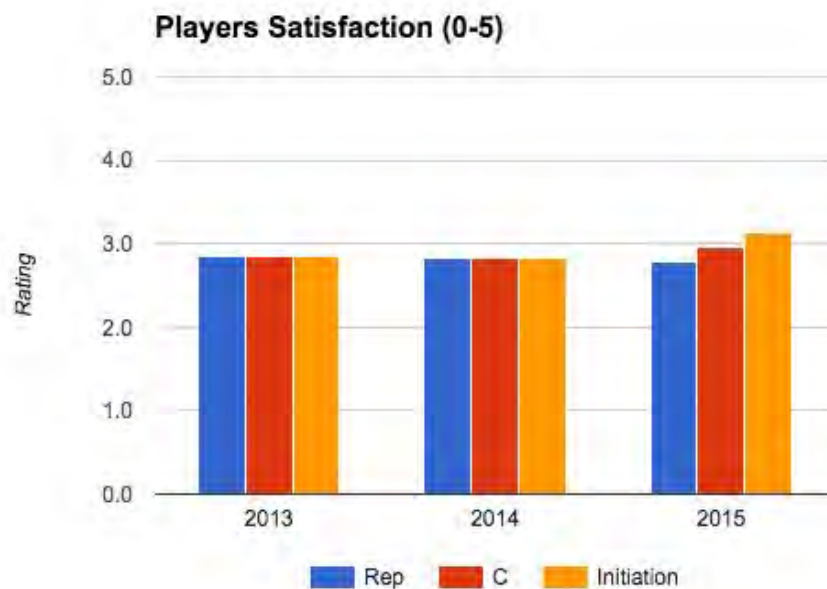
## Registration levels

NVMHA is committed to growing the game of hockey on the North Shore and has been actively working with the North Vancouver Sport Council and the two North Vancouver Municipalities to expand the hours of public ice and the number of ice rinks on the North Shore. Registration for hockey through NVMHA has been relatively steady over the last 10 years, experiencing the normal peaks and valleys of associations across the lower mainland. NVMHA continues to operate with a waitlist at the Initiation level (ages 6-9) and at the Midget level (ages 15-18) and works collaboratively with adjacent associations to place players within their associations when space at NVMHA is not available.



