Hockey Canada - Female Hockey Staff Resources

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- Promotion through National and International Events
- Building new opportunities for players, coaches and officials in the female game

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- High Performance Coaches and staff development

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   St. Thomas University
   St. Mary's University
   Mount Allison University
   University of PEI

Female Hockey Guide
Ages 12-17

18-22 Years old

23+ Years

Start at your branch

Hockey North
hockeynorth.ca

British Columbia
U14, U16, U18 Programs
bchockey.net

Alberta
U16, U18 Programs
hockeyalberta.ca

Saskatchewan
U13, U16, U18 Programs
sha.sk.ca

Manitoba
U16, U18 Programs
hockeymanitoba.ca

Ontario
U16, U18 Programs
owha.on.ca

Quebec
U16, U18 Programs
hockey.qc.ca

New Brunswick
U16, U18 Programs
hnb.ca

Prince Edward Island
U16, U18 Programs
hockeypei.com

Nova Scotia
U16, U18 Programs
hockeynovascotia.ca

Newfoundland & Labrador
U16, U18 Programs
hockeynl.ca

January 2015

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MARIE-PHILIP POULIN
A Journey to Team Canada

2005 National Women's Under-18 Championship

2007 Canada Winter Games
Canada's National Women's Under-18 Program Camps
- Strength & Conditioning Camp
- National Team Selection Camp
- Goalie Development Camp

Canada's National Women's Development Program Camps
- Strength & Conditioning Camp
- National Team Selection Camp
- Goalie Development Camp

Canada's National Women's Team
- Summer Series vs. United States
- IIHF Ice Hockey U18 Women's World Championship
- Olympic Winter Games

Canada's National Women's Under-18 Team
- Summer Series vs. United States

Canada's National Women's Development Team
- Summer Series vs. United States
- Nations Cup

Canada's National Women's Program Camps
- Strength & Conditioning Camp
- National Team Selection Camp
- Goalie Development Camp

2008/2009
IIHF World Women's U18 Championship

2012
Canada's National Women's Development team

2011/2012/2013
IIHF World Women's Championship

2010/2014
Olympic Winter Games
Females from all over the country dream of wearing the red and white and representing Canada on the world stage. The Hockey Canada Program of Excellence has three stages of progression. In order to be invited to the Hockey Canada POE a player must first be part of their branch program (see page 27). Earning an invite to be a part of the POE takes a lot of hard work and dedication starting in the early teenage years.

Canada’s National Women’s Under-18 Team
The first step in the Hockey Canada Program of Excellence, Canada’s National Women’s Under-18 Team meets three times a year, for a summer strength and conditioning camp and three-game series, typically against the U.S., in August, and again for the IIHF Ice Hockey U18 Women’s World Championship in January.

These players are selected by Hockey Canada scouts to be invited to camps throughout the year. They are chosen from the branch U18 programs that participate in the National Women’s Under-18 Championship. Players at this level are also beginning their journey to the university level in their club-playing career. Combining education and hockey is one of the greatest benefits of the sport and it is highly recommended from Hockey Canada to pursue this path to achieve the most growth.

Graduates of this program may move on to Canada’s National Women’s Development Team to continue their path in Hockey Canada’s high performance programs.
Canada’s National Women’s Development Team

The second step in the Hockey Canada Program of Excellence, Canada’s National Women’s Development Team, meets three times a year, for a summer strength and conditioning camp and three-game series, typically against the U.S., in August, and again for an international tournament in January.

The participants of these camps are invited by the coaches, scouts and management at Hockey Canada. Having been through the U18 branch program and fully knowledgeable of the expectations this program maintains, these players typically play at the university level throughout the year and take time for Hockey Canada camps and events.

Players from this team are individually selected to participate in national team camps and events. Over time, players may earn their spot on Canada’s National Women’s Team.

Canada’s National Women’s Team

Since 1990, Canada’s National Women’s Team has been a power on the world stage, winning 10 IIHF Ice Hockey Women’s World Championship gold medals, four Olympic gold medals and 13 3 Nations/4 Nations Cups.

Players that have graduated from the U18 program to Canada’s National Women’s Development Team then work for the opportunity to be selected to Canada’s National Women’s Team, which is the final step in the Hockey Canada Program of Excellence.

It is every little girl’s dream to one day play on Canada’s National Women’s Team and represent the country on the world stage. Women are now being inducted into the Hockey Hall of Fame for their amazing devotion to the game and achievements throughout their careers. Paving the way for the up-and-coming stars, female hockey has a short but rich history and a strong future. The rising stars of today’s team are growing to be household names and are role models for girls and women alike.

