



CALGARY ROYALS ATHLETIC ASSOCIATION

CRAA Grapevine

March 2020 edition

Greetings Royals Constituents and welcome to our newsletter. 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.

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"

Message from the President:

Royals Members,

With a heavy heart, we received the news of the cancellation of all league play, all Association related activities, arena closures and the closure of many services within our Community due to the Novel Coronavirus (COVID 19).

With the pandemic in full force and the world suffering greatly from the crisis, it is understandable that we do our part in ensuring the safety of our players, parents, members and extended families. Clearly, this is bigger than hockey and we expect our members (including the Board of Directors) to be leaders in the effort to flatten the curve and make a significant impact in getting the world (and our lives) back to some semblance of normalcy. Whatever the new normal is, we will continue to be leaders.

Unfortunately, with the cancellations, we still have a responsibility to be fiscally responsible and maintain an ongoing presence in the safety and wellness of our constituents. As such, the following measures are being undertaken, to name a few.

- Banquet cancellation for 2020 (award winners to be announced next Grapevine)
- Probable Spring Camp cancellation for 2020
- CRAA/Global Continuation Program cancelled for the remainder of the season





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- Annual General Meeting will be postponed until June 2020 (at the earliest)
- CRAA meetings will be held via Zoom/skype rather than in person
- Year-end Coach interviews will be held via Zoom/skype
- Coach selection committee proceedings will be held via Zoom/skype
- CRAA Bingo's are cancelled until further notice, due to venue closures

We understand that families are interested in what we are doing to mitigate costs that have been incurred due to these cancellations, and to this we can advise that we are fully investigating all opportunities for refunds, or cash deferrals on unfilled events.

With regard to refunds for parts of the programming that were cancelled prior to being fulfilled, the Executive is currently reviewing the situation with the intent to do our best to refund costs for unfulfilled programming. Please have patience in this regard as we progress through this very rocky terrain. We expect to have more information for those affected in this regard, by April 20th, 2020.

We have a full menu of CRAA news to follow (including some GOOD NEWS), so I will leave you with this and I hope we can count on your patience in the coming weeks, while modeling the behaviours listed in our ongoing effort to flatten the curve and limit the spread of COVID 19.

- Practice social distancing (6 feet of separation between individuals at all times)
- Wash hands regularly and/or cleanse with hand sanitizer (at least 60% alcohol)
- Avoid touching your face with hands, with special precautions around touching ears, nose, eyes and mouth
- If you are feeling unwell, self isolate and call 811 - as necessary
- If you have returned from travel outside of the country self-isolate for at least 14 days and monitor for symptoms (if symptoms develop, call 811)

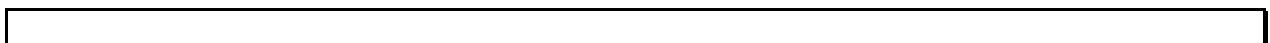
Our CRAA family is tight and I know that we can lean upon one another in times of need. So, if in need, don't hesitate to ask.

Stay safe and stay healthy.

Best regards,

Dave Freeborn

President, CRAA





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Congratulations to Bantam AA Gold – City Champions!



Catch their season on the Youtube video compilation as put together by Head Coach Jon Petrash:

<https://www.youtube.com/watch?v=fxS2SMOt08Y&feature=youtu.be&fbclid=IwAR2o1ioYyaZkd3vyE0YFcnjw1JXFlQK6UGYNJlt2gyBpwS2cOETTncmoD1w>



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And Congrats to Bantam AA Blue – City Silver Medallists!





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Junior B All - Star Game (Team South)

#10 Spencer Selby – CRAA Gold
#2 Will Hartford – CRAA Gold - alternate: Jake Biddell - Halcrow
#11 Mitch Gathercole – CRAA Gold
#3 Ben Droppo – CRAA Gold
#12 Blaze House – CRAA Gold - alternate: Hans Vivian
#13 Ryan Atchinson – CRAA Gold
#7 Alex Leonidas – CRAA Blue
#1 Wallace MacRae – CRAA Gold
#20 Jordan Lee – CRAA Blue
#21 Radek McGuire – CRAA Blue





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NEW FOR NEXT SEASON!! U16 AA pilot program for 2020/2021

More information will be available in the coming months, but the CCAA will be adding a twelfth team to our association for next year as a pilot program for the 15 year old players. We will continue to operate two U16 AAA teams and add this U16 AA team to our group! The U16 AA team will interlock with the current SCAHL Minor Midget AA league (to be renamed U16 AA for 2020/2021).



