

SUMMER GREETINGS

A Note from the President

nice break from the rink I wanted to relay some information on opportunities over the summer.

I would like to first thank our outgoing board members Tomalene Evans, Victoria Jolley, Sean Kozak,

I hope that everyone is enjoying this great weather. As we move into summer and are enjoying a

Rick Moore and Donn Oberg, for all of their time and hard work in making last season so successful. In particular I would like to thank Emma Moses for the countless hours that she put in and for spearheading the new direction that SMHA in now headed in. It was a pleasure working with all of these individuals and they all continue to volunteer within our Association in one way or another and their help and dedication is greatly appreciated.

I would also like to welcome and thank our new incoming board members Shannon Brooks, Bryan

working with them, as well as returning members Craig Dickau, Sharel Hughes, Scott Macdonald and Jenn Vanzella.

There are two volunteering opportunities for SMHA members coming up, with money raised going

Evans, Kyle Lang and Meg Marrow for stepping up to take on their respective roles. I look forward to

opportunities please contact Past President Emma Moses at pres.smha@gmail.com.

Constellation Festival July 26-28 – Evening clean up crew needed for FREE ENTRY for the entire festival

towards the association to help fund additional goalie gear. If you can help with either of these

Squamish Logger Sports August 3-4 – Clean up crew needed on both days

Get your hockey gear organized for drop off prior to the event. Stay tuned for further details.

I look forward to successful 2019-20 season and seeing everyone at the rink.

The Annual Gear Swap and welcome BBQ will be on Tuesday August 13th in the Brennan Park Gym.

Sincerely,

Chris GreenPresident, SMHA

A Word from the Director of Hockey

best wishes for a Safe and Fun Season!

This is a great time to spend some time away from the rink and enjoy other activities. We

hope to see you back on the ice at the end of August for our SMHA Prep Camps.

I hope everyone is excited and ready for an Awesome Summer, I would like to send my

Look forward to working with you in your development again this Fall!

Jeff Eaton

Dave Marrow

Director of Hockey, SMHA

Sincerely,

COACHING ANNOUNCEMENTS

following coaches who are confirmed to date for the 2019-20 season.

On behalf of SMHA and the Coaching Selection Committee, we would like to thank everyone for their applications and time for interviews. We are excited to announce the

TEAMHEAD COACHTEAMHEAD COACHH2Bryce Hurlbert
Chris GreenAtom C1
Atom C2Chris Green

Pee-Wee A

Matt Samson

TIMES

9:00 - 9:45 AM

9:45 - 10:30 AM

12:30 - 1:15 PM

Н3	Rick Moore	Pee-Wee C1	Chris Hill	
Н4	Elliot Moses	Bantam C	Kevin Wagner	
	Dave Marrow Danny Brooks	Midget C	Nick Lowe	
SPECIAL WELCOME				
	of Directors would like to ser season, Matt Samson.	nd a warm welcome to	our Pee-Wee A coach for	

experience. Matt has coaching and management experience within the BCHL, Junior A and PJHL Junior B. Also, he has coached the Bantam A team with North Vancouver

Matt is a resident of Squamish and a non-parent coach who brings a wealth of

We look forward to having Matt lead our Pee-Wee A squad.

individual goaltending development throughout the season.

DATES

Fri Aug 30th

University Level, both Males and Female

PREP CAMPS

H1 (2014)

H2 (2013)

and PJHL, Junior B. Also, he has coached the Bantam A team with North Vancouver Minor.

GOALTENDING DEVELOPMENT

SMHA is excited to announce Jennifer Gilligan as our new Goaltending Instructor for the 2019-20 season. Goaltenders of all levels within the SMHA will receive an opportunity for

Jenn has 10 years of Experience, working with Goaltenders from the youth level through

AUGUST PRE-SEASON CAMPS

LEARN MORE ABOUT JENNIFER GILLIGAN

Mon Aug 26th - Fri Aug 30th Mon Aug 26th - Thurs Aug 29th

H3 H4 (2012 2011)	Mon Aug 26th - Thurs Aug 29th Fri Aug 30th	10:45 - 11:45 AM 9:45 - 10:45 AM			
ATOM (2010/2009)	Mon Aug 26th - Thurs Aug 29th Fri Aug 30th	12:00 - 1:00 PM 1:15 - 2:15 PM			
ATOM REP PREP (2010/2009)	Mon Aug 26th - Thurs Aug 29th Fri Aug 30th	1:15 - 2:15 PM 2:30 - 3:30 PM			
PEEWEE BANTAM	Mon Aug 26th - Thurs Aug 29th	2:30 - 3:30 PM			
(2008-2005) BANTAM MIDGET PREP (2006-2003)	Mon Aug 26th - Weds Aug 28th	6:00 - 7:00 PM			
BANTAMIMIDGET GAMES (2006-2003)	Mon Aug 26th - Weds Aug 28th	7:15 - 8:00 PM			
GOALTENDING PREP CAMP					
H2 - ATOM ATOM REP - MIDGET	Thurs Aug 29th - Fri Aug 30th Thurs Aug 29th - Fri Aug 30th	6:00 - 7:00 PM 7:15 - 8:15 PM			
RE	GISTER HERE FOR ALL CAMPS				
SUMMER RESOURCES					

FOR MORE OFF-ICE EXERCISES

www.theadvantagehockey.com

DRYLAND TRAINING FOR HOCKEY PLAYERS

THE FARTLEK - LEG WORKOUT



SMHA Newsletter - June 2019

Avantage

HOCKEY DEVELOPMENT



HEIDEN CIRCUIT

OFF-ICE SKATING LEG EXERCISES