



March/April 2010
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Hockey Canada's
Atlantic Regional Centre
125 Station Street
Saint John, NB E2L 4X4



TIME OUT FOR DEVELOPMENT

HOCKEY CANADA'S ATLANTIC REGIONAL CENTRE NEWSLETTER

ATLANTIC CHAMPIONSHIPS CONCLUDE

During the latter part of March, five Atlantic Championships were held throughout the region. Hockey fans across the Atlantic Canada were treated to entertaining hockey and were witness to the talent and skill level which players in our region possess.

The following is a recap of each Atlantic Championship:



Bell Aliant – Pee Wee AAA Hockey Championship Moncton, NB – March 18th-21st

Champions

- Moncton Cora's Hawks (HOST)

Silver Medal

St. John's Pizza Hut Predators (HNL)

Bronze Medal

- Halifax Hawks (HNS)

4th Place

- Saint John Sea Dogs (HNB)

5th Place

- Pownal Red Devils (HPEI)

Top Scorer

Nathan Noel

St. John's Predators

Top Goalie

Derek Goguen

Moncton Hawks

Top Defensemen

Connor Welsh

Halifax Hawks

Top Forward

William Bower

Saint John Sea Dogs

Most Sportsmanlike

Jonathan Larter

Pownal Red Devils

Tournament MVP

Nathan Noel

St. John's Predators



Irving Oil Challenge Cup – Atlantic Bantam AAA Hockey Championship Corner Brook, NL – March 25th-28th

Champions

- District 3 Irving Oil Caps (HNB)

Silver Medal

- Halifax Irving Oil Hawks (HNB)

"You find that you have peace of mind and can enjoy yourself, get more sleep, rest when you know that it was a one hundred percent effort that you gave - win or lose." - Gordie Howe

Bronze Medal

- Tri-Com Irving Oil Islanders (HNL)
- 4th Place**

- Pownal Irving Oil Red Devils (HPEI)
- 5th Place**

- Western Bantam AAA Irving Oil Kings (HOST)

Top Scorer

Noah Zilbert (HNB)

Most Sportsmanlike Player

Spencer Smallman (HNB)

Top Goalie

Stephen Morrissey (HPEI)

Top Defense

Brett McNeil (HNS)

Top Forward

Kelly Bent (HNS)

Tournament MVP

Ryan Falkenham (HNS)



**Atlantic Midget Female
Hockey Championship
Gander, NL – March 18th-21st**

Champions

Moncton Office Interior Ricoh Rockets (HNB)

Silver Medal

- Metro Boston Pizza (HNS)

Bronze Medal

- Western NL Region (HNL)

4th Place

- Western Wind (HPEI)

5th Place

- Central NL Ice Pak (HOST)

Top Scorer

Janik Robichaud (HNB) & Megan Pederson (HNL)

Most Sportsmanlike Player

Gabrielle Poirier (HNB)

Top Goalie

Joanna Palmer (HPEI)

Top Defense

Josee Leger (HNB)

Top Forward

Kristen Cooze (HNL)

Tournament MVP

Alex Normore (HNS)



**Atlantic Minor
Midget AAA
Hockey
Championship
Summerside,
PEI – March 18th-
21st**

Champions

- Charlottetown Abbies (HPEI)

Silver Medal

- Summerside Capitals (HOST)

Bronze Medal

- Fredericton Caps (HNB)

4th Place

- Antigonish Bulldogs (HNS)

5th Place

- St. John's Arbitrators (HNL)

Top Scorer

Connor MacAleer

Charlottetown Abbies

Top Goaltender

Nathan Ferrish

Summerside Capitals

Most Sportsmanlike

Andy Murphy

Summerside Capitals

Top Defensemen

Matthew Walsh

St. John's Arbitrators

Top Forward

David Brewer

Fredericton Caps

Tournament MVP

Ryan Cassidy

Charlottetown Abbies



**Atlantic Major Midget AAA
Hockey Championship
Halifax, NS – March 25th-28th**

Champions

- St. John's Fog Devils (HNL)

Silver Medal

- Miramichi Rivermen (HNB)

Bronze Medal

- Halifax Titans (HOST)

4th Place

- Cole Harbour (HNS)

5th Place

- Charlottetown Islanders (HPEI)

Top Scorer

Zach O'Brien

St. John's Fog Devils

Top Goalie

Julien Daigle

Miramichi Rivermen

Top Defensemen

Trey Lewis

Miramichi Rivermen

Top Forward

Brandon Boutilier

Halifax Titans

Most Sportsmanlike

Mitchel Scott

Cole Harbour

Tournament MVP

Zach O'Brien

St. John's Fog Devils

**ESSO Academic Scholarship
Award**

Andrew Sullivan

St. John's Fog Devils

"The Atlantic Championships were the culmination of a very exciting and eventful hockey season," stated Dave Curnew, Manager of Hockey Canada's Atlantic Regional Centre. "The showcase of talent that was on display throughout the course of these championships was truly remarkable. We would like to congratulate all of our regional champions for an outstanding season as well as the teams who were successful in gaining the right to play for an Atlantic Championship. It is never easy to win a provincial championship, let alone an Atlantic title so all teams are to be commended on a job well done."

