

2021-22

Annual Report



Junior Hockey • Minor Hockey • Para Hockey • Special Hockey

HEO Life Patrons

A Life Patron designation is the highest form of recognition that HEO can offer those who contribute so much to the Branch's programs. The Board considers nominations for recognition as Life Patrons every two years. Below, with our sincere gratitude, are HEO's Life Patrons:

Dwaine Barkley*	Lloyd Laporte*
Art Bogart*	Jules Lavictoire
Don Brown	Tom Lawson*
John Butcher	Frank Libera*
Jean Cadieux*	Richard Sennott
Ken Corbett	Alf Taylor*
Bill Dillabough*	Don Valcour*
Keith Duke*	Marina Zenk
Dalton Gadbois*	* deceased

Unless noted, photos provided by the HEO administration.



Photo: Jean Vaillancourt, Dreamstime

Photo: Sergejs Kuznecovs, Dreamstime



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Photo: Mary Katherine Wynn, Dreamstime



Photo: Igor Mojzes, Dreamstime

HEO wishes to acknowledge the technical and editorial expertise, and support, of West Hawk Associates and its principal, David Wylynko, a long-time HEO hockey volunteer, in writing, designing, and coordinating the printing of our Annual Report. David is also the author of the minor hockey novel, Puck Luck (www.puckluck.hockey). We also thank graphic designer Les Stuart, a long-time Ottawa-based hockey player, for the report's graphic design and layout.

Message from the President



*Gary Hopkins,
President,
Hockey Eastern Ontario*

This past season, as Ontario gradually emerged from the Covid pandemic lockdowns, it was wonderful to see an almost full return to our HEO programming across all disciplines. Arenas full of cheering fans is what we had all longed for over the past two years. HEO's Return to Hockey and Vaccination policies, which facilitated a return to normal programming, were acknowledged by the Province of Ontario Chief Medical Officer of Health as "an example for vaccination policies across the amateur sports sector in Ontario." Thank you to all of our volunteers who helped us navigate this difficult time.

The evolution of HEO continues and this past year we were able to launch several new initiatives. Late in 2021, we held our first HEO Member forum and were fortunate to have several Hockey Canada senior staff attend and discuss a good number of their current initiatives. Providing our members with descriptions of these programs and offering them the opportunity to provide their insights, while these programs are in the development phase, is an important way for us all to influence Hockey Canada priorities. In our Officiating program, we launched our Green Armband Program. This pilot project is an important step in ensuring that we provide a safe and supportive environment for our minor-aged officials and reminding fans that young officials are entitled to the same respect as young players. HEO is

currently finalizing its five-year strategic plan, which will provide an important roadmap for our branch for the next five years. Equity, Diversity and Inclusion (EDI) continues to be a key HEO priority as we strive to ensure programs are safe, welcoming and inclusive. To this end, we developed updated Maltreatment policies and procedures. Additionally, we have established an EDI task team with broad representation from across HEO.

There is always more work to be done and new challenges continue to present themselves. We are grateful for the support of our Junior Leagues & teams and our Minor Hockey Associations, Districts and Leagues as we continue to try to make hockey better for all.

Gary Hopkins
President, Hockey Eastern Ontario

2021-22 Key Priorities



Return to Play

The 2021-22 hockey season was largely unaffected by the COVID-19 pandemic that heavily impacted the previous season. Play resumed in the fall, and HEO encouraged players, coaches, team officials, and on-ice officials eligible to receive a COVID-19 vaccine to get vaccinated, and to observe public health measures such as masking and hand sanitizing when asked to do so. Some member organizations made vaccinations mandatory to participate (CCHL and EOJHL).

Strategic Plan

In November, HEO released for comments a draft five-year Strategic Plan. In keeping with efforts to make hockey diverse and inclusive, the Plan's vision is "Hockey for all." The mission is to create rewarding hockey experiences for HEO participants across eastern Ontario. The Plan lays out three Key Outputs and four Key Priorities (see pages 6-7).



