



CALGARY ROYALS ATHLETIC ASSOCIATION

GRAPEVINE

September 2019 edition

Greetings Royals Constituents and welcome to our monthly newsletter. Apologies for the delay in producing this addition as we chose to delay publication, due to the busy times that September brings.

The intent is to provide monthly updates on Association matters, across a broad spectrum of our portfolios.

I hope you find it informative and it provides you with Association information that matters.

On behalf of the CRAA, Congratulations to all Players and Families for your successes through the Evaluation Process! We sincerely welcome all new families, and to those returning - welcome back to our CRAA family.

We can empathize with you all as September is always an incredibly difficult month and we send out a thank you all for your efforts, patience and determination.

Dave Freeborn
President
Calgary Royals Athletic Association

"A monthly production to our constituents on what's new or novel within our Elite/Quadrant Hockey Association"

Meet our Coaches and Staff:

Bantam AA – Blue

- Coach - Wayne Potter
- Assistant Coaches – Billy Gorrell, Tim Shannon, Tyler Rohl, Draven Rees
- Manager – Kris Zack
- Mentor - Marian Gmitter
- Coordinator – Rod Rees

Bantam AA – Gold

- Coach - Jonathan Petrash
- Assistant Coaches – Daniel Monden, Scott Anklewich, Chris Anklewich
- Manager – Nicole McNeilly
- Mentor - Chris Leinweber
- Coordinator – Kevin Stirling

**Bantam AA – White**

- Coach – Chad Scharff
- Assistant Coaches – Ben Morris, Zach Kindrachuk
- Manager – Bryce Bunz
- Mentor - Sean Kibuyk
- Coordinator – Mark Josefchak

Bantam AAA

- Coach - Nick Symon
- Assistant Coaches – Mike Brown, Clinton Pettapiece, Adam Kingsmill, Corey Scott
- Managers – Chris Gamache/Brad Ryan
- Mentor - Mark Maloney
- Coordinator – Jim Wheatcroft

Minor Midget – Blue

- Coach - Jason Carruthers
- Assistant Coaches – Ryan Howell, Brett Hartos, Kevin Griffin, Mike Friesen
- Manager – Jeff Peters
- Mentor - Randy Cave
- Coordinator – Dan Danis

Minor Midget – Gold

- Coach - Brad Hodge
- Assistant Coaches – Eric Gilholme, Kevin Tjostheim
- Manager – Dave Maberley
- Mentor - Jeff Ovens
- Coordinator – Chris Anderson

Midget AA – Blue

- Coach - Drew Coles
- Assistant Coaches – Brett Krokosh, Jordan Stimpson, Ethan Rusnack
- Manager – Cindy Johnson
- Mentor - Terry Johnson
- Coordinator – Lee Morris

Midget AA – Gold

- Coach - Tyler Wagner
- Assistant Coaches – Carson George, Jacob Bergeron
- Manager – Colin Knill
- Mentor - Jamie Fox
- Coordinator – John Mitchell

Midget AAA

- Coach - Mike Langen
- Assistant Coaches – Micki Dupont, Ken Plaquin, Derek Puttick, Liam Belcourt
- Manager – Peter Hughes
- Mentor - Mark Maloney
- Coordinator – Wilf Richard

Junior B – Blue

- Coach – Darcy McGuire
- Assistant Coaches – Ben Kembull, Austin Tisor, Thomas Huston
- Manager – Dennis Mulholland
- Coordinator – Don Spencer

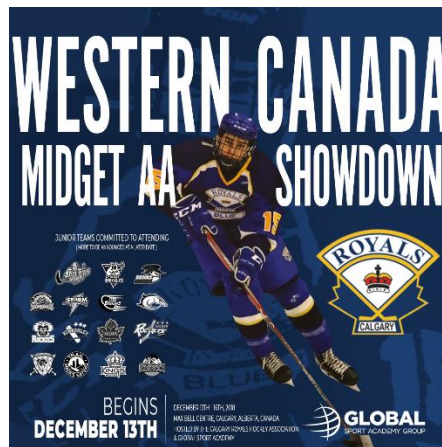


Junior B – Gold

- Coach – Derek Bell
- Assistant Coaches – Paul Eliason, John Mitsoulas, Jack Hartford, Craig Ofner
- Manager – Diana Hartford
- Coordinator – Don Spencer

Watch for Exciting Events this season for Midget AA!