Curnew added "Events such as these wouldn't be possible without the dedication and commitment of outstanding host committees, sponsors and volunteers. These individuals put in countless hours to ensure these championships are run

in an efficient and professional manner and we owe them a debt of gratitude for their tireless efforts."

TEAM ATLANTIC: COACHING STAFF ANNOUNCED

Hockey Canada's Atlantic Regional Centre and its Selection Committee made up from members of the four Atlantic Provinces announced today the coaching staff that will make up the Male Under 17 Team Atlantic Program.

The Male Under 17 Team Program will compete in the World Under 17 Championships from December 28th to January 4th 2011 in Winnipeg, MB. The Team Atlantic Male Under 17 program will also hold their summer evaluation camp at Acadia University in Wolfville, NS from July 11th-15th, 2010. From the summer camp the male program is selected based on tournaments and league play up until the Monctonian tournament which is held every year in mid to late November at the Red Ball Internet Centre in Moncton.

The Male Under 17 Team Atlantic Staff will consist of the following:

- Head Coach- Greg Leland, HNB
- Assistant Coach – Stephane Leblanc, HNB
- Assistant Coach – Doug Jackman, HNL
- Goaltending Coach – Ryan Leland - HNB
- Director of Operations- Kevin Mitchell - HNS



HOCKEY CANADA'S SKILLS DEVELOPMENT CAMP RETURNS TO FREDERICTON

Hockey Canada's Atlantic Regional Centre is pleased to announce that they will return to Fredericton, NB to host a skills development camp on August 7th at Lady Beaverbrook Arena. Players will have the opportunity to be a part of "Team Canada" for a day.

"We are very excited to come back to Fredericton and host our Hockey Canada Skills Camp, we want to make the 2010/11 skills camp season our most exciting one yet, and I think a market like Fredericton will be a great place to kick start the year." Stated Paul Dagg, Development Coordinator, Hockey Canada's Atlantic Regional Centre. "Our camps are based on the foundation of having FUN while teaching the fundamental skills of hockey on and off the ice."

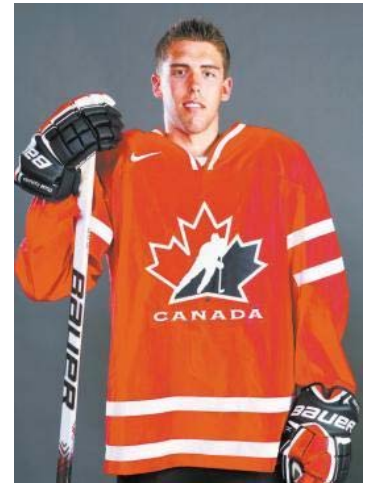
New on-ice drills, taught by enthusiastic instructors along with an off-ice fitness session, respect session and a parent seminar are all included as part of the days events. This skills development camp is open to both male and female participants in the atom and peewee divisions. The cost of the one day camp will be \$65 per player. The first 90 players registered will be accepted. Players who attend the camp will receive the following:

- Hockey Canada Skills camp jersey
- Gatorade water bottle
- Hockey Canada giveaway
- Two, one hour On-ice sessions
- Off-ice fitness session
- Off-ice respect session
- Off-ice session for Parents

For more information or to register for this skills camp please contact,

Paul Dagg at Hockey Canada's Regional Centre by phone (506) 642-0490 or email pdagg@hockeycanada.ca

ALUMNI FEATURE: BRANDON GORMLEY



Brandon Gormley a former member and captain of Team Atlantic, was born on February 18, 1992 in Murray River, PEI. He has been a part of some of Canada's most elite hockey teams, which include winning Gold at the 2009 World Under 18 Hockey Championship (Memorial of Ivan Hlinka), where he was the Assistant Captain. Gormley is currently a member of the QMJHL Moncton Wildcats. The 6'2" defenseman is described as being very smart with and without the puck and is a projected top 10 pick in this years NHL Entry Draft. Some career highlights for Gormley include:

- 2006 & 2007 Represented Hockey Prince Edward Island at the Atlantic Challenge Cup
- 2008 & 2009 Member of Team Atlantic
- Member of PEI at 2007 Canada Winter Games
- 2009-2010 QMJHL - Michael-Bossy Trophy – Best Professional Prospect
- 2009-2010 QMJHL - T2nd Team All-Stars

- Invited to the 2009 World Junior Team Canada camp
- Won Gold with Team Canada at the 2009 World Under 18 Hockey Championship
- Member of Team Canada roster at the 2009 Subway Super Series
- 2009 QMJHL All-rookie Team
- Member of Team Canada roster at the 2008 ADT Canada-Russia Challenge

ATLANTIC CANADIANS BRING HOME GOLD AT THE IIHF U18 WOMEN'S WORLD HOCKEY CHAMPIONSHIPS

Atlantic Canada was well represented at the 2010 IIHF World Women's Under-18 Hockey Championship, which took place from March 27 to April 3 in Chicago, IL. Goaltender Carmen MacDonald (Pictou, NS), forwards Sarah Davis (Paradise, NL), Jillian Saulnier (Halifax, NS) and assistant coach Lisa Jordan (Halifax, NS) were all members of Gold Medal winning team.