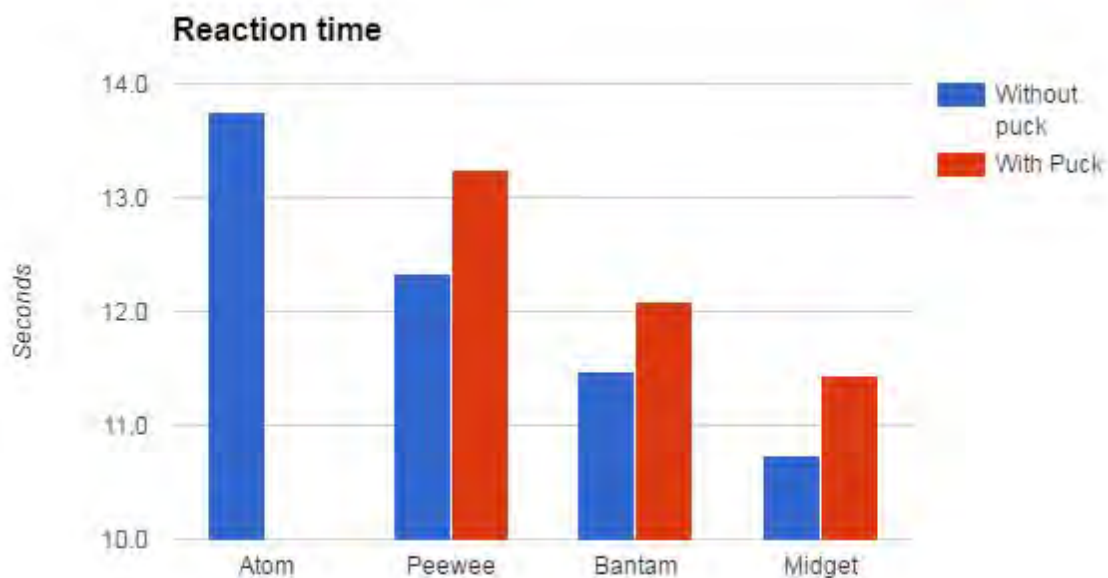
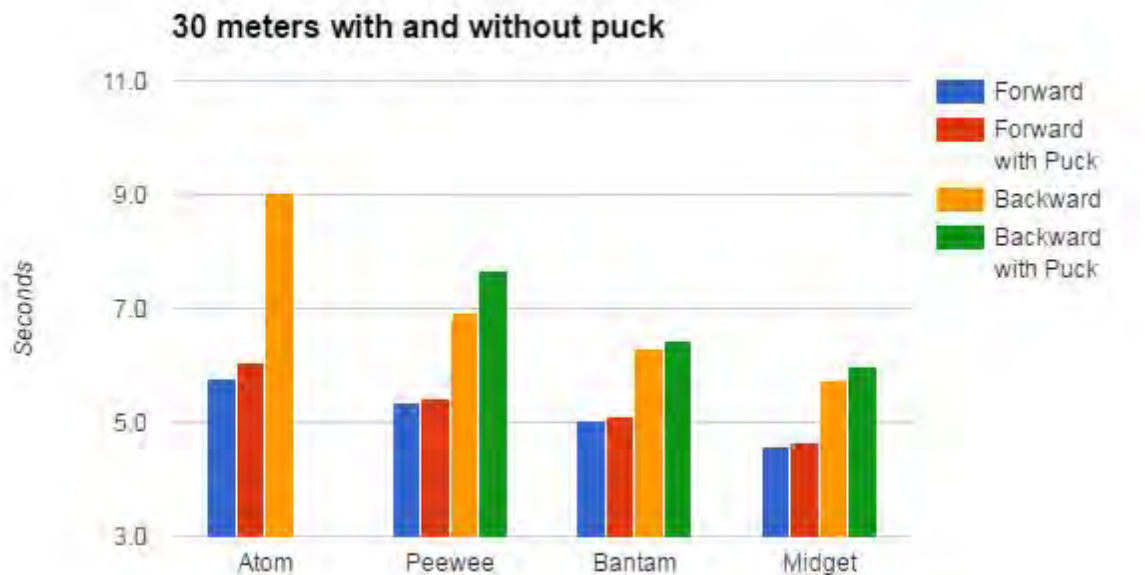
## Member satisfaction

Staff, board and committees review satisfaction ratings in an effort to improve our hockey programs from both the player and parent perspectives. Satisfaction ratings have been collected through the annual membership survey over the last three years and information was collected at the program level (Rep, C, Initiation) in 2015/16 to improve planning. In general, players are a little more satisfied than parents and results for this year indicate a modest improvement over the prior year.