Table 1. HEO Board and Staff

Board Member	Position
Gary Hopkins	President
Joe Rubino	Director
Paul Ross	Director
Krista Outhwaite	Director
Tim MacPherson	Director
Marc Richer	Director
Kim Greer	Director

Staff Member	Position
Debbie Rambeau	Executive Director
Jeff Baker	Director Operations
Jeff Robert	Development Programs Officer
Hailey Perreault	Membership Services Coordinator
Wayne Ahronson	Membership Support Services

HEO Strategic Plan

Vision: HOCKEY FOR ALL

Mission:	Create rewarding hockey experiences for HEO participants across eastern Ontario		
Values:	Inclusion	Excellence	Teamwork
Key Outputs:	Participant Experience and Support	Pride and Accomplishment	Financial Stability
Key Priorities			
1. Growing the Game Diversifying Participation		2. Supporting Home Associations and House League Foundational Programs	
<p>Recruitment and retention strategies for all ages</p> <ul style="list-style-type: none"> attracting new players and officials to the game adjusting programming to accommodate family schedules, participation in other sports adjusting programming and requirements to keep older players and officials in and around the game improving representation from under-represented communities in the game attracting female participants to the game; provide for seamless transitions between minor and the girls' game looking at costs and cost reduction opportunities to reduce financial burdens for hockey families 		<p>Financial, technological, and governance support for minor hockey associations and their volunteers</p> <ul style="list-style-type: none"> supporting HCR 3.0 implementation simplifying the work of registrars through technology and policy supporting treasurers in sound financial management supporting risk and safety officers with clearer Maltreatment policies and procedures Safe and comprehensive Return to Hockey streamlining volunteer certification/education through the use of short videos, shareable and accessible on many devices finding ways to support and strengthen home association governance 	
<p>Creating an Equity, Diversity and Inclusion (ED&I) Roadmap</p> <ul style="list-style-type: none"> Taking the pulse of participants to guide programming Member surveys Identification/resolution of barriers Diversity and inclusion oriented communications 		<p>Implementing new and stronger House League programs</p> <ul style="list-style-type: none"> HL Branch tournament creation of a new select teams category stronger support for HL coaches, reintroducing the coach mentor program, curriculum of skills, video resources attracting and retaining goaltenders supporting acquisition of goaltending equipment supporting First Shift programs across the Branch adjusting and diversifying development programs, balancing on- and off-ice development 	
<p>Strengthening para and special hockey programs</p> <ul style="list-style-type: none"> enabling accessible programming (more favourable ice times) supporting programming to achieve goals for para and special players 		<p>Protecting infrastructure</p> <ul style="list-style-type: none"> attracting and retaining officials strengthening the governance of officials and improving communication with the officials community Green Armband program for officials protecting facility (ice) availability for HEO programming 	
Enablers:	1. People	2. Technology	3. Sustainable Financial, Risk, Insurance and Legal Management

2022-27

DRAFT (Approved for consultation by HEO's Board – November 1, 2021)