"You wait so long for a moment like that and when I was standing there on the blue line with my gold medal around my neck and my arms around my teammates, I knew right there that every minute of training and every sacrifice I ever made to reach my dream was 100% worth it!" commented, Jillian Saulnier, Team Canada forward.

The Canadians went undefeated in the eight team tournament. They would cap off the tournament in dramatic fashion defeating the two time defending champions Team USA in overtime by a score of 5-4. MacDonald got the nod between the

pipes in the Gold Medal game, making 37 saves, 17 of which came in the third period.

Davis, Saulnier and MacDonald were also members of Team Atlantic at the 2009 National Women's U18 Hockey Championship which took place in Surrey, BC.

COACHING TIP No.2 DISH OR DUMP

If the defenseman has been able to get the puck under control and gather speed coming out of his zone, he must be very careful to make the right play in the neutral zone. If it's congested, often the right play is not to pass it at all, but instead, get to the red line and dump the puck into the opposition's zone. If he makes a bad pass in the neutral zone and it is intercepted, he is caught traveling in the wrong direction and is susceptible to a breakaway, or out-numbered attack on his partner. Keeping your head up as you collect the puck in your own end before skating up ice is a huge part of not getting into trouble.



OFF-ICE TIP: BALANCE

Hockey is different from any other sport because of the surface it is played on, ice. Work on balance in your off-ice training because it will not only help you stay on your feet, but it will help make you better and ultimately a more confident skater. A good way to do this is to remove the wheels from a skateboard, and put a bar or a ball underneath. By trying to keep yourself straight you will develop muscles for balance. Balance allows you to move equally fast in any direction, while maintaining your position. This is the difference between any athlete and a high performance athlete. Another effective method is to use the

stability ball and practice various balancing exercises to strengthen the core body muscles that are vital to great balance.



SPONSOR SPOTLIGHT

Irving Oil has sponsored Bantam Hockey throughout Atlantic Canada since 1992. The company sponsors over 50 Bantam Teams each hockey season, their respective provincial leagues and championships, as well as the Irving Oil Challenge Cup, Atlantic Canada's Bantam AAA Championship.

More than 23,000 youth have competed to play in the Irving Oil Challenge Cup tournament since its inception, including Sidney Crosby of the Pittsburgh Penguins, Jon Sim of the New York Islanders and Colin White of the New Jersey Devils.

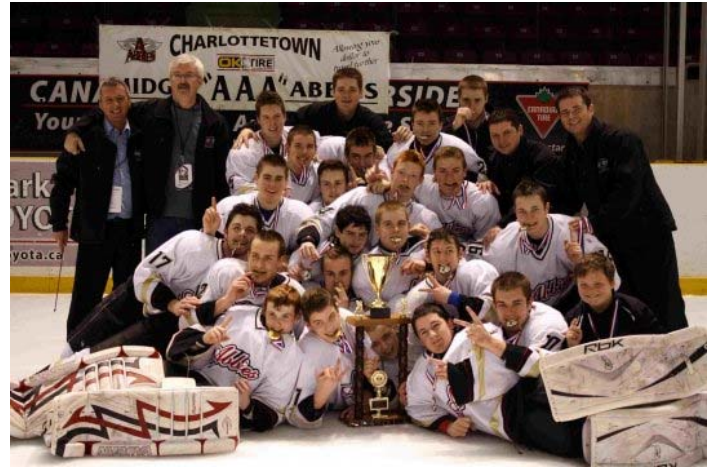
"At Irving Oil, we're parents too. We understand the passion for hockey, and the commitment it takes to get to this level of hockey," says Lisa Savidant, Community Relations Coordinator for Irving Oil. "On ice, players learn the lessons of team work, commitment and perseverance, and they're the same values we uphold as a company. It's why we're proud to be in our 19th year of sponsoring the Irving Oil Challenge Cup."

Irving Oil, a Fort Reliance Company, was founded in 1924 and is a leading regional refining and marketing company with a history of long-term partnerships and relationships. The company serves retail, commercial, industrial, and residential customers in Eastern Canada and New England with a range of finished energy products and complementary services.

District 3 Irving Oil Caps
Irving Oil Challenge Cup Champions



Charlottetown OK Tire Abbies
Atlantic Minor Midget Champions



Moncton Cora's Hawks
Bell Aliant Atlantic Pee Wee Champions



St. John's Fog Devils
Atlantic Major Midget Champions



Moncton Office Interior Ricoh Rockets
Female Atlantic Midget Champions



**HOCKEY CANADA'S ATLANTIC REGIONAL CENTRE WOULD LIKE TO THANK
OUR PARTNERS FOR THE THEIR SUPPORT OF THE HOCKEY IN ATLANTIC
CANADA AND THE YOUTH OF OUR REGION !**



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