Western Canada Midget AA Showdown – December 12 – 15, 2019



Midget AA Provincials – March 26 – 29, 2020





2019-2020 Programs

Congratulations on securing your position on the **2019-2020 Calgary Royals Team!!!** We wish you all the best in the upcoming season as you pursue your goals on and off the ice.

This season we have embarked on a journey to improve and enhance the CRAA program. We have listened carefully to your ideas, feedback and suggestions and as a result of our collective due diligence, planning and preparation, we have built and supported a move forward vision which prioritizes:

1. Improved coaching and supporting our coaches – Mentorship, Training and Resources.
2. Enhancement of leadership in the areas of Nutrition, Mental Health, Mental Performance and Parent Education.
3. Improved player development and growth via optimal practice execution and delivery.
4. Creation of a true and consistent program whereby players achieve progressive learning from level to level with consistent vocabulary, training and philosophy.
5. Leading edge off-ice training and conditioning in a centralized CRAA location - Mount Royal University.
6. Family support initiatives to help players move beyond our quadrant levels, into the next levels in the game. This includes player networking, marketing and support.
7. Academic support and resources for our Midget AA and AAA levels.

Working proactively on the stated objectives will improve the experience for all stakeholders within the CRAA. We are hopeful that we will also improve retention within our Association and as our programming is as fulsome, cost effective and productive, as any of the other options available to families. This season we have already experienced success in a multitude of areas over previous seasons and for most the season has just begun.

When we set our minds to improvement and with the help and input of our constituents, along with the tireless efforts of our Board of Directors, we have secured programming improvement while doing so in a cost-effective manner. In our second official season with our partners at Global Sport Academy, we have worked proactively with them in this area to accomplish our needs, including a cutting-edge pricing structure. All pricing for the various age levels can be found on the CRAA website. www.calgaryroyals.ca

The appended program overview(s) capture the program menu for your specific age group and level.



CALGARY ROYALS

CRAA Bantam AA & Bantam AAA Program

7 month program

Ice with Global Sport Academy Coaches and your CRAA Coaches every second week

Off-Ice Training with PEAK Power Development at Mount Royal University once per week

Mental Performance with Coach Lorie - Inner Mind Athletics

Mental Health with - Mindful Athletics

CRAA Nutritional Coach - Kelly Anne Erdman - Performance Dietician and Nutritionist

CRAA Video Program

G23 Medical Access

Coach Mentors: Mark Maloney, Marian Gmitter, Sean Kibuyk, Chris Leinweber

Royals Club Presentations and Themes:

- *Building Youth Sport Champions - Parent Presentation*
- *Undeniable "A Leadership Lesson in Courage, Success and Passion in Youth Sport" - Players and Parent Presentation*
- *Next Steps - "A Journey Into Junior Hockey and Beyond" - Players, Parents and Coaches Presentation*

Odds and Ends:

- *All workshops and presentations are at Central Memorial High School.*
- *Off-Ice Training will be held at Mount Royal University. Parking is not provided (parents are to drop off).*
- *Parents are free to contact Royals contractor Global at any time to set up a 1on1 meeting regarding opportunities and pathways beyond Royals hockey.*

www.info@globalsportacademygroup.com





CALGARY ROYALS

CRAA Midget 15 Program

7 month program

Ice with Global Sport Academy Coaches and your CRAA coaches every second week

Off-Ice Training with PEAK Power Development at Mount Royal University once per week

Mental Performance with Coach Lorie Pulliam

Mental Health with Mindful Athletics

CRAA Nutritional Coach - Kelly Anne Erdman - Performance Dietician and Nutritionist

CRAA Video Program

G23 Medical Access

Coach Mentors - Jeff Ovens and Randy Cave

Royals Club Presentations and Themes:

- *Undeniable "A Leadership Lesson in Courage, Success and Passion in Youth Sport" - Players, Parents and Coaches Presentation*
- *Building Player DNA for the Next Levels -The New Age of Development Science - Players, Parents and Coaches Presentation*
- *Junior Camp Preparation - Achieving Success Under the Spotlight - Players and Parents Presentation*

Odds and Ends:

