

TGHA Update
Sept. 24, 2008

TGHA Board Meeting
Preseason Schedule Updated
Upcoming Events for Newcomers
Regular Season Practices
Sign up for Recreation Hockey
TGHA Board and Coaches
Hockey Clinic in December

TGHA Board Meeting

Monday Sept. 29
6:45 p.m.
Cayuga Heights Fire Station
All welcome

Preseason Practices

Regular Season begins when Cass Park opens and all teams are practicing (starting Oct. 27 week).

It is necessary to register for the season with USA Hockey and TGHA before attending a preseason ice time or regular season practice. For registration instructions, go to www.ithacagirlshockey.com or refer to previous TGHA All messages about registration.

Tuesday	Sept. 30	8:00-9:45	Lynah	14U and 19U
Thursday	Oct. 2	7:40-8:40	RINK	14U and 19U&
Monday	Oct. 6	7:00-8:00	RINK	12U**
Tuesday	Oct. 7	8:00-9:15	Lynah	14U
Tuesday	Oct. 7	8:30-9:45	Lynah	19U
Thursday	Oct. 9	7:40-8:40	RINK	14U and 19U

Monday	Oct. 13	6:00-7:00	RINK	Initiation and House
Monday	Oct. 13	7:00-8:00	RINK	12U
Tuesday	Oct. 14	8:00-9:15	Lynah	14U
Tuesday	Oct. 15	8:30-9:45	Lynah	19U
Thursday	Oct. 17	7:40-8:40	RINK	14U and 19U
Monday	Oct. 20	6:00-7:00	RINK	12U*
Tuesday	Oct. 21	8:00-9:15	Lynah	14U
Tuesday	Oct. 21	8:30-9:45	Lynah	19U
Thursday	Oct. 23	7:40-8:40	RINK	14U and 19U

&New Info!! 14Us and 19Us should add to their calendars!

*Try Girls Hockey event starts at 6:30 with the on-ice part starting at 7:00). Registered Initiation and House players (and 12U team members) can attend Try Girls Hockey to help introduce their friends to hockey skating and playing hockey with TGHA! Bring a friend!

Note about Oct. 20: Older girls can volunteer to help, contact Mary at mmgithaca@aol.com.

** Put the Biscuit in the Net event for Girl Scouts; helpers welcome, contact Mary at mmgithaca@aol.com (also Sundays Oct. 5 and 12 on ice at 1:15 p.m., off ice 12:45 p.m. at The RINK)

Upcoming Events for Newcomers

Spread the word to prospective new players you know!

Registration Information at all events AND at first regular season ice times October 30 (Cass Park) and Nov. 3 (The RINK)!

Take a Shot at Hockey Sun. Oct. 12 and Sun. Oct. 26

FREE!! The RINK, 1767 E. Shore Drive

Boys and girls (ages 4-10) are invited to try on hockey equipment and take the ice with IYHA and TGHA

coaches to experience the 'coolest game in town'. Arrive at 8:30 a.m. for the 9:00 a.m. ice time. Parents will need to sign in and should stay in the rink lobby during this fun introduction that will end at 10:00 a.m. It's not necessary to know how to skate, and it's OK to attend just one session, or both! Questions: Brian Crane bc69@cornell.edu Tom O'Neil 277-4600

Try Girls Hockey Mon. Oct. 20

FREE!! The RINK 6:30 p.m.

For girls only (ages 4-12) who would like to try on hockey equipment and see how they like learning to skate and play hockey. On ice starts at 7:00 p.m. but attendees should come at 6:30 to get into equipment and hear an introduction to TGHA. Free and fun!

Open House Mon. Oct. 27

6:30 p.m. at The RINK brings together newcomers with continuing members of TGHA and the coaching staff. Refreshments, door prizes, season kickoff! Hockey equipment isn't worn at Open House; wear comfortable clothes and hockey skates for this annual gathering of everyone connected with TGHA.

Plus Put the Biscuit in the Net special badge program for Girl Scouts (individuals or troops asked to sign up by Sept. 19) on Oct. 5, 6 and 12. No experience or equipment needed!

TGHA0809@yahoo.com 280-4380

Regular Season Schedule

When Cass Park opens in late October, TGHA begins its Regular Season. The starting date for Regular Season is Open House on Oct. 27 and continues with other ice times that week. The season practice schedule concludes March 9 week.

This is the tentative practice schedule as of Sept. 24, 2008. It will change if there is no Recreation group.

Day	Location	Team	Time
Monday	The Rink	Initiation	6:00 - 7:00 PM
		House	6:30 - 7:30 PM

12U 7:00 - 8:00 PM

Tuesday Lynah 14U 8:00 - 9:15 PM
19U 8:30 - 9:45 PM

Thursday Cass Park Initiation 5:15 - 6:15 PM
House 5:15-6:15 PM

Recreation 6:15 - 7:15 PM
12U 6:45 - 7:45 PM
14U/19U * 8:00 - 9:00 PM

Thursday The Rink 14U/19U* 7:40 - 8:40 PM

*TBD Which team uses Cass and which uses RINK on Thursdays.