As we look to the future, the CCAA program is on a very solid footing with numerous program improvements and initiatives, which will further enhance success for the CCAA.

Thank you to all the volunteers, parents, coaches, managers, players and board members whom all contributed to the program this season. You are the pulse of the organization and the reason we had the highest registration rates ever and continue to attract amazing families and players to our program.

We are more than ever poised to continue our improvement both on and off the ice and be the association of choice in the province. This season we witnessed the program take steps forward in both the win/loss column, but more importantly in our culture construction, our coach development, mentorship and training programs which include: Mental Health, Mental Performance, Nutrition, Off-ice Training and Academics for our Midget AA and AAA age levels.

A look inside the program:

Royals Community Outreach Program

Many of our Royals teams partnered with Pee wee teams from our feeder associations of Southwest, Glenlake and Trails West. They participated in on-ice skill sessions and select presentations led by Global and Royals coaches. The Royals players showed great leadership and it was awesome to see the great skill and work ethic coming up at the Bantam levels from





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these associations. A big thanks to all the coaches who helped in this regard! We look forward to continuing to grow our connection to these associations.

Royals Academy @ Central Memorial High School - (This is a school-based program designed for CRAA grade 10, 11 & 12) that works seamlessly with the CRAA teams.

We trust and hope the Royals Academy has been a great experience for the student-athletes. Players wrapped up their on-ice session portion of their curriculum and have moved into some new CTS modules, and are starting some off-ice training and skill integration. As well, they will be continuing their multi-sport and focus on academic ownership and support of their core subjects. There are spots remaining for the next school year should you be interested. Please contact Paul at

pbradley@globalsportacademygroup.com <<mailto:pbradley@globalsportacademygroup.com>> for more information. It is likely there will be two full classes this upcoming year!





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Royals Commitments

Best of luck to all of our graduating players in their respective camps and upcoming tryouts in trying to secure spots at the next level. And congratulations to those who have already made commitments:



Jack Wolder: Fort McMurray Oil Barons, AJHL



Ethan Matthews: Drayton Valley Thunder, AJHL





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Rhys Bentham: Cranbrook Bucks, BCHL

Additionally, there are several players in both Midget AA and AAA in active discussions with Junior programs. Stay tuned for more upcoming announcements on twitter and social media channels.





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Royals Rumble Midget AA Competition

The fifth session of the Royals Rumble Cross-Ice Competitions saw a team come out victorious over the course of the five sessions. Congratulations to the Black Knights on their big victory over the second place Grey Storm. The Royals Rumble had the Midget AA players mixed together in small teams of six facing off against each other over the course of the season in various cross-ice game formats. Thank you to all players and families for taking part in these sessions.





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Routes, Choices and Scholarships Symposium

Before the most recent events, many Midget families participated in a symposium led by Rob Godfrey and Paul Bradley on transitioning to Jr. Hockey and Routes, Choices and Scholarships. This symposium outlined what our Royals should be doing to be prepared and talked about some of the myths vs. facts about the next levels of college and university hockey. Rob and Paul will be sending out a capture document of this symposium through our administrator Jill to all families who missed this symposium. Paul is also available to field any questions Royals families have related to this subject matter at any time.

pbradley@globalsportacademygroup.com





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Royals Continuation Program

Due to the unforeseen circumstances, the Royals Continuation Program is regrettably cancelled for Midget AA and Midget AAA families. We had just finished our first kick-off session before it was shut down, as a result of the sanctions by Hockey Canada regarding COVID-19. The program had both on-ice and off-ice elements incorporated into it to prepare players for their respective Junior camps.

