



# NFGHA

## Niagara Falls Girls Hockey Association

**November 2009**

**Visit us at [www.nfga.com](http://www.nfga.com)**

### **Niagara Falls Travel News**

The Niagara Rapids travel teams are off to a roaring start this season.

There have been some great tournament adventures:

Peewee B Gold at North Simcoe  
Winners after 15 overtime periods

Midget A Gold at Cleveland  
Defeated Anchorage 1-0

Midget AA Gold in Windsor  
Defeated Whitby 1-0

Many more tournaments and season games to come.

### **Niagara Falls House League News**

Well, we had a bit more of a difficult time this year co-ordinating schedules with St Catharines, and a few late changes to rosters had to be made, but everything is up and running now. Hopefully everyone is enjoying themselves immensely. We are pleased that our Niagara-on-the-Lake contingent has grown to add a bantam team, and our overall house league registration is up over last year.

Over the last few years, it has become increasingly difficult for teams to ice enough players during our annual FUN DAY event for novice to peewee. It is with regret that this year we will not be running the FUN DAY. However, some alternative choices will be available to your coaches soon.

### **Volunteers**

I would like to thank all of our coaching staffs and executive members for their commitment and enthusiasm throughout the season. Getting new families involved helps us improve and grow. Although we need several helpers, it is crucial that we find someone to volunteer to be our **Secretary**. If you can help out by attending one meeting a month and taking the minutes, please contact any executive member.

In the spirit of hockey, we ask that all players, parents, coaches and other volunteers take the time to say thank you to those players, parents, coaches and other volunteers who made this season possible. The rewards of these many hours may not be realized for years.....but a smile and a thank you are a great start!

Randy Copland, President

905-684-5290

### **H1N1**

As concerns for N1H1 have risen, it is important for all of us to take a few precautions, some of which have been in place for several years. For instance, OWHA and NFGHA have both requested in the past that players do not share water bottles. Each player should have their own water bottle for both games and practices. This is a common sense precaution that is even more important now. Also, OWHA has directed us to make sure that the players all keep their gloves on when shaking hands at the end of the game. Precautions also suggest that coaches from both teams and the officials not shake hands as is customary.

## Help us thank our great sponsors:

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Team Spirit Photography  
Stoll Loaders

These sponsors are a **huge** part of NFGHA, and I know they would very much appreciate a great big **THANK YOU** from the people they are supporting. Please support them in return.

### Bob Gale Complex

The new Bob Gale Complex is now well underway. This will be our last year using the facilities at Niagara Falls Memorial and Jack Bell. We are looking forward to the new complex, which will offer us a new office, storage area, and modern change rooms and facilities. We've spent many years at NFM and it offers us some great memories, but we plan on making some great new memories at the Bob Gale Complex.

In fact, we are investigating the possibilities of hosting a tournament or two next year, and we will keep you up to date on this exciting prospect.



### DID YOU KNOW?

In 1995/96, the OWHA consisted of 12,196 players and 854 teams.

In 2008/09, the OWHA had grown to **37,827** players and 2,531 teams.

The OWHA has more players than the rest of the country combined.

The OWHA has more players than any other country in the world.

The OWHA has almost as many **teams** as Finland has players.

### QUOTES

Here are some quotes from last year's Midget AA OWHA Gold Medallists:

“Stay positive and you will accomplish anything.”

“Work hard at everything you do.”

“Anything is possible! Work hard, have fun and your dreams will come true!”

“Sports change your schedule, hockey changes your life!”

“Believe in yourself because at the end of the day you make the final outcomes.”

“Don't let the boys push you around, girls play hockey too.”

“Play because you love to play. As long as you're giving it your best and playing from your heart, the end result will always be positive.”

### OLYMPICS

The Olympics are just around the corner and Canada's Women's team is playing exhibition games, preparing to defend their Olympic title. The women's team plays a fantastic game and they are always exciting. I hope you are all getting ready to cheer hard, and to watch and to learn from Canada's best.