Who wants to play Recreation?

After girls play in Initiation and House when they are elementary and middle school age, many join Travel Teams (and/or play for Ithaca High School girls varsity). But others prefer to play in what TGHA has called Recreation. Last year this group had an hour ice time on Thursdays at Cass Park. While there were six or so older middle school/high school girls registered for Recreation, some adult women who are learning to play would participate, too. Karen Uber, Cornell senior who grew up playing hockey with TGHA, coached Recreation for 2007-08 season.

Even though it's not necessary to register yet for Recreation, it would help TGHA's Board to know who wants to play Recreation for 2008-09. Is that you? Please reply NOW at TGHA0809@yahoo.com or call Kathey MacQueen, VP House, 387-4117. Thank you!

TGHA Board

Co -Presidents	Dave Herrick	dherrick@twcny.rr.com	277-1414
	Mary Grainger	mmgithaca@aol.com	257-3268
Co-Vice President for House	Kathey MacQueen	macqueenbkm@hotmail.com	387-4117

	Heather Swift	hcl8@cornell.edu	
Vice President for Travel	John Golay	jwgolay@twcny.rr.com	272-8916
Secretary	Karen Muckstadt	skemuck@yahoo.com	539-6920
Treasurer	Judy Yonkin	jlyonkin@twcny.rr.com	227-2882
Ice Scheduler	Dave Herrick	dherrick@twcny.rr.com	277-1414
Registrar	Cathy Long	cel3@cornell.edu	257-4005
Co-Fund Raising	Barbara Horton	homesweethome@fltg.net	387-4244
	Liz Wood	lizwood@twcny.rr.com	539-6029
Rep at Large/Cub Club	Wayde Whittaker	wmw9@cornell.edu	387-3577
Rep at Large	Becky Waddle	rsw274@gmail.com	275-3502
Tournament Chair	Matt Ulinski	mattulinski@rivertrailchinooks.com	257-5600
Equipment Loan	Louise Derraugh	dlderra@yahoo.ca	319-4352
Co-Communications	OPEN		

TGHA Coaches 2008-09

16/19U Travel	Head Coach	Tony Eisenhut	te@kensagroup.com	533-7599
14U Travel	Head Coach	Diane Duthie	dmd4@cornell.edu	539-7345
Co-Head Coach		Peter Dugan	peter.dugan@lmco.com	
12U Travel	Head Coach	Pete Wolczanski	ptw2@cornell.edu	539-6029
Recreation	Contact VP House	Kathey MacQueen	macqueenbkm@hotmail.com	
House	Head Coach	Becky Cameron	rsw274@cornell.edu	591-1424
Initiation	Head Coach	Beth Mannion	emm65@cornell.edu	203-731-4107

Hockey Clinic in December

The Sport International Hockey Academy is very pleased to announce that we will be returning to Lansing, New York for the Christmas Break. SIHA will be conducting a 1 day Clinic (December 26th) at "The Rink", for players & goalies aged 6 - 14 years. The ice times will be;

Friday, Dec. 26th (12:00 - 3:00 PM)

The cost for our Christmas Clinic will be \$60.00 (\$30.00 for goalies), price includes our very popular

Player's/Goaltender's Manual. The content of our clinic will be as follows;

1. Forward Stride (balance, posture & edge control) & Passing (accuracy & transfer of weight when passing)
2. Backwards Skating (posture, "C" cut technique & pivots) & 1 on 1's (offensive moves and defensive techniques)

EXTRA:

SIHA will be offering our very popular DVD Skills Analysis as an option for each registered player. If you choose to receive our DVD Analysis, your son or daughter will be filmed each day in a different drill. Through the use of our telestrator, computer split screens, video factory slow motion split screens and our professional audio analysis of each aspect of the player's skills. This is clearly our best guarantee for a quality hockey education! The cost for this DVD Analysis will be \$18.00 (includes shipping & handling).

HOW TO REGISTER ONLINE FOR OUR CLINIC:

You may click on the following link:

<http://siha.com/forms/form2.php>

HOW TO VIEW THE SIHA WEB SITE:

www.siha.com

HOW TO VIEW OUR 2008 WINTER CLINIC BROCHURE:

Brochures will be on display at our host rink by October 5th

Our Ithaca, NY Regional Director (Sara Gibbons - smg18@cornell.edu)

Our Equipment Sponsor - Sher-Wood Hockey

We look forward to entering our 20th year of hockey instruction and bringing our hockey experience back to Ithaca, New York for an exciting Christmas Clinic. We hope to see you in December, if you should have any questions in the coming months please call 1-800-724-6658. Thank you for your time, concerning our Sport International Newsletter.

Very Sincerely,
Bob Baldwin
President

Mary

Mary M. Grainger
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