

Hello BRBHA members, I hope you are keeping safe and warm in these especially winter-like conditions. I am wishing for a chinook already.

With the Olympics beginning, I would like to wish all Canadian Olympians the best day possible at their events. I hope the send off we gave Team Canada at Winsport a few weeks back helps them have their best days in Pyeongchang. Thank you for supporting them. Let's continue to cheer hard for our Olympic teams.

I have been watching some of the coverage leading up to the Olympic games. The commitment, training, mental endurance and relationships between the athletes and their coaches, associations and organizations play a big role in their success. It is great to ponder the thought of how many BRBHA athletes will someday challenge themselves to be their best and have their best day. Be it at the Olympics, professional sport or coaching, your impact at BRBHA could be more powerful than you imagined.

BRBHA is evolving each year. We are trying to encompass being the best association we can. Whether it is coaching or managing a team, volunteering at the team or association level, or being a board member, all of us are tasked with ensuring we have a successful season. I thank all the respondents to the coach survey; your feedback ensures we get great coaches in to the proper roles and identify the development strategies needed to enhance our association.

We are currently identifying other strategies like goalie development, coaching clinics, dryland enhancements and ice acquisitions. I would like your feedback on these areas to open development discussions as we begin next year's planning.

Goalies: Costs are 3X plus a player based on equipment costs and additional clinics many goalies take outside of BRBHA. Goalie numbers are shrinking, should we be allocating more funds to training clinics? Should we be training coaches to enhance practices to better incorporate goalie development? Should we be discounting goalie registration fee as many associations do?

Do our coaches have access to the clinics they need for the level of hockey they are coaching? Are we utilizing training devices properly? Are we spending our coach development funds in a method that allows us to transfer the knowledge from coach to coach - year to year?

Dryland training: Do we view this as development or a play session? Are we getting the development message across effectively? Strength training and mental development are not, or cannot be interjected properly in to dryland as is can be on ice? Are we getting hockey concepts into players in an off-ice venue?

Ice times: shared ice, partial shared - full ice, skip floods, small area games, ½ ice games for timbit and novice, local ice - Calgary ice vs travel for ice. Many dynamics are occurring to get the best ice and for the best cost-effective outcome. BRBHA has implemented many of these dynamics or been forced to through the realities of obtaining ice. What are your comments on this?

Bowness Arena Hub and Twinning efforts: We are still in planning approval stages. Recent municipal elections, and looming Olympic bids are likely factors in any future sport spending. Bowness is undergoing planned renovations in the next few months. An elevator addition to the second floor has been pending for better than a year and will now go ahead. This will

mean a reconfiguration of the BRBHA space and possibly relocating office space during this time. It is yet to be determined how this will impact BRBHA as our new space is in the Twin build. We will update as determinations develop.

At Bowness, we have recently reconfigured the cage area containing the on-ice equipment to increase other spaces. We have obtained new enhanced shooter tutor devices and the Tornado's Edge Trainer - give them a try.

I want to introduce a new sponsor to BRBHA. I am a firm believer in a complete development stream for a hockey player. This includes cross sports, strength training, body awareness, flexibility, stamina and coordination. Many athletes strive for more than what a community sports association can provide under their mandated guidelines. Ricochet Fitness is both a dryland provider and coach educator for off-ice development. Ricochet Fitness is run by Jordie MacInnes [ggnorthgate@gmail.com](mailto:ggnorthgate@gmail.com) . Jordie has developed a program that started as a crossfit strength development program for Peewee players looking for an advantage at upcoming Bantam quadrant tryouts. His program has developed into a full gym experience running small group programs to youth and adults from 5:30am to 9pm located in Tuscany. Ricochet also offers year-round strength and conditioning to individuals wanting to maintain or enhance their fitness. Also offered through the summer months are intensive conditioning camps. My family currently attends Ricochet Fitness and has benefited from Jordie's programs. <https://www.facebook.com/fitnessricochet/>

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