Mission:	Create rewarding hockey experiences for HEO participants across eastern Ontario		
Values:	Inclusion	Excellence	Teamwork
Key Outputs:	Participant Experience and Support	Pride and Accomplishment	Financial Stability
Key Priorities			
3. Striving for Excellence in High Performance, Junior and Competitive Programming		4. Stabilizing the Branch Building a High-Performing Organization	
<p>Supporting our High Performance Teams</p> <ul style="list-style-type: none"> • Gold Medal Pathways • strengthening the AAA Pathway • developing the U18AAA program • establishing Branch standards and expectations for all categories • expanding the development of players, coaches and officials • strengthening the relationship with HEO's two schools with residence • modernizing Branch policies for accredited schools • implementing Branch recognition/certification for professional development coaches • seeking a return to participation in significant U16 AAA tournaments 		<p>Aligning governance of HEO entities with HC, HEO, and the ONCA requirements:</p> <ul style="list-style-type: none"> • comprehensive reviews of governance instruments (By-Laws, Constitutions, etc) • support to MHAs, Districts, Leagues in managing governance issues • HEO Annual Reports, five-year Strategic Plan, annual Operational Plans, annual budgets, AGM transparency • revitalizing and modernizing HEO's suite of policies • merging the HEO and the former HEO Minor websites, updating HEO's website/linking all HEO entities • strengthening HEO's branding/marketing/communications efforts 	
<p>Supporting our Junior Programs</p> <ul style="list-style-type: none"> • CCHL • EOJHL • NCJHL • supporting the goals of each Junior program for intensive development and/or strong community-based hockey 		<p>Attracting capable people</p> <ul style="list-style-type: none"> • Attracting and retaining a strongly skilled Board with the use of a Board skills profile assessment • Recruiting and developing HEO staff, supported by a modern staff performance evaluation system • Making hockey volunteering attractive to our community 	
<p>Supporting our Competitive Teams</p> <ul style="list-style-type: none"> • AA/A • Rep B • supporting a strong development orientation within each competitive tier • looking into competitive playoff scheduling in order to provide more meaningful playing time • seeking partnerships with other leagues and sports to pursue safe and rewarding development 		<p>Efficient and fair procurement of professional and technical services for the Branch</p> <ul style="list-style-type: none"> • offering fair, open and competitive access to provision of Branch services • ensuring the Branch receives value-for-money from service providers 	
Enablers:	1. People	2. Technology	3. Sustainable Financial, Risk, Insurance and Legal Management

About HEO



Hockey Eastern Ontario (HEO) is one of 13 branches of Hockey Canada, and one of three in Ontario along with the Ontario Hockey Federation and Hockey Northwestern Ontario. It was formerly known as the Ottawa District Hockey Association before transforming into HEO in 2013. Throughout eastern Ontario, HEO governs Junior, Minor, and Associate Members Para and Special Hockey sanctioned programs, its jurisdiction extending from east of Gananoque to Cornwall, then to Ottawa/Pembroke/Petawawa and Barry's Bay and Westport. HEO is charged with fostering, improving, and perpetuating the sport of amateur hockey in the programs under this area.

HEO's minor hockey programs include 11 districts and 66 minor hockey associations, 15 minor competitive (AAA, AA/A, and Rep B) and House League levels, and two Hockey Canada schools with Residences. Its Junior programs include three Junior leagues: the Canada Central Hockey League (Junior A), the Eastern Ontario Junior Hockey League (Junior B), and the National Capital Junior Hockey League (Junior C). Its Associate Members include Para Hockey (Sledge Hockey of Eastern Ontario - SHEO), and Special Hockey (Capital City Condors, Ottawa Bandits). All of HEO's districts, associations, leagues, and teams can be found on page 26, Districts and Associations.

Female hockey played in the HEO catchment is governed by the Ontario Women's Hockey Association (OWHA), which is a Member Partner of the Ontario Hockey Federation.

Photo: Sergey Novikov, Dreamstime





Historically, HEO has registered close to 30,000 participants (players, team officials, and on-ice officials). In addition, nearly 8,000 female players are registered through the OWHA. The minor female player participants shown in Table 2 are separate from the OWHA registrants.

Table 2. 2020-21 HEO Participant Registration

District	Team Officials	Players	Minor Male	Minor Female	On-Ice Officials
Bytown	757	2,415	2,300	115	
Cumberland	372	1,234	1,194	40	
District 1 - Upper St. Lawrence	542	1,750	1,639	113	
District 2 - Lower St. Lawrence	313	1,327	1,266	61	
District 3 - Lower Ottawa Valley	440	947	894	53	
District 4 - Rideau/Carleton	920	3,237	2,831	166	
District 5 - Upper Ottawa Valley	495	1,714	1,517	197	
District 9 - Gloucester	911	2,600	2,430	193	
HEO Minor AAA	138	491	491	0	
Kanata District	422	1,214	1,194	20	
Nepean District	613	1,865	1,868	37	
SHEO	0	24	24	0	
Ottawa Bandits	0	46	46	0	
Capital City Condors	0	105			
Ottawa Stars	0	35			
Junior	180	938	938	0	
TOTAL	6,103	19,942	18,632	995	1,008