Throughout the year, members of Canada’s National Women's Team play at the university level or are a member of the Canadian Women's Hockey League (CWHL) and take time away from these programs to participate in Hockey Canada camps and events.
Throughout the year Hockey Canada hosts various national championships at all levels of female hockey. These events rotate through all parts of the country each year, showcasing the best female hockey players in the game. Check out HockeyCanada.ca, or follow the event-specific social media accounts to get all the information and find out when an event is coming to a city near you.

**Esso Cup**

Five regional champions from across Canada will compete with the host team for the Esso Cup, and the right to be called national champions. The growth of the women’s game in Canada continues as a national champion is crowned for women’s minor hockey. Canada’s National Female Midget Championship is the first club team championship en route to the Program of Excellence.

**National Women’s Under-18 Championship**

Before they hit the ice for Canada’s National Women’s Development Team or National Women’s Team, the future of women’s hockey debuts on the national stage at the National Women’s Under-18 Championship, fighting for a gold medal and national bragging rights. Teams comprising the top U18 players from provinces and regions across the country come together to compete.

**Canada Winter Games**

The Canada Winter Games are held every four years, the country’s largest multi-sport competition for young athletes with players competing for their home provinces. Women’s hockey was introduced at the 1991 Games in Charlottetown, P.E.I. The athletes are the country’s next generation of national, international and Olympic champions. Some of Canada’s women’s hockey’s most recognizable names got their national start at the Canada Games, including Meghan Agosta, Jayna Hefford, Caroline Ouelette, Marie-Philip Poulin and Hayley Wickenheiser.

**CIS Women’s Hockey National Championship**

Every season, the champions of the four CIS conferences (OUA, RSEQ, AUS, Canada West), the runner-up teams and the host university come together to compete for a national championship. Dating back to the first national tournament in 1998, the event celebrates Canadian Interuniversity Sport, female hockey and education. Some of Canada’s greatest female hockey players have played in the event and continue to coach, play and give back.

**Clarkson Cup**

The Clarkson Cup was named after former Governor General of Canada Adrienne Clarkson. It is highly regarded as The Stanley Cup of women’s hockey, as it is quickly becoming the ultimate trophy to strive for in this fast-growing female sport. The Clarkson Cup is awarded every March at the Playoff Championships of the Canadian Women’s Hockey League.
Canadian Interuniversity Sport is the governing body for university sports in Canada, including women's hockey. There are four conferences within CIS, to reduce travel and better the experience of the student-athletes. Each conference crowns its champion, and those champions compete for the CIS national title every spring.
Canada West
Universities Athletic Association

League Info:
canadawest.org
@cwuaa

Edmonton, Alberta
athletics.ualberta.ca
ualberta.ca
Head Coach: Howie Draper
howie.draper@ualberta.ca
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@UACoachDraper

Vancouver, B.C.
gothunderbirds.ca
ubc.ca
Head Coach: Graham Thomas
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604-822-2309
@ubctbirds

Lethbridge, Alberta
gohorns.ca
uleth.ca
Head Coach: Chandy Kaip
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Winnipeg, Manitoba
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Regina, Saskatchewan
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sarah.hodges@uregina.ca
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@URWomensHockey

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huskies.usask.ca
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Head Coach: Steve Kook
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Ontario University Athletics

League Info:
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facebook.com/OntarioUniversityAthletics

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uoguelph.ca
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yorku.ca
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uwwaterloo.ca
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uoit.ca
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@UOITRidgebacks

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@WesternMustangs

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uwindsor.ca
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519-253-3000 ext. 2437
@WindsorLancers

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Réseau du sport étudiant du Québec

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uottawa.ca
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Head Coach: Les Lawton
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Ottawa, Ontario
goravens.ca
carleton.ca
Head Coach: Pierre Alain
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613-520-2600 ex. 8446
@CURavens
Atlantic University Sport

League Info:
atlanticuniversitiesport.com
@AUS_SUA

Halifax, Nova Scotia
 Already in March 2019, the University of Nova Scotia (US) is ready to make its mark in the world of women’s hockey. With several returning players, the program is set for another successful season. 