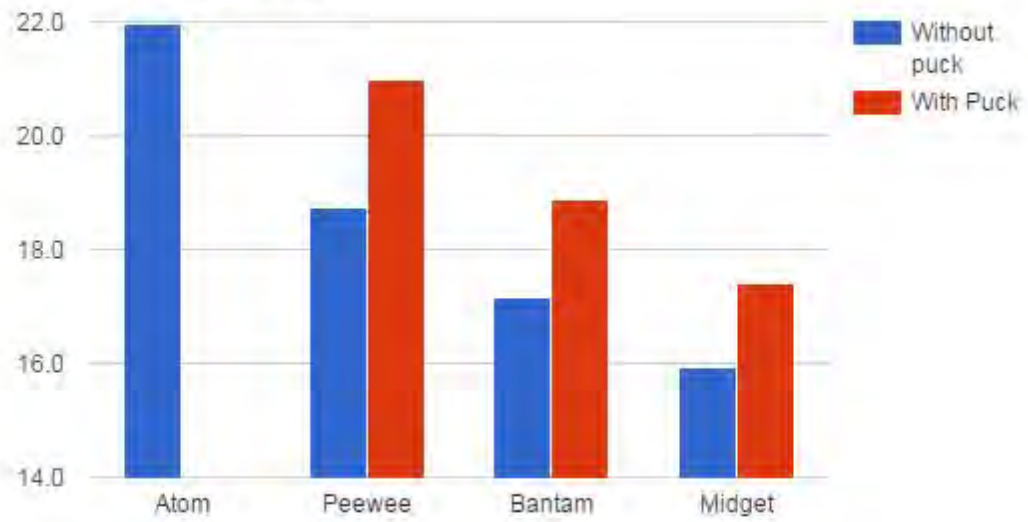


## Player and coach development

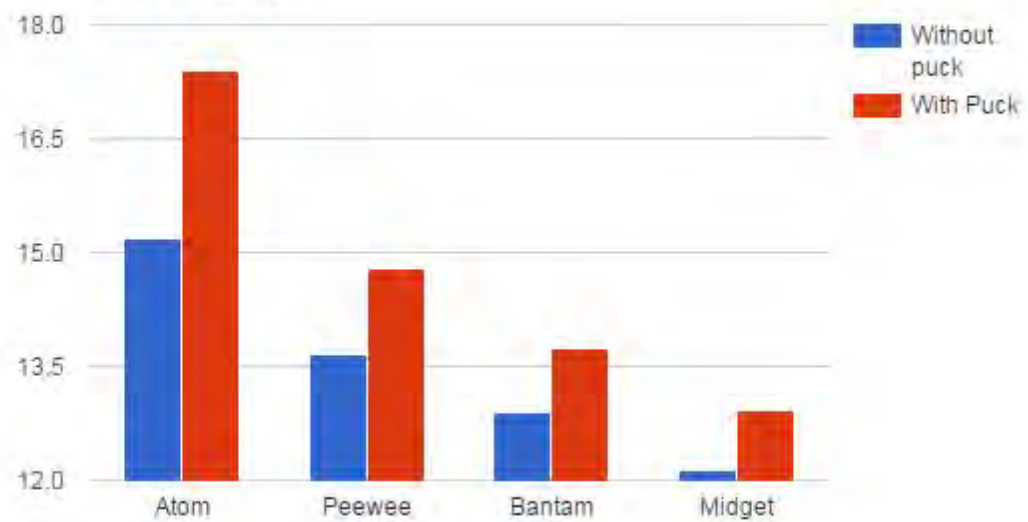
Player “combine testing” was introduced to Rep hockey at the beginning of the 2015/16 season to provide coaches benchmark information for player development and coach performance. Player feedback was positive and options for improving this tool are under discussion with the Hockey Development Committee, including acquiring the equipment and expanding the testing. Atom took longer to coordinate so some tests were omitted due to lack of time.



### Transition agility



### Weave agility



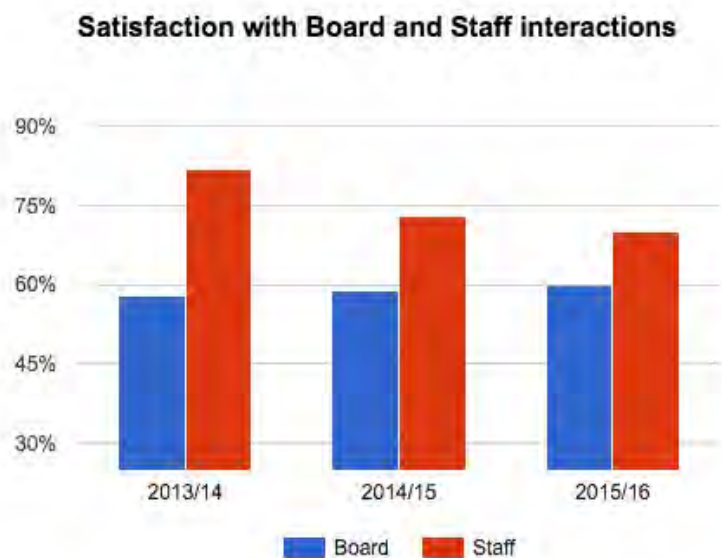
## Board meeting attendance

NVMHA has an ambitious plan for improvement and a strong volunteer base. The development of our players and coaches and support for our volunteers requires good governance and planning. This starts with the election of the board and a commitment by directors to attend meetings to move plans forward. Improvements in attendance this year are largely driven by active new members on the board.



## Member satisfaction with board and staff interactions

While member satisfaction with board interactions is improving and member satisfaction with staff interactions remains high, the board recognizes an opportunity for improvement and will be reviewing its communications strategy this year.



