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Cambridge Minor Hockey Association Newsletter
October 2018



Mark your calendars for Saturday November 17th we will be asking for players to come out in their jerseys and be a part of our float.

A 48 foot trailer has been generously arranged and donated by Alex Laros (Minor Atom A hockey dad) and Marquardt Excavating for our use. Pete Sousa (Minor PeeWee MD hockey dad) has donated his time to provide music and lights to make this an epic display.

Details will be sent to team coaches once received from the Cambridge Santa Claus Parade organizing committee.

A look ahead

October:

Oct 24: Lace Lidz Hats orders due

November:

Nov 9 - 11: Cambridge MD Tournament

Nov 17: Cambridge Santa Claus Parade

Nov 23: Marlies Ticket order due

December:

Dec 27: House League Christmas Tournament

March:

March 15: St Paddy's Day Dance

March 30: House League Day of Champs

*Note: Dates mentioned above are Association dates and not team specific



Is your child on an atoMc Hawks team? As a part of a McDonald's sponsorship, you're eligible to win a McDonald's team party!

Click [HERE](#) to register and view details.



Lace Lidz hat order forms to raise funds for the CMHA have been sent to your team coach.

Please place your order with them or the team manager by October 24th.



This season, CMHA will be holding a series of free clinics for House League Novice to Pee wee aged goaltenders.

The first session runs on Saturday, October 27th at 9 am and 10 am @ the Cambridge Sports Park.

Spaces are limited and fill fast. Email Gabe.Dutto@gmail.com to register.



A large group photo of the Toronto Marlies hockey team and their coaching staff celebrating their Calder Cup victory in 2018. They are on the ice, holding the trophy, with a banner above them that reads 'CALDER CUP CHAMPIONS 2018'.

CAMBRIDGE MINOR HOCKEY DAY



**TORONTO
MARLIES**

VS



**CHARLOTTE
CHECKERS**

SUN, JAN 6 4:00 PM COCA COLA COLLISIUM

INCLUDES

ON ICE ACTIVITIES FOR THE FOUR HIGHEST SELLING TEAMS
TO ORDER TICKETS PLEASE SPEAK TO YOUR COACH OR MANAGER
Discounted Platinum group tickets only \$28 (tax included)

QUESTIONS? EMAIL Ainsley.Northam@MLSE.COM

The Calder Cup Champions, the Toronto Marlies have booked a really cool experience for the CMHA family.

Tickets are \$28 each, and would make a great team event / Christmas gift. Sunday January 6th at 4pm against the Syracuse Crunch at the Coca-Cola Coliseum (previously known as Ricoh Coliseum).

These tickets will be for centre/side seating, and all teams will be seated together. There will be CMHA shout outs, and jumbotron appearances so all players (and parents and friends) should wear their jerseys/Hawks shirts/jackets/hats. There is no need to keep ticket sales solely for the team and families, get friends in on the action as well, it's going to be a great game!

There are 4 on-ice opportunities for teams selling the highest number of tickets. If there are "ties" for highest sales per team, there will be a random draw to decide which team will

Potential On-Ice Activities:

- 1 Team on the Marlies line during the National Anthem (min 75 ticket sales)
- 1 Team on the Crunch line during the National Anthem (min 75 ticket sales)
- 1 Team holding the Canadian Flag during the National Anthem (min 50 ticket sales)
- 1 Team holding the Marlies Flag during the National Anthem (min 50 ticket sales)

Please order though your coach or team manager Friday November 23rd.



Tournament time is upon us, and although nutrition should always be top of mind, it's always more difficult when away from home and trying to eat healthy between games. Here are some nutrition guidelines to help ensure our Hawks have the best possible chance at a win.

The foods you choose in preparation for a hockey tournament can make the difference between winning and losing. Tournaments are unique because you are often playing a minimum of 2 games per day, sometimes only a few hours apart. Hockey is an anaerobic sport which requires glycogen as a critical fuel. Glycogen is slow to recover. You can boost your stores of glycogen by eating carbohydrates such as pasta, rice, bread, fruit, or milk along with a source of protein. You can deplete your glycogen stores in just one hard hockey game. It takes 24-48 hours to fully recover your stores of glycogen. Therefore, the hockey player's diet must continually refill carbohydrate stores. Carb loading in the days before a tournament and immediately after games has been shown to improve distance skated, number of shifts skated, amount of time skated within shifts and skating speed.

Attention to your eating before and immediately after a game can double or TRIPLE your speed of recovery. That could give YOUR team the competitive edge on day 3 of a tournament.

Look at your game times before the tournament begins. Plan high carb, moderate protein and low fat (<20g of fat) pre-game meals 2-3 hours before games. Fats are very important in an athlete's diet however they are slow to digest and can leave you feeling sluggish before a game. Hold the fries, chicken wings, and bacon for after games.

However, if there is only 2 or 3 hours between games then a smaller balanced meal/snack is necessary and will keep the player's body energized.

