



NFGHA

Niagara Falls Girls Hockey Association

February 2008

House League Fun day

On January 2nd, a "Fun Day" was had by all. We would like to thank the volunteers including the timekeepers, skills competition staff and the caterers.

Banquets

Both banquets will be held at St Antoine's Church, 4570 Portage Rd in Niagara Falls. The players will be admitted free. Parents, siblings and friends will be charged \$5.00/each. The tickets have been printed and will be available through your coach in the near future.



The house league banquet will be held on Thursday March 20th at 6PM.

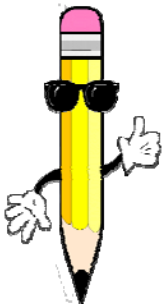
The travel banquet will be held on April 16th, 2008 at 6PM.

Travel Tryouts

Travel tryouts for the 2008-2009 season will begin on April 15th, 2008. The schedule will be posted online shortly as well as at the house league banquet.

House League Logo Contest

Get your drawing pencils out!!



We are running a design contest for a house league logo to be used on off-ice clothing and promotional ventures. Anyone interested can submit an entry to their coach or hand it in at the house league banquet. The lucky winner will be notified in early May.

Bursary Opportunity

NFGHA holds a competition for a bursary to players who pursue Post Secondary Education. Players must be registered with NFGHA for the hockey season 2007-2008. Some of the requirements are: Extra-Curricular Activities, Volunteer Community Service including within NFGHA, Awards and Achievements and Work Experience. Applications are due by April 1, 2008. Please see our website for the further information/requirements and the Application Form. www.nfga.com

Niagara Falls Travel News

The Niagara Rapids travel teams have been having a successful season this campaign.

Three of our teams are at or near the top of their respective divisions on the Lower Lakes Female Hockey League. The Atom B, Peewee BB, and Midget AA are all poised to make good runs in their playoffs and play downs. The Bantam B team is near the .500 mark and has a good chance of getting by Stoney Creek to reach the Provincial Championship weekend. We have also had some tournament wins this year.

Throughout February and March, the teams will be competing in the League playoffs and the Provincial Play downs.

In the league playoffs, teams will have to progress through two to three rounds of two out of three series to reach the LLFHL championship weekend to be held in Vaughan on the April 4th – 6th weekend. This is the first year for this expanded league and given that there are over 500 teams in this league, for any of our teams to reach this weekend would be quite an

achievement. With the exception of Midget AA only 4 teams from each age level and category will qualify for this weekend.

For Provincial play downs, our teams will either be in a two out of three series (where there is one opponent) or a one game round robin series (where there is more than one opponent) to reach the Provincial Championship weekend. This will be held throughout the Greater Toronto area on the weekend of April 11th – 13th.

I would encourage you to come out and watch some of these games so you can see the talent, dedication, and hard work of these girls.

Annual General Meeting

The AGM will be held at Niagara Falls Memorial Arena in the Blueline Room on Tuesday, May 13th, 2008 at 7 PM. At this meeting, our executive members are selected. All are welcome.

Volunteers

The success of our association is always dependant upon the volunteers who dedicate their time and efforts to providing the best possible hockey experience we can to our girls. I would like to thank all of our coaching staffs and executive members for their commitment and enthusiasm throughout the season.

I respectfully urge you to join our executive committee for next season. We know we need **at least 4 more volunteers** to help us steer the association in the right direction. It is crucial that more people lend some time so that we can continue to offer a quality programme for our young hockey players. Any current member would be happy to speak with you about the activities of our executive.

Randy Copland, President
905-684-5290

Coach Applications

Coach applications are available on the web site for next year's travel teams. Applications are due no later than March 16th, 2008. Interviews will be completed by March 30th. Please contact Don Sorley at dsorley@cogeco.ca if you require more information.

“Water”

MYTH: Drinking water while exercising can cause stomach cramps.



FACT: On the contrary, it may be dangerous not to drink water during exercise, especially in hot weather. 1 to 3 kg weight loss due to sweating can harm your performance and may lead to dangerous dehydration. Thirst is not a good indicator of fluid needs. The thirst mechanism is actually dulled during and following exercise. Drink water before, during (every 10 to 15 minutes) and after exercise whether you are thirsty or not.

Why is water so important? Water functions in the body as:

- a solvent in digestion
- a major portion of the blood
- a lubricant
- a coolant (for prevention of overheating)

Drink cool, plain water:

- 15 minutes before practice or game
- every 10-15 minutes during practice or game

Limit use of sport or soft drinks. Water is the best fluid replacer. It leaves the stomach faster than concentrated liquids such as the sport drinks or fruit juices.

Thank you to Nutrisport, “Sports Nutrition,” and the B.C. Nutrition Council for the information provided.

“Nutrition”

Proper nutrition is an area often ignored when it comes to hockey players. However, by eating the right foods, you will have much more energy during games, have a much more positive mental attitude and be able to recover from injuries a lot faster.

The information above was obtained from the website below. For further information, please access the following:

http://www.hockeyshot.com/shooting_healthtips_nutrition.htm