## Player safety and concussions

Physiotherapists, other health practitioners and the sports community, are no longer treating head injuries and concussions as something you can just “shake off” or something that is better after resting for a few days. New research shows the dangers of repeated head injuries and as a result policies and treatments have changed drastically. Damage to a child’s brain that isn’t properly treated can contribute to increasing the risk of future head injuries and potential cognitive changes as they develop and mature. While a large percentage of young athletes will recover with adequate rest, most if not all would benefit from assistance with symptom management and a guided return to sport and activity.

### What is early baseline testing

Early baseline testing is a tool that a health practitioner uses to understand what an athlete’s abilities were, cognitively and physically, prior to a concussion. With access to this information they can better guide the athlete through their rehabilitation and more accurately know when the athlete can return to school, exercise, and eventually contact sport. Cost range: \$80 - \$125 per season and NVMHA understands this is largely covered by many extended benefit plans .

### What to expect for treatment

Every concussion is different and how the athlete responds to treatment can vary greatly. Our pilot program with Kids Physio Group includes a one-to-one physiotherapist for the entire treatment duration. Room noise, brightness and distractions are tailored to needs.

- Average number of appointment: 8-9 (higher for severe concussions)
- Initial Assessments Fee: \$100, subsequent treatments \$90
- Time: total in clinic and out of clinic (for home exercises) is between 40 – 50 hours on average.

### NVMHA member experience - Kyle’s story

Kyle Ross, a peewee rep player with NVMHA, suffered a concussion while playing in Everett on Nov 29, 2015. Kyle is a very skilled skater but lost an edge and collided with the boards while on the forecheck. He went to Kids Physio Group for his initial concussion assessment on Dec 3rd, 2015. Over the course of the next 4 months, Kyle attended a total of 21 sessions at the North Vancouver location until he was symptom free at the end of March 2016. At the recommendation of Kids Physio Group, Kyle also underwent a new concussion baseline test at the conclusion of his therapy to establish his new physiological and cognitive “normal” baseline abilities.



### Plans for 2016/17 season

NVMHA and Kids Physio Group hope to work together to provide free group presentations to parents and coaches to equip them with the information they need to recognize concussions and the impact they have on our athletes as well as the benefit of baseline testing and proper rehabilitation. The current proposal is for Kids Physio Group and NVMHA to prioritize age-groups and teams and seek parent support to provide baseline concussion tests for as many athletes as possible prior to the start of the upcoming 2016/2017 hockey season. The Director of Hockey Operations will also be encouraging concussion awareness in next year’s hockey programs and the player development plan.

## Annual awards for 2015/16

Award selection is primarily based on a membership vote in February which is tabulated through the annual survey. A committee, independent from the board, vets the nominees based on the award, number of votes and the merits of the nomination and presents the selection results to the President for his endorsement. The list is then finalized and presented by the chair to the Board for information. This year's awards dinner was held April 14th at Ice Sports North Shore and the following individuals and families were recognized for outstanding achievement during the 2015/16 season.

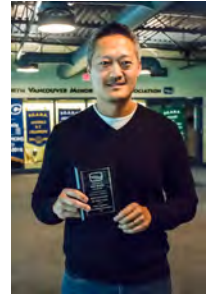
### Coach of the year awards

- Rookie Coach: Sam Mock, Juvenile A1
- Rep Coach: Mitch Lightfoot, Peewee A3
- House Coach: Dennis Tom, Atom C4 Hawks
- Initiation Coach: Nathan Tash, H2C1
- Junior Coach: Mike Crema, Atom A2
- Rep Assistant Coach: Adrian Villavicencio, Atom A3
- House Assistant Coach: Andrew Greziek, Bantam C1
- Coaching Excellence: Graham Shanks, Midget C3



## Manager of the year awards

- House Team: Victoria Ballantine-Hanberry, Midget C4
- Rep Team: Rob Jeong, Pee wee A2



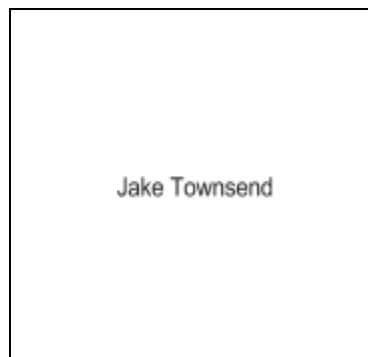
## Volunteer of the year awards

- Individual: Sue Lyske, Atom A2
- Family: The Huth's (Tom and Nicole)
- Non Parent: Lucas Giles, Tournament Director and Coach Pee wee A4