Head Coach: Sean Fraser
sean.fraser@dal.ca
902 494-1684
@DalTigers

Halifax, Nova Scotia

Head Coach: Chris Lara
christopher.lara@smu.ca
(902) 496-8115
@SMUHuskies

Antigonish, Nova Scotia

Head Coach: Ben Berthiaume
bbberthia@stfx.ca
902-867-5409
@XWomenHockey

Moncton, New Brunswick

Head Coach: Denis Ross
denis.ross@umoncton.ca
506-858-4925

Fredericton, New Brunswick

Head Coach: Peter Murphy
pmurphy@stu.ca
506-452-0539
@STUWH

Sackville, New Brunswick

Head Coach: Zach Ball
zbill@mta.ca
506-232-2607
@MTA_Athletics

Charlottetown, P.E.I.

gopanthersgo.ca
upe.ca
Head Coach: Bruce Donaldson
whockey@upe.ca
902-393-0662
@upewhockey

Female Hockey Guide

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The Canadian Women's Hockey League is the premier professionally-run women's hockey league in the world. The CWHL is a centrally funded league, meaning that all participating teams in the CWHL receive equal access to funding and are given the same opportunities to succeed. Every dollar goes towards building a league that is dedicated to raising the profile of women's hockey while providing a place where the best female hockey players in the world can come to train and compete.

The players are the brightest and the fastest — in fact, many of them played for Canada, Finland and the United States at the 2014 Olympic Winter Games in Sochi. The women's game is based on speed, skill and finesse and creates a family-friendly environment where access to heroes is very possible.
Caroline Ouellette
Montreal Stars – Four-time Olympic gold medallist
"The Montreal Stars are everything to me. They are the reason I have been fortunate to have represented Canada on a world stage. They are the ones I share my highs and my lows with and they are the ones I want to win the Clarkson Cup with."

@couellette13

Natalie Spooner
Toronto Furies
2014 Olympic gold medallist
"Being able to play against the best players in North America for my hometown team in the CWHL, the Toronto Furies, really is a dream. I was so proud to become the first woman in CWHL history to win an Olympic gold medal and the Clarkson Cup in the same year! The competition in the CWHL has been stoked by rivalries that were started in university and on the national teams at the world championship and Olympics. The level of play is increasing each year."

@natspooner5
The CWHL Draft

In order to play in the CWHL, a player must be entered into the draft. Each August, the executive members of the CWHL and each team gather to allocate players who have recently become eligible to play in the league. When players graduate from their university programs they enter themselves in the CWHL Draft to have the chance to join the league.

On draft day, each of the five teams selects one player per round, distributing the skill across the league and making for a balanced and competitive CWHL.

The very first CWHL Draft was held in 2010 at the Hockey Hall of Fame, where 2010 Olympic gold medallist Tessa Bonhomme became the first player taken No. 1 overall, by the Toronto Furies. Since then, each year the draft continues to grow and the talent strengthens, building the CWHL into the most competitive female hockey league in the world.

With more women playing hockey every day, the CWHL is a league of potential. It needs support from the grassroots and fans to help it grow and become the future for professional female hockey. The more done today, the more opportunities young females will have tomorrow.
Named for Adrienne Clarkson, the 26th Governor General of Canada, the Clarkson Cup is the Stanley Cup of women’s hockey. Awarded to the champions of the Canadian Women’s Hockey League, the trophy is quickly becoming one of the most prestigious in the women’s game.

Every season, the teams of the Canadian Women’s Hockey League compete to reach the playoffs and have a chance to lift the Clarkson Cup and be called champions. The CWHL brings together national team members from all over the world to create the top league in women’s hockey.

The CWHL Awards Gala also takes place during the Clarkson Cup festivities. Awards are presented for the season in the following categories:

- The Humanitarian Award
- Coach of the Year
- Rookie of the Year
- Goaltender of the Year
- Defenseman of the Year
- Angela James Bowl (Top Forward)
- Most Valuable Player

Join the celebration and follow @cwhl_insider all season to stay up on the action and find out where you can watch CWHL games in your city or in your home!
Sport Canada’s Long-Term Player Development resource paper “Canadian Sport for Life” sets out a framework for sport development in Canada. Hockey Canada’s Long-Term Player Development is an eight-stage model based on the physical, mental, emotional and cognitive development of children and adolescents. Each stage reflects a different point in developing the player.

Being an athlete is about more than gold medals and big stages, it’s about living a healthy lifestyle. Whether an athlete is in the early stages of life and just beginning to play sports or in the later stages and looking to stay active, hockey is a great opportunity to balance the physical and social aspects of athletics. Incorporating the sport of hockey amongst other activities is a key concept to developing a well-rounded athlete and healthy person.

Recreational Hockey
Women’s hockey is a continuously growing sport that females of all ages can take part in across Canada. Each branch has its own programming based on the volume of players registered and various levels of its abilities to accommodate as many participants as possible.

