

March 2024

SMMHA's U9 Select Team
wins the cup in Hespeler,
February 2024



Monthly Newsletter

South Muskoka Minor Hockey Association



Cast Your Vote! 2024/25 SMMHA Board of Directors

Nominations for the open positions for the South Muskoka Minor Hockey Board of Directors were accepted until February 22nd and the nominees are...

President: Jody Somerville, Secretary: Jessie Dureen, Player Development: Kevin Babcock and Chris Ledsham, Off Ice Officials & Volunteer Coordinator: Tina Hamer, Director of Tournaments: Curt Dunlop, Registrar: Jenna Domalik, Julie Dureen and Tanaya Lusk, Director of Sponsorship: Julie Dureen and Jennifer Lennie, Director of Equipment: Whitney Middlebrook, Director of Local League U5-U9: Paul Raynor, Director of Public Relations & Marketing: Kim Ellis.

Voting will be by ballot and will be eligible for the following as listed under SMMHA By-Law 4.6:

- Current Board of Directors
- Current Rostered Team Officials
- Current Rostered Hockey Players (must be 18 years of age)
- Parent/Guardian of Current Rostered Players and will have one vote for each of their rostered player
- Life Members

*In all cases there will only be 1 vote per rostered player even if circumstances might indicate more.

Please note that the Elections General Meeting scheduled originally for March 5, 2024 has now been rescheduled for **Tuesday, April 9, 2024 from 6:00 - 7:00 PM** at the Bracebridge Memorial Arena (Auditorium). Your vote matters, we hope to see you there!

Need to Give Us Feedback?



One-Game-at-a-Time

With playoffs in full swing it is important to remember that sometimes the pressure to win and perform can be very daunting. Hockey is a game, hockey should be fun. Consider trying the One-Game-at-a-Time method of looking at your playoff run as a way to not get caught up in the stress of losing games during the playoffs.

- Allows for closure – Once a game is finished, you can process your performance and make the necessary adjustments.
- Provides a transition – Once you process the feedback, it helps you to refocus on the next game.
- Enhances preparation – After a game, a positive mindset assists you in dedicating your full attention to preparing for the next game.

Most importantly, remember why you're on the ice in the first place. Without a doubt, most would answer the reason they suit up and play hockey is simply because they love the game, try and remember that WIN or loose.

Year End Banquet(s) and Awards

This 2023/24 season SMMHA has been privileged with talented players and many dedicated volunteers. It is that time of year again where we need your to help recognize these players and volunteers by nominating them for the following awards.

1. Bryan Ingram Award for Volunteer of the year.
2. Manager of the year
 - a. Local League
 - b. B Division
 - c. D Division
3. Coach of the year LL
4. Coach of the year Rep
 - a. B Division
 - b. D Division
5. Robbie McLaren Award (Given to a Senior Minor Hockey player that gives back to minor hockey and the community)
6. Lifetime Member Award (Awarded to a individual who has given back to minor hockey for a minimum of 10 years)
7. Roger Crozier Goalie Awards (Most Valuable goaltenders from our association). U9-13 LL, B,C and U15-U18 LL, B, C

You can nominate your favorite Player, Coach, Manager, Volunteer on the SMMHA website under the nominations tab until March 14th. Awards will be issued at the year end banquets Wednesday, April 24, 2024 Local League (U9-U18) and Thursday, April 25, 2024 Rep (U11 - U18, B & D).

The biggest thing we get out of it is seeing the kids smile. And hopefully, we will also see that the lessons we're teaching- not only the fundamentals of hockey BUT also the life values- are sinking in.

- #4 Bobby Orr