



City of Vaughan Hockey Association

'HOME OF THE VAUGHAN RANGERS'

Hello CVHA Coaches!

This is our first CVHA House League specific newsletter that we are launching, the **COACHES HUB!** Our goal is to continue to improve the communication to our coaches and provide you all with more information about the season and all the relevant events to our CVHA House League program.

Going forward, the newsletter will include such things as:

- Important dates and events
- Info on the season
- Website updates
- Hockey drills & tips
- Rule updates and clarifications
- Relevant hockey articles
- And celebrating some of the cool things our teams are doing!

This is meant to be informative to you, so if there are specific topics or things you want to see included, please let us know!

2025 IMPORTANT DATES

First day after winter break
– Saturday, January 4, 2025

Hockey Day in Vaughan (HDIV) – Saturday, January 18, 2025

Volunteer Appreciation Night –
Wednesday, February 19, 2025

Picture Days – Late January to early February – Exact dates TBD

CVHA House League Playoffs – Mid-February to Early March based on divisions

House League Banquets –
U6-U9 Division – April 1,2
U10-U18 Division – April 7,8

Last Day of the season ☹️
Sunday, April 6, 2025



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HAPPY HOLIDAYS

From all of us at the CVHA, Happy Holidays to all our hockey family! We're grateful for the incredible diversity in our community, which enriches our game, strengthens our bonds, and teaches us the value of teamwork and inclusion!



Our U8 Timbits Kings are definitely a festive group! They had to pull some strings, but Coach Santa was able to spare some time during his busy season to come run the team through some drills at practice!

Santa was definitely busy in Vaughan, wearing many different hats! Our U6's had him out as a special guest referee for their games. We can confirm no penalties were handed out, and all of our players made it onto the "Nice List"!



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Season Resumes January 4/5, 2025!

Time flies when you are having fun and in full swing in the hockey season!!! We wish everyone a very Happy New Year, health, happiness, and a season full of goals, saves, and unforgettable moments!

We are **BACK ON THE ICE** the first weekend of 2025! We are back in action on Saturday, January 4, and Sunday, January 5. Coaches, you should reach out to your teams to get an idea of attendance for that weekend, as some families may still be away on vacation.



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HOCKEY DAY IN VAUGHAN (HDIV)

Hockey Day in Vaughan this year will be on Saturday, January 18, 2025 at The Sports Village! This is a day in which we take the time to celebrate minor hockey in our great community of Vaughan!

During this time, we showcase each of our programs (House League, Select and Rep) under one roof. This year we will have our CVHA Junior Rangers program and some teams from U10-U15 playing games. We will provide each division more details shortly. While we are not able to facilitate our entire program due to the number of teams, everyone is invited to stop by and check out CVHA and Vaughan Rangers hockey at it's best! Just come a bit early, parking is hard to find!

To cap the day off, we hold our annual **CVHA House League U18 All-Star Game!** This was started years ago and is a great way to celebrate our players and coaches who have come through our program and are finishing off their minor hockey career in Vaughan!

Coaches, please check the online schedules as you may be playing at The Sports Village on the Saturday instead of your normal practice time and rink. We will also reach out to the teams to give them a heads up!



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CVHA House League Picture Day

This year, your annual picture day will be sometime between the end of January to early February. We are just finalizing the dates and details and will send specific communication to each team.



Teams will be scheduled in and around their practices and games to make it as easy as possible. Both players and coaches get their pictures taken! Parents are able to buy additional photos (packages are available), but every player gets a team and individual photo, which is handed out at the banquets at the end of the year.

Stay tuned for more info!



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VOLUNTEER APPRECIATION NIGHT (VAN)

Every year we celebrate our volunteers who are the backbone of our association and what makes minor hockey in Vaughan one of the best around! It is an amazing night where we bring all volunteers together to celebrate. We always have fantastic guest speakers, like last year when Jeff O'Neil, Jamie McLennan and Brian Hayes, and previous guests like Darryl Sittler, Gary Leeman, Mike Cammalleri, Olympic Gold Medalists Laura Stacey and Marie-Philip Poulin, and other hockey greats! We will send out information in January but put the following date in your calendar and make sure not to miss it!

Wednesday, February 19



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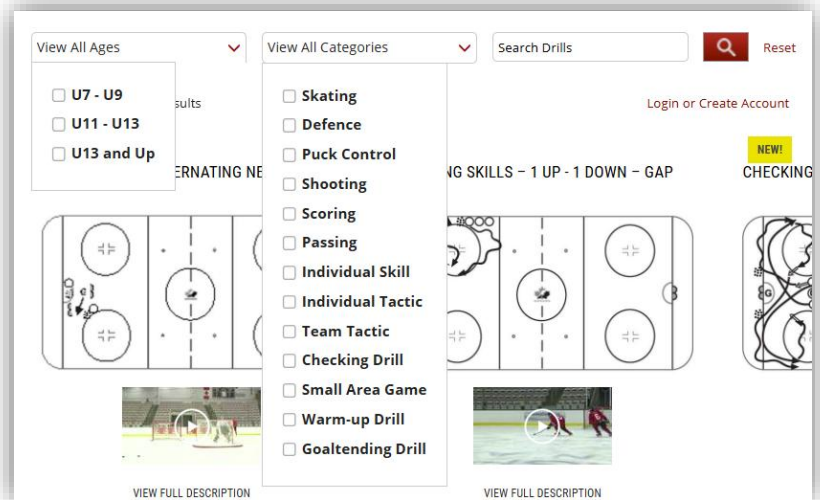
DRILLS FOR PRACTICES

Practices are a key part of the development of players, especially at the younger age groups. There are many resources online these days for you to get great drills and even video of how they are run. We include some of those on our website in the **COACHES HUB**. Hockey Canada has a great resource called **DRILL HUB** which provide drills searchable by age and skill you are looking to practice (i.e. skating, shooting, small area game, etc...).

KEYS TO A GOOD PRACTICE

There are many ways to run a practice, but some key elements remain consistent throughout all good practices.

- **Come to the rink with a plan** – Discuss with your coaches what the drills will be ahead of time.
- **Give clear and concise instruction** – less talking, have a player show the drill instead of a coach!
- **Keep players active!** Split drills up so your entire team isn't in a line waiting for their turn.
- **Repetition is key** – players need many reps to learn and develop a skill!



- **Give POSITIVE feedback** – correct mistakes, but be positive, it makes players stay engaged!
- **Always HAVE FUN!** - Small area games and/or competitive drills engage players and ensure they have a great time!

For more on running an effective minor hockey practice, click [HERE](#) for an article with links to a Youtube video and podcast!



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