Hockey is a fun, exciting and healthy activity which introduces players to new people and great friendships. Want to experience the sport for the first time? Looking to get back involved? Anyone interested should get in touch with their local female hockey association or contact their branch (page 27) to find out how to get into the game.
Long-Term Player Development Model

**Discover**

**Male and Female 0 - 4 Community**
This is an important period for acquiring fundamental movement skills (running, gliding, jumping, kicking, catching ...) that lay the foundation for more complex movements, thereby preparing children for a physically active lifestyle. Hockey Canada encourages children to begin skating at an early age through Discovery Hockey programs.

**Fundamentals 1**

**Male and Female 5 - 6 Community/Local**
The focus is on the development of physical literacy. Fundamental movement skills should be mastered and motor development emphasized, and participation in many sports/activities is encouraged. For optimal skill acquisition, the basic hockey skills of skating and puck control are introduced through the Initiation Program. FUN competitions are also introduced in a team environment.

**Fundamentals 2**

**Male and Female 7 - 8 Local**
During this period, players continue to develop motor skills and coordination. Practice sessions should be held twice a week during the season. Ongoing participation in compatible sports is strongly encouraged. The Novice Skills Program is designed to promote the continued development of physical literacy, fitness and the basic skills required to play hockey.

**Train to Compete**

**Male 9 - 10 and Female 8 - 9 Local**
This stage is the beginning of the most important window to develop the fine motor skills on an individual technical skill basis that leads to utilizing these skills into individual and team tactics later on. During this stage, the players have the best opportunity to learn and begin to master fine motor skills that can be used in combination with other skills. In most cases what is learned or not learned in this stage will have a very significant effect on the level of play that is achieved later on. Players should be able to begin to transfer skills and concepts from practices to games.

**Train to Win**

**Male 16 - 17 and Female 16 - 18 National**
During this stage, players will participate in training with a focus on position-specific technical and tactical preparation. There is an emphasis on fitness preparation and the development of position-specific technical and tactical skills under competitive conditions. Important objectives are the development of aerobic capacity, power, self-awareness and independence. The player may be introduced to international competitive experience at the end of this stage.

**Excel**

**Male 21 + and Female 22 + International**
It is at this stage that all systems, including physical preparation, testing or monitoring and others which are supportive in nature, are fully maximized and refined to ensure excellence at the highest competitive levels (i.e., the Olympic Games and world championships). Players continue to enjoy competition and training at the highest level with a focus on maintaining or improving technical, tactical, physical and ancillary capacities.

**Increasing Hockey Specific Physical Literacy**

**Active for Life**

**Female Hockey Guide**
Since 1998 the Esso Fun Days program has introduced thousands of females to the great game of hockey. This event combines one hour of on-ice instruction with one hour of off-ice instruction to give females of all ages a preview of female hockey, free of charge, with no pressure to sign up full time. Hockey Canada subsidizes the cost to any association that hosts an Esso Fun Day and jerseys are provided for the participants.

Who is the program for?
The program is meant to be a fun day of hockey for first-time participants in the female game, for anyone between the ages of four to 81 who wants to give hockey a try! Esso Fun Day is for you and it’s free. Single day or six-week program funding is available.

What will the program do for you?
The focus of the day is to introduce players to the basics, to make new friends, and to try the game without having to make a commitment to sign up for a season.

On-ice activities are provided by individuals with Coach Level certification assisted by other on-ice role models. Individuals interested in pursuing hockey even further are given an opportunity to sign up at the program.

Six-week program
The Esso Fun Day program also has the option of extending to a full six weeks, which would see the first-time participants on the ice one night per week to learn the sport. Within the application process there is an option for a single day or a six-week program, following which the process to host the event is the same.

How do I get involved?
Host: If a community and minor/female hockey association would like to host an Esso Fun Day, they should contact the provincial branch (page 27) and register the event at HockeyCanada.ca/FemaleHockey.

Hear: Each province across Canada would host a minimum of one Esso Fun Day per season. The provincial female representative or provincial branch has more information on how and where to register. A minor/female hockey association can also request to host an event locally.

Help: Coaches can contact the female branch representative or provincial branch to find out about helping out on or off the ice.
Growing the game of women’s hockey starts on the bench. Not only does Hockey Canada want to continue to increase the numbers of players, but also increase the number of female coaches in the game. Coaching gives back to the game in so many ways and can create a professional path.

Branches host coaching clinics throughout the year to begin training for prospective coaches. Anyone interested can also contact their local minor hockey association to find out how they can volunteer.

We Are Coaches is an initiative driven by Hockey Canada that fully supports the associations from coast to coast that register to host an all-female coaching certification event. The goals of the initiative are to:

- help build infrastructure to support and sustain the growth of female hockey in Canada;
- develop role models and leaders within the female hockey community;
- remove barriers to coaching education;
- increase the roles and opportunities for females invested in the game;
- educate females on what coaching can bring to their lives.

