



# SQUAMISH MINOR HOCKEY ASSOCIATION

# HAPPY NEW YEAR!

Dear Families,

I hope everyone had an enjoyable Christmas season, wonderful holiday break and feeling excited for 2019 and the 2nd half of season. I am excited and look forward to getting back on the ice with everyone.

Jeff Eaton - Director of Hockey

## STANDINGS

Association Standings as of Dec 31, 2018

TEAM	PLACE	PTS	SPTS	GP	W	L	T
Midget C	7	39	13	21	12	7	2
Bantam C	11	23	18	19	2	16	1
PeeWee A1-T3	2	33	13	14	9	3	2
PeeWee C1	3	23	11	11	6	5	0
PeeWee C2	11	12	8	8	2	6	0
Atom A1 - GVC3	3	32	10	14	10	2	2
Atom A2 - GVC5	7	14	11	14	1	12	1
Atom C1	12	14	10	10	2	8	0
Atom C2	8	19	10	11	4	6	1

## TIPS & RESOURCES



### EQUIPMENT FITTING

[YouTube](#)



### OFF-ICE STICKHANDLING

[YouTube - Part 1](#)  
[YouTube - Part 2](#)



### HOCKEY SPECIFIC STRETCHING

[YouTube - Stride](#)  
[YouTube - Agility](#)

## ANNOUNCEMENTS

### GOALTENDING DEVELOPMENT

We are excited to announce SMHA has partnered with Jason Kennedy from Maskin Hockey Development to provide goaltending instruction. Jason played his youth hockey in Ontario within the Greater Toronto Hockey League. Jason has been the Head of Goaltending Development for Maskin Hockey since 2015 and currently resides in Whistler. You can learn more about Maskin Hockey at <http://www.maskinhockey.com>

**H2/H3/H4:** Thursday - 4:45pm - 5:45pm [Registration Link](#)  
Starting January 10 (8 sessions)

**Atom/PeeWee/Bantam:** Sunday - 8:30am - 9:30am [Registration Link](#)  
Starting January 13 (8 sessions)

### SPRING DEVELOPMENT

We are eager to share the upcoming Spring Development program for SMHA members. The program will be facilitated by Jeff Eaton and The Advantage Hockey Development. Program 1, April - details below. Program 2, May - TBA.

**Squirrels:** Sundays - Introduction to Hockey [Registration Link](#)

**H2:** Thursdays - Skating [Registration Link](#)  
Sundays - Stick Skills & Games [Registration Link](#)

**H3:** Thursdays - Skating [Registration Link](#)  
Sundays - Stick Skills & Games [Registration Link](#)

**H4:** Tuesdays - Skating [Registration Link](#)  
Thursdays - Stick Skills & Games [Registration Link](#)

**Atom:** Tuesdays - Skating [Registration Link](#)  
Saturdays - Stick Skills [Registration Link](#)  
Saturdays - Games [Registration Link](#)

**PeeWee:** Mondays - Skating [Registration Link](#)  
Thursdays - Stick Skills & Games [Registration Link](#)

**Bantam:** Mondays - Stick Skills & Games [Registration Link](#)

## EVENTS

### SQUAMISH MINOR HOCKEY ASSOCIATION 1ST ANNUAL PARENT SOCIAL

**Date:** Saturday January 26th  
**Location:** Norman Rudy's  
**Time:** 7:00PM - Midnight  
Door Prizes | 50/50 | Drinks & Appetizer Specials  
**Tickets:** \$15 Online | \$20 Door [Ticket Link](#)