If you eat within 15 minutes after games you can double or triple your speed of glycogen recovery. Choose foods that are high in carbohydrate (50-60g carb) and moderate in protein (20g). Fast carbs post-exercise, travel quickly to the muscle. ie: Chocolate Milk and trail mix, sport drink and sport bar, fruit and yogurt, sandwich and juice. Find what works for you and make it a ritual.

Water must be consumed throughout the day, especially during the game when dehydration occurs rapidly. Each player must have 2-3 litres daily. Some diluted electrolyte drink during the game is good to drink. (i.e. Biosteel, or Gatorade): dilute 1 teaspoon to 1 litre water.

Post Game Recovery Drink: this can be a big difference maker when the competition is drinking pop or juice, the winning team is having a protein shake mixed with juice. This repairs/builds muscle and replenishes carbohydrate/glucose (fuel) just spent in the game, getting the player ready for the next one.

Examples of Meals:

Breakfast:

- 2 eggs, 2 toast with butter
- Scrambled eggs, 2-3 large pancakes, cup of Fruit
- 1 bowl of Oatmeal with Milk, ½ cup yogurt and cup of fruit.

- Pasta with Meat Sauce, Salad
- Chicken with Pasta, Vegetables,
- Steak, Potato, Salad,
- Chicken/Beef Stir-Fry
- 1 Foot Long Meat Sub with lots of Veggies
- Pizza (with meat on it) with Salad.

Restaurants: The better the quality the food the better it is for everyone. However, in a pinch you could still eat the right combinations at a fast food place. Swiss Chalet, Kelsey’s, Montana’s etc. are better choices for lunch and supper while a reasonable quality quick meal like a sub sandwich from Subway or Quizno’s can work for lunch if time is tight between games. Both lunch and supper meals are interchangeable and the above examples are some ideas to point you in the right direction. Each meal contains Protein, Carbohydrate and Fat, the balance that is needed to keep a players energy high and muscle recovery rapid.

Snacks: If snacks are needed then they must also have the correct portions of Protein, Carbohydrate and Fat. A protein bar, some nuts and 1 fruit, peanut butter on a small bagel are a few quick snack ideas. Avoid having just a high carbohydrate like a granola bar, fruit or worse yet, a sugary treat, like a chocolate bar. This will not provide adequate long-term energy.

Whey Protein Shake: Mentioned above as the secret to rapid repair/recovery it is best consumed within 20 minutes after the game in the dressing room. Have a 10-20 gram scoop of Whey Protein in 6-8 oz of juice like apple or grape (not citrus juice like Orange)

Drinks: At each meal have 1-2 8 oz. glasses of water, a small glass 4-6 oz of orange or apple juice is okay, but not too much and always accompanied by at least 1 glass of water. Pop should be avoided.



Rogers Hometown Hockey and Scotiabank extended an invitation to the Cambridge Minor Hockey Association to partake in a scrimmage game at Clty Hall on Sunday October 7th much to the delight of our Minor Atom MD Hawks who got the chance to get out and play.

We are so very grateful to Scotiabank for a very generous donation of \$5000 towards the CMHA. This cheque was accepted by our Equipment Manager, Sean McGinnis on behalf of the Board of Directors.

CMHA President, John Morton was also on hand at a separate meeting to give a thumbs up alongside Sportsnet hosts Ron MacLean and Tara Slone.



The Cambridge RedHawks are excited to be partnering up with Cambridge Minor Hockey this year.

They have provided a free season game pass to every child who plays hockey with the CMHA, from AAA to House League. By now, your coach has given a pass to each player on their team. Lanyards have been ordered but have yet to arrive. Once they do, they will be distributed in a similar manner.

We encourage players to wear their apparel and jerseys to the games to show their pride of Cambridge Minor Hockey Association. The RedHawks players appreciate the encouragements, fist pumps, and cheering from the younger players, and hope to see more of them out to the games.



On **October 20th**, our Cambridge Hawks Major Atom MD team will join the Cambridge RedHawks on the ice to thank our very own Steve & Cole Bonneville and Candice Ceelen for raising over \$47,000 with their incredible sticker campaign for the Humbolt Broncos.
Please join us in thanking them for all they've done for the hockey community.

