

# Northstars News

March 2015

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## From the Desk of Rick McAdie – President's Message

Hello everyone, hope your hockey season has gone well and you and your child are excited as teams battle in the playoffs. As we come to the end of yet another hockey season thought I would devote this message to change. It has been an interesting year looking at our organization and where we might want to be for the following year and onwards. As I have attended meeting and listened to you it has become quite clear of the difference between action and change. So much of what we want as our children progress through an activity is not necessarily change but action.

In attending a number of team meetings and one-on-one to hear issues and negotiate common ground, solutions were typically focused on action. Something needed to be done immediately and in most cases, resolution had already been achieved or in some cases, it was too late to address the concern that would affect the situation. Real change comes through constant and defined planning over a period of time with opportunity to reflect on bench-marking towards the ultimate long range plan.

In the North East Zone (NEZ) the three operating areas have taken on the task of looking at the possibility of putting all of our players together so that we could (1), have skill level more consistent within each tier, and (2), make the zone overall stronger when we collectively work together to strengthen our program. While the initiative requires action, change perhaps takes longer to demonstrate.

When we look at our initiation program this year we can see where some minor changes have taken place, we can also see that we will need to commit more time to demonstrate the kind of change we are all looking for. Lots of action occurred this season, but we need to be patient and involved to make our program the best that it can be.

I would like to thank our executive and volunteers for the countless hours they put in to making our hockey experience the best that it can be for all. Information will be coming out shortly regarding our upcoming elections in June and our conditioning camp in August. All the best for a great end to your hockey season and see you in the fall.

*Rick McAdie*

# Northstars Junior C Hockey Finishes Strong

As I write this, the Northstars Junior C hockey team is in the second round of playoffs. The team finished with a 15-7-2 record in the regular season, good enough for 3<sup>rd</sup> place in the Noralta Junior Hockey League. It has been a pleasure to coach these young men, many who have been through other levels of their hockey careers with the Northstars organization. From learning the basics of hockey to complex systems, our athletic club has offered these players the chance to play hockey at a vast range of ages.

It has been an incredible experience to represent the same organization where I began my hockey career to well into my adulthood. Some players on the current Northstars Junior C hockey team have followed this same path, reconnecting with their old teammates from as early as their initiation and novice years. It is a unique situation that will not be soon forgotten and has made us grateful to be part of the Edmonton Northstars Athletic Club.

Mark Craig  
Assistant Coach, Northstars Junior C

## Program Update - Initiation

Another year has passed for Northstars Initiation hockey. With help of the Junior C's as coaching assistants, it was a successful season. The kids picked up on new hockey skills quickly and were proud to show it off at the NEZ Initiation fun day. The day was filled with games, goody bags & smiles at Londonderry arena. All teams ended the year at the Tim Bit Tournament at Terwillegar Recreation Centre and received medals to show off their performance.

Robin Stocks  
Initiation Director



NE186

NE187



NE193



NE194

## Important Dates:

2015/2016 Early Registration

**June 14, 2015**

4:00 – 6:00 pm Northstars Office

6:30 – 7:30 pm Edmonton Northstars AGM

## Hockey Registration Dates

Sunday, August 9<sup>th</sup>, 6:30 – 8:30pm

Monday, August 10<sup>th</sup>, 7:00 – 8:30pm

## Edmonton Northstars Conditioning Camp

Monday, August 17 – 21, 2015 (Russ Barnes Arena)

Novice and Lower Atom 18:15 – 19:30

Upper Atom and Peewee 19:45 – 21:00