- *All workshops and presentations are at Central Memorial High School*
- *Off-Ice Training will be held at Mount Royal University. Parking is not provided (drop off).*
- *Parents are free to contact Global at anytime to set up a 1on1 meeting regarding opportunities and pathways beyond minor hockey.*

www.info@globalsportacademygroup.com





CALGARY ROYALS

CRAA Midget AA Program

10 month program

Ice with Global Sport Academy Coaches and your CRAA coaches every second week
Off-Ice Training with PEAK Power Development at Mount Royal University once per week
Mental Performance with Coach Lorie Pulliam
Mental Health with Mindful Athletics
CRAA Nutritional Coach - Kelly Anne Erdman - Performance Dietician and Nutritionist
Academic Support and Tutoring once per week
PEAK Fitness Testing
Western Canadian Midget AA Championship
CRAA Hockey Alberta Provincial Hosts in 2020
Coach Mentorship - Terry Johnson and Jamie Fox
CRAA Video Program
G23 Medical Access
Junior Camp Preparatory Ice March/April 2020
Off-Season Training March, April, May, June - 2020 - Mount Royal University
CRAA and Global Player Marketing Program - Junior, NCAA, U-Sports

Royals Club Presentations and Themes:

- Undeniable "A Leadership Lesson in Courage, Success and Passion in Youth Sport" - Players, Parents and Coaches Presentation
- Routes/Choices/Marketing/Resumes and Scholarships - Players and Parents Presentation
- The Science and Analytics of Development and Making It!!

Odds and Ends:

- All workshops are at Central Memorial High School
- Off-Ice Training will be held at Mount Royal University. Parking is provided
- Parents are free to contact Global at anytime to set up a 1on1 meeting regarding opportunities and pathways beyond minor hockey.

www.info@globalsportacademygroup.com





CALGARY ROYALS

CRAA Midget AAA Program

10 month program

Ice with Global Sport Academy Coaches and your CRAA Coaches every week
Off-Ice Training with PEAK Power Development at Mount Royal University twice per week
Mental Performance Sessions with Coach Lorie Pulliam
Mental Health Sessions - Mindful Athletics
Academic Support and Tutoring once per week at Central Memorial High School for entire hockey season
PEAK Fitness Testing
CRAA Nutritional Coach - Kelly Anne Erdman - Performance Dietician and Nutritionist
Coach Mentorship of your staff - Mark Maloney
Junior Camp Preparatory Ice March/April 2020
Off-Season Training March, April, May, June - Mount Royal University - 2020
CRAA and Global Player Marketing Program for: Junior, NCAA, U-Sports
G23 Medical Access
CRAA Video Support Program

Royals Club Presentations and Themes:

Undeniable "A Leadership Lesson in Courage, Success and Passion in Youth Sport" - Players & Parents
Routes/Choices/Marketing/Resumes and Scholarships - Players, Parents and Coaches Presentation
The Science and Analytics of Development and Making It!!! - Players, Parents and Coaches Presentation

Odds and Ends:

- All workshops and academics take place at Central Memorial High School
- Off-Ice Training will be held at Mount Royal University. Parking is provided
- Parents are free to contact Global anytime to set up a 1on1 meeting regarding opportunities and pathways beyond minor hockey. info@globalsportacademygroup.com





A REMINDER: FOR HOCKEY PARENTS



CRAA parents, you are a critical part of your child's journey in the game of hockey. Supportive and positive parents who maintain perspective throughout the experience will be able to look back on the time spent with a positive reflection.

As a parent the first thing you need to ask yourself is why is my child participating in hockey, and what outcomes am I hoping for? If the goal is a scholarship, or pro-career, you are doomed to fail from the beginning. Your young player is already elite and actively pursuing their goals in the game. The key is for them is to continue driving forward with passion, love of the game, and support from you.

Hockey is a family experience and creates bonds and ties for your entire life. Your new social network becomes that of your child's teammates & families. In the end, when your child has completed their minor hockey years what you will remember has nothing to do with goals, assists, MVP's and wins. What you will remember are the road trips, funny moments, great coaches, best friends and long lasting friendships.

A couple of hints for parents:

- Be supportive and positive. Kids don't need critics!
- Ask questions of your child versus telling them what they did well and didn't do well. We refer to this strategy as "Socratic Parent Coaching".
- Live by the motto, "I love to watch you play".
- When you see yourself being over involved (yelling at officials, players), step away, grab a coffee and think about what is important. You are a role model for your child and others.
- Encourage your child to play other sports and pursue their passions. All of the research presented now is indicating that many top young athletes are multi-sport directed and not focused simply on one endeavor.

Here's to a great 2019-2020 season!

Go Royals!!