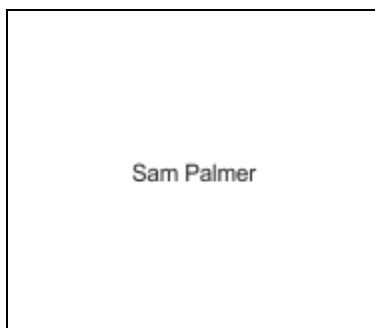
## Referee of the year awards

- Junior Referee: Andrew Martin
- Senior Referee: Jake Townsend



## Sportsmanship player award

- Sportsmanship Player of the Year: Sam Palmer, Pee wee A3



## Our Lifetime Members

Irene Atwood	Richard Maxwell
Liz Bennett	Don McBride
Terry Bingley	Gail McKilligan
Peter Bowman	Gord McGill
Rick Buchols	Eleanor McWilliams
Carolyn Burrows	Tammy Mercier
Brian Carroll	Dan Morrison
Ron Chapman	Walter Odenborger
Ken Cole	Terry Owen
Roy Crowe	Rob Prem
Teresa Crowe	Louise Rivest
Bernie DeCosse	Bruce Russell
Andy DeMeule	Martin Salter
Clar Dickson	Ian Shepard
Rob Duffy	Lance Sherst
Jason Fisher	Bill Sieveright
Vince Harriott	Colin Smith
Tom Hennecker	Lawrence Smyth
Bob Jamieson	Rick Station
Ben Jang	Rick Stewart
Barb Jones	Joe Tadey
Jean Jones	Pat Thibeault
David Jones	Chris Turcotte
Cam Kerr	Janice Walsh
Rob Kilburn	Karen Williams
Kim Lowe	Steve Williams
Warren Lowe	Don Woodman
Pat Maihara	



Above: the winter of 1949 was cold enough to enable these men to play ice hockey on a frozen Capilano River

Below: kids playing old time hockey in North Vancouver (undated)



## Key dates for 2016/17 season

Date	Event
Apr 1- 30	Returning Player Registration
May 15 onwards	New Player Registration as space permits
Jun 30	Registration fees payment due. A \$75 late fee may apply after this date.
Jul 1	Canada Day parade - NVMHA players participate
Jul 31	Last date to register/withdraw from Rep Tryouts
Aug 22 – 24	Rep Player Conditioning Camp and Checking Clinics
Aug 25 - Sep 1	Phase One Rep Tryouts
Sep 6 - 30	Phase two Rep Tryouts
Sep 10 -11	C (house) Player Assessments
Sep 15	Team Declaration Date - PCAHA
Sep 18	Hockey 2-4 player assessments
Sep 19	Regular ice begins for all divisions
Sep 30	Deadline for player and team official roster submission to NVMHA Registrar
Oct (TBC)	NVMHA Coach and Manager Meetings
Oct (TBC)	NVMHA Skill Development Sessions registration
Oct 8 - 10	NVMHA Thanksgiving Tournament
TBD	North Vancouver 50th Anniversary Celebration
Dec 1	Team Official certifications deadline for Coach 2, Respect In Sport, and HCSP
Dec 15	Team Official certification deadline for Coach Development 1
Dec 19 - Jan 2	Holiday break no regular ice scheduled
Dec 26 - 30	NVMHA Christmas Tournaments
Jan 10	Last date to release a player from a team Last date to casual card an Atom Rep player
Jan 15	Last date to affiliate a player at Peewee – Juvenile Rep
Feb 10	Last date to add a player to a team
Feb 26	Last day of regular scheduled ice
Feb	Recognize someone by nominating them for an award
	Send your feedback through the annual survey

## Community building



A group of eight-year-old players with the North Vancouver Minor Hockey Association raised \$1,000 and donated it all to an inner-city school to purchase a set of floorball equipment. The fundraising event was followed by a dinner and UBC hockey game.

What a great idea and a good example for others to follow, congratulations to everyone involved!



## Our Sponsors

Please support our very generous sponsors for investing in the youth hockey movement in North Vancouver. For more information on sponsorship contact Mark Climenhaga at [sponsor@jnmha.com](mailto:sponsor@jnmha.com) or visit our website to review our [sponsorship information package](#).

### Silver sponsors



### Bronze sponsors



### In kind sponsors