For any association planning to host an all-female coaching certification event, We Are Coaches can provide financial support by following these steps:

- Notify Mandi Duhamel (mduhamel@hockeycanada.ca) of the approved event
- Set up a registration to record those attending
- Have a certified facilitator host the session
- Submit the requested information and expenses following the event to Hockey Canada for review and finalization
The game of female hockey continues to grow and so does the demand for female officials. Officials are an integral part of the sport of hockey and the Hockey Canada Officiating Program is an important development program within the Hockey Canada structure. The program gives officials a tremendous level of satisfaction and access to great opportunities at the national and international level.

Why do I want to become a female hockey official?

- To gain a new perspective and understanding of the game
- To make the game a fun and safe experience for all participants
- To make some additional money in a fun way
- To have the skating ability and basic skills to be an effective official
- To find an alternate way to increase physical activity and fitness
- To create opportunities to officiate at regional, national and international competitions
- For the love of the game

Anyone interested in becoming a female hockey official can register for a clinic through their local minor hockey association and start officiating. Most communities have a local referee-in-chief that sets up clinics. Contact the local minor hockey association, provincial female representative or branch referee-in-chief for more information.
# Useful Resources

<table>
<thead>
<tr>
<th>Resource</th>
<th>URL</th>
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</thead>
<tbody>
<tr>
<td>Player Skills Videos</td>
<td>YouTube.com/HockeyCanadaVideos</td>
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<td>Goalie Skills Videos</td>
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<tr>
<td>Female University Education Workbook</td>
<td>HockeyCanada.ca/EducationWorkbook</td>
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<tr>
<td>Drill Hub</td>
<td>HockeyCanada.ca/DrillHub</td>
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<tr>
<td>Women's Hockey Life</td>
<td>WomensHockeyLife.com</td>
</tr>
<tr>
<td>HC - Female Hockey</td>
<td>HockeyCanada.ca/FemaleHockey</td>
</tr>
<tr>
<td>HC - Coaching Information</td>
<td>HockeyCanada.ca/We-Are-Coaches</td>
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<td>HC - Officiating</td>
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<td>Female Coaching Network</td>
<td>FemaleCoachingNetwork.com</td>
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<td>Coaches Association of Canada</td>
<td>Coach.ca</td>
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Branch Female Hockey Contacts

**BC Hockey**
6671 Oldfield Road
Saanichton, B.C. V8M 2A1
Tel/Tél.: (250) 652-2978
www.bchockey.net
Female Hockey Contact
(250)652-2978
femalehockeyinfo@bchockey.net

**Hockey Alberta**
100 College Blvd., Box 5005, Room 2606
Red Deer, Alta. T4N 5H5
Tel/Tél.: (403) 342-6777
www.hockeyalberta.ca
Female Hockey Contact
(403) 342-6777

**Saskatchewan**
Hockey Association
2 # – 575 Park Street
Regina, Sask. S4N 5B2
Tel/Tél.: (306) 789-5101
www.sha.sk.ca
Female Hockey Contact
Scott Frizzell
(306)789-5101
scottf@sha.sk.ca

**Hockey Manitoba**
145 Pacific Avenue, Room 508
Winnipeg, Man. R3B 2B6
Tel/Tél.: (204) 925-5755
www.hockeymanitoba.ca
Female Hockey Contact
Dustin Stewart
(204) 926-8355
dustin@hockeymanitoba.ca

**Hockey Newfoundland and Labrador**
32 Queensway
Grand Falls-Windsor, N.L. A2A 2J4
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Female Hockey Contact
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**Hockey Nova Scotia**
7 Mellor Avenue, Suite 17
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**Hockey Canada**
N204 – 801 King Edward Avenue
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**Ontario Women’s Hockey Association**
5155 Spectrum Way Unit #3
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www.owha.on.ca
Female Hockey Contact
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(905) 282-9980
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**Hockey Québec**
7450 boulevard les Galeries d’Anjou, suite 210
Montreal, Que. H1M 3M3
Tel/Tél.: (514) 252-3079
www.hockey.qc.ca
Female Hockey Contact
Eric Hurtubise
(514) 252-3079 ext. 3002
ehurtubise@hockey.qc.ca

**Hockey Prince Edward Island**
P.O. Box 302
40 Enman Crescent
Charlottetown, P.E.I. C1A 7K7
Tel/Tél.: (902) 368-4334
www.hockeypei.com
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hdmoise@gov.pe.ca

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