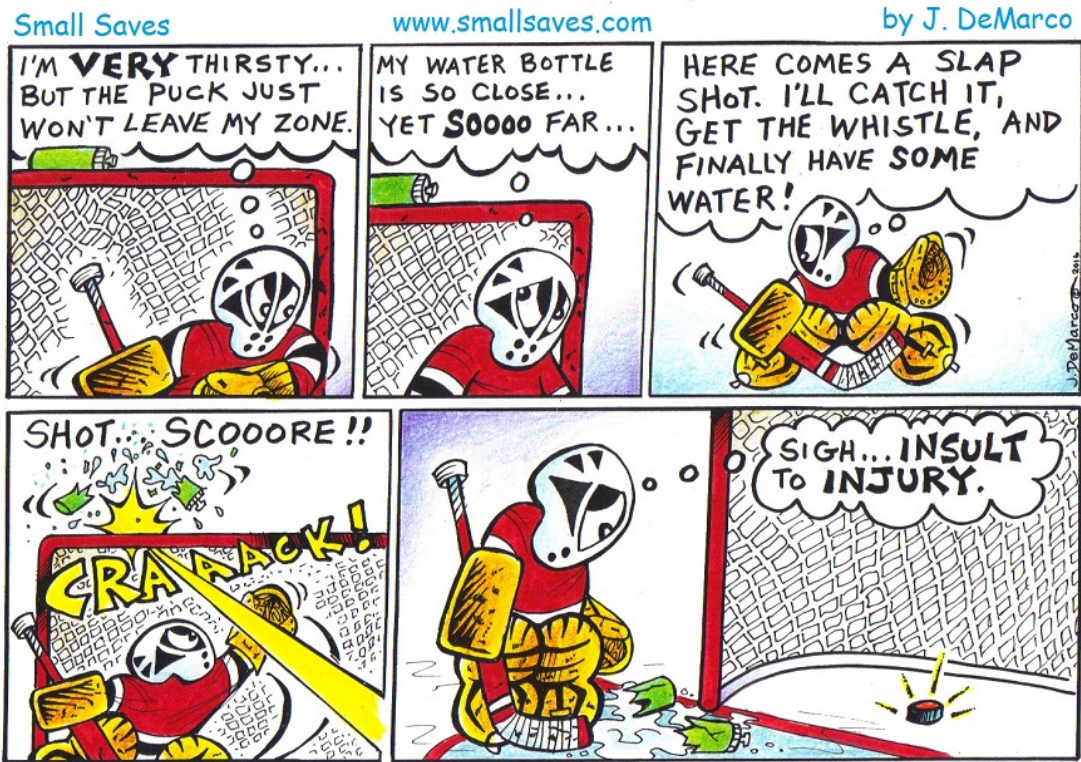


Tabbed as the ‘Best of the Best’ tournament in Halton Hills over the Thanksgiving weekend, the Major Bantam A/AA Hawks skated with the title and the hardware.

The Hawks went 5 and 0 to take home the title while playing some of their best hockey of the season. The Hawks played very well through the first three round robin games beating the Glanbrook Rangers, the Burlington Cougars and a hard fought win over the Halton Hills Thunder. In the semi-finals the Hawks met up with the Glanbrook Rangers once again. While the Rangers pushed much harder in this game it was the Hawks’ Cole Owen finding the back of the net in overtime to send the Hawks to the final. Sunday afternoon’s action would see the Hawks pitted against the LaSalle Sabres. In a tough hard fought game it was Cambridge’s Owen Ireton potting the game winner in triple overtime sealing the win and the title of Best of the Best!

Well done Hawks!!

Is your team doing something AWESOME? Get publicity for a team event and share your success. Contact our [Marketing Director](#) with the details.



Team Fundraising!

It's that time of year when teams start to think about fundraising for extra ice time, tournaments, team building events, etc.

All team coaches or managers are required to fill out a Fundraising Application and

This is to ensure that all fundraisers are operating under CMHA policy and there is no illegal, conflicting, or sponsor conflicts. The fundraising form can be found at the back of your coach's manual as well as though the link here: https://cambridgeminorhockey.com/Libraries/1671/Forms_and_Applications/



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Thank you to our 2018/19 Season Sponsors!



Become a Cambridge Minor Hockey Sponsor

Cambridge Minor Hockey supports youth hockey in our community through both our Travel and House League programs. It is through the sponsorship program that we are able to keep the high costs of hockey down to an affordable level for our member families. Many diverse community businesses were gracious enough to sponsor Cambridge Minor Hockey, while Toyota Motor Manufacturing, Tim Horton’s, Canadian Tire, and McDonalds were kind enough to take entire divisions within our organization. We are looking for sponsors for our House League and Travel League teams.

Sponsorship Levels:

- website
 - Website has had over a million views since inception and averages over 5,000 views a day
 - One of the most frequently visited websites in Cambridge
 - Cost is \$325

- House League Team sponsorship includes:
 - Sponsor for a specific team that plays approximately 25 games per season
 - Team picture with your company logo
 - Featured on CMHA website at your team’s home page
 - Featured in sponsor section of CMHA website with a web link to your website
 - Cost is \$495

- Travel League Team sponsorship includes:
 - Sponsor for a specific team that plays approximately 60 games per season throughout Cambridge and Southern Ontario
 - Company Logo featured on Team Retractable Banner that is displayed at every game.
 - Team picture with company logo.
 - Featured on CMHA website at that team’s home page.
 - Featured in sponsor section of CMHA website with a web link to your website
 - Cost is \$695

Remember, along with the kids, studies show that on average another 9 people will visit their local arena sometime during the season to see each individual player perform. That means over 5,000 people at the HL level and 18,000 people at the travel level will see your brand throughout the season. Plus, those players are tomorrow’s consumers. It’s a great way to reach our local community and your clientele.

For more information contact: sponsorship@cambridgeminorhockey.com

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