
President's Report – 2024–2025 Season

Clarington Girls Hockey Association

Flames Achievements

This past season was a remarkable one for the CGHA, with numerous achievements across both our Rep and House League programs.

On the Rep side, eight of our teams—**U9A, U9B, U11AA, U11A, U13AA, U13B, U15A, and U18AA**—qualified for and competed in the Provincial Championships. Notably, **U11BB** and **U13AA** were crowned **Eastern Division Champions**, a tremendous testament to the strength and skill within our program.

On the House League side, **U11 Silver, U13 Grey, and U15 Black** captured titles at the *Queen of the House* tournaments. Impressively, both **U11 Silver** and **U18 White** each secured **three championships** throughout the season.

These accomplishments reflect the outstanding dedication and effort of our players, coaches, and the families who support them.

Facilities & Programming Highlights

Our *Flames Room* was a valuable asset again this season, serving as a hub for team video sessions, mental toughness workshops, team-building events, and playoff watch parties.

A highlight was our new partnership with Taylor Stadden of Upper Mentality, who led age-specific mental toughness sessions for our Rep teams. In addition, Taylor delivered online sessions for coaches and parents, offering strategies to support athletes through critical moments—such as the often-overlooked “car ride home.” We are excited to continue this partnership next season.

Our House League program also expanded its player development efforts by offering optional skill sessions throughout the year. The positive impact of this training was clear during this season's evaluation skates, and we're excited to continue offering these opportunities in 2025–2026.

Collaboration with Community Partners

Throughout the year, we worked closely with local youth sports organizations to advocate for accessible, developmentally appropriate ice times. These efforts paid off, and we're pleased to report a more balanced and equitable ice allocation for 2025–2026.

We also partnered with the Oshawa Girls Hockey Association to interlock two of our House League age divisions, providing our players with greater competitive variety and enhanced gameplay experiences.

University Game

We proudly hosted our first annual U Sports exhibition game at Clarington Toyota Arena, featuring the University of Ottawa and Western University. This high-level game was a huge success, bringing elite women's hockey to our community.

University players also skated with our Fundamentals teams, joined a Q&A with Rep coaches, and participated in a meet-and-greet with players. These meaningful interactions inspired our young athletes and demonstrated what's possible through hard work and passion.

We're thrilled that both university teams have asked to return next season—a clear sign of the event's success and positive impact.

Applefest Tournament

The Applefest Tournament continued its streak as Clarington's largest youth hockey event, attracting teams from across Ontario. New features this year—including the popular coffee truck at Darlington Arena—enhanced the experience for players and families.

The tournament's growth is a direct result of the outstanding work of our volunteers, community partners, and the visiting teams who return year after year.

Flamesfest

Flamesfest 2025 was a complete sell-out and an overwhelming success. The energy, talent, and enthusiasm throughout the weekend were unmatched, and several of our CGHA teams brought home championships.

This event continues to grow in reputation and significance, and we look forward to building on its momentum.

First Shift Program

We were proud to once again offer the First Shift program through Hockey Canada, welcoming a full roster of new players trying hockey for the first time. Participants were fully equipped and supported through their early development on the ice.

Many have since registered for our House League program—proof of the positive experience delivered by our coaches and volunteers. We're excited to run the program again in 2025–2026.

Leadership & Volunteer Support

This season, we welcomed new members to our Board of Directors, each contributing unique strengths and perspectives. We also onboarded many new coaches, managers, trainers, and team staff across all levels.

Our heartfelt thanks go out to the entire CGHA community of volunteers. Your passion, time, and commitment make our programs possible and truly impactful for our athletes.

Challenges & Common Questions

Board Transition & Leadership

Following the 2024 AGM, our newly formed board quickly aligned to support a successful start to the season. Their swift and collaborative action underscores the dedication and resilience of our leadership team.

Ice Allocation & Scheduling Overhaul

One of the board's first challenges was managing our ice allocation, particularly the 32 hours of Saturday ice—more than needed for active programming.

Within 72 hours, the board completed a full scheduling overhaul, ensuring equitable distribution across teams and facilities, and reducing inefficiencies. The 2025–2026 season

schedule, launched July 23, follows an 8-week rotation to ensure all teams experience fair and varied time slots.

This is a major step forward in resource equity and program fairness.

U18/U22 House League Division

Due to a pattern of serious behavioral issues, the U18/U22 House League division was suspended before season's end—a difficult but necessary decision.

For 2025–2026, we are relaunching the division as U18-only, with two designated board members providing direct oversight. Teams were carefully balanced, and a two-week reassessment will be conducted early in the season to ensure competitive fairness.

We are also exploring interlocking opportunities with nearby associations and will reevaluate the inclusion of U22 players after this season.

Rep Jersey Change

In response to community feedback, the CGHA is changing the home Rep jersey colour from black to red, starting with mandatory adoption in 2026–2027. This change improves player name and number visibility, particularly for scouts and online viewers.

Some teams with high roster turnover adopted red jerseys early for 2025–2026. A majority of our rep coaches elected to jump on the jersey change this season. We appreciate the community's support in implementing this player-focused improvement.

2025–2026 Rep Team Tryouts

This year's tryouts saw strong turnout across all divisions. We continued our successful model of engaging third-party evaluators, allowing coaches to focus on observing and assessing players.

Drills were customized in collaboration with coaches to better reflect targeted evaluation criteria, improving the overall effectiveness of tryouts.

Due to disbandments in other organizations, U15 and U18 saw especially high attendance. We successfully added an additional U18 team, offering opportunities to both returning CGHA players and those displaced from other associations.

Looking Ahead

As we move into the 2025–2026 season, we remain focused on delivering a positive, inclusive, and high-quality hockey experience for all of our athletes.

We are proud of what we've accomplished this season and are energized for what lies ahead. On behalf of the CGHA Board, thank you for your continued support, trust, and passion for growing girls' hockey in Clarington.

Warm regards,

Brent Strand

President, Clarington Girls Hockey Association

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