A Global Thank You Note:

CRAA Families:

It is certainly unfortunate to have to end the season the way that it did. We hope this email finds you all healthy and looking forward to the future. Thank you sincerely for the opportunity to meet and work with the CRAA family at the Bantam and Midget levels this past season. We hope to continue to improve and help evolve the program in our support role with the CRAA coaching and player development model.

On behalf of all of the mentors, I'd like to personally thank each and everyone of your coaching teams for your dedication, passion and hard work for the CRAA players and their families over the course of the hockey season. You all represented the organization with class and professionalism and moved the program positively forward in so many ways. What truly amazes me is the time, effort and sacrifice you make each and every day. At times, I'm sure it feels like a thankless job, but please know that it is appreciated and many players recognize your influence years down the road as they move onto new endeavours.

CRAA Coach Mentor Team:

BAA Blue - Marian Gmitter
BAA White - Paul Bradley
BAA Gold - Chris Leinweber
BAAA - Mark Maloney
M15 Blue - Randy Cave
M15 Gold - Jeff Ovens
MAA Blue - Terry Johnson
MAA Gold - Jamie Fox
MAAA - Mark Maloney





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On behalf of the thought leader coaches and specialists we also want to say thanks. These individuals thoroughly enjoyed the coaches, managers, parents and the players and we received consistent and positive comments about all CRAA teams throughout the season.

CRAA Thought Leadership Team:

- Mike Souster - Peak Power Development
- Jessica Renney and Paula McQuaid - Mindful Athletics
- Lorie Pulliam - Inner Mind
- Shelda Kozak - Global Academic and Tutoring Team
- Kelly Anne Erdman - Nutritional Coach
- Dylan Dodge Productions - Video Coach
- Global Sport Academy On-Ice Practice Coaches
- Willie Desjardins - Guest Speaker
- Denise Stein and Paul Bradley, Global Scheduling Team

Finally, we'd like to thank the CRAA Executive, Board of Directors and Jill for the opportunity to work with all of you this season. We recognize that you took a chance on us and each and every year we will work hard to to improve and enhance the program collaboratively with you. It was fantastic to see the Western Canadian Midget AA Championship take another step forward and establish itself as the most significant AA tournament in Western Canada. The CRAA Community Integration Program was also successful and saw the CRAA teams and Global reach out and execute ice times and presentations with our feeder communities: Glenlake, SouthWest Hockey and Trails West. This program will be further enhanced executed next season.

Have a great spring and we wish you health and happiness in these uncertain times.

Sincerely,

Mark Maloney

On Behalf of Global Sport Academy





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Midget AA versus the PWHPA

Midget AA Gold and Midget AA Blue both hosted the PWHPA team this past season and earned some healthy respect for the women hockey players – including 3-time Olympian Rebecca Johnston!





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Were you aware?

Are you aware that the CRAA program presently encompasses the following components?

- Body checking Training Sessions for Players who are moving into the body-checking levels (August)
- Coach Mentorship for teams throughout the season - Global Mentorship Program
- Off-Ice Training at Mount Royal University- PEAK Power Development
- Mental Health Training and Support - Mindful Athletics
- Mental Performance Training - Inner Mind Athletics
- CRAA Nutritional Coach and Team Nutritional Symposiums
- Bantam AAA Fall Evaluation Tournament
- Western Canadian Midget AA Showdown Tournament
- Academic tutoring and support for the Midget AA and Midget AAA levels
- Specialty Parent and Player Symposium - example: Routes/Choices/Scholarships, Leadership Seminars
- One on one family support programs for CRAA players moving onto the Junior Hockey levels and beyond
- Global lead ice times to work on skills- Bantam and Midget
- Coach Symposiums and Training Workshops for CRAA coaches throughout the season
- CRAA Video - Coach Program
- CRAA Community Outreach Program to attract and build relationships with our feeder communities of Glenlake, Trails West and Southwest Hockey
- CRAA Continuation Program for Midget AA and Midget AAA families (10-month program option – scheduled and intended for this year before the Covid-19 pandemic).

STAY SAFE ROYALS !