Year in Review



The COVID-19 Pandemic

Unfortunately, due to increasing COVID-19 infections, HEO voluntarily paused over Christmas. Then on January 3, 2022, the Ontario government announced a return to Step 2 and the pause was extended. On January 5, President Gary Hopkins joined TSN 1200 to talk about the restrictions, expressing the frustration everyone was feeling and the “roller-coaster of emotions,” but noted that people did their best to stay optimistic during the shutdown. Hockey resumed in early February after the restrictions were lifted.

Coach of the Week

In early January, HEO announced a new program to recognize a “Coach of the Week” in partnership with EXIT Realty Eastern Ontario and Maverick’s Donut Company. Teams could nominate their coach, and winners won a prize package of three dozen donuts and a Gongshow Coach of the Week cap. The weekly program ran for 12 weeks. See page 11 for the winners. ▶

Championships

Ontario Championships

The Ontario Championships are a provincial Championship for the U13 AAA and U15 AAA divisions which includes teams from all three Hockey Canada Branches within the province of Ontario. These Branches are Hockey Eastern Ontario (HEO), Hockey Northwestern Ontario (HNO) and the Ontario Hockey Federation (OHF). In 2021-22, the U13 AAA Ottawa Valley Titans won Bronze, and Zach White won top defenceman. The U15 AAA Myers Automotive won silver, with Jaeden Nelson winning top goalie.

Team Championships

In the CCHL, the Ottawa Jr. Senators won the Bogart Cup and advanced to the Centennial Cup (but did not progress to the playoff round). In the EOJHL, the Casselman Vikings won the Barkley Cup, and in the NCJHL the Clarene Castors won the championship. At the U18 AAA level, the Nepean Raiders were the Central Canadian Championship Bronze Medalists. Luke Posthumus was the top scorer, Cole Beaudoin the top forward, and Nick Larkin the top defenceman.



Photo: Razihusin, Dreamstime

Green Armband Initiative

For the 2021-22 hockey season, the HEO implemented the new “green armband” initiative, whereby officials younger than 18 started wearing a green armband to identify them as minors and reduce harassment and abuse of on-ice officials by coaches, parents, and players. Over 40% of HEO officials are under 18 years of age, and all impacted officials began wearing the armbands by October 15. The program was adopted from one created by Hockey Montreal in 2020.

In a post-season survey, 92% of officials who wore the armband indicated support for the initiative, and many said the communication with officials was more positive than in previous seasons. However, some said the armband had a negative impact on the respect they received. Improvements in publicizing the program are needed, since some team officials were either unaware of the program or didn't understand it, and some felt it meant they couldn't talk to green armband officials at all. Other Hockey Canada branches and even groups in other countries have expressed an interest in the program.

This story is a summary of text provided by Sean Tobin, Assistant Referee-in-Chief, Hockey Eastern Ontario.

**GREEN ARMBAND INITIATIVE
FOR OFFICIALS**



All officials in Hockey Eastern Ontario under the age of 18 will be wearing green armbands

Over 40% of all HEO officials are under the age of 18

Please help us stop bullying and harassment of officials

@heo_officiating
#greenarmbands


Coach of the Week Winners



Week 1 –
Pierre Groulx,
Carleton Place Kings
U13 B



Week 2 –
Shannon McDonnell,
Ottawa Sting U14 B



Week 3 –
Jeff Butler,
Brockville Braves
U18 B1



Week 4 –
Steve Thomas,
Gloucester Rangers
U14 AA



Week 5 –
Chris Purdie,
Eganville Eagles
U15 B



Week 6 –
Taylor Smith,
Metcalf Jets U7 A



Week 7 –
Tony Zaine,
Nepean Raiders
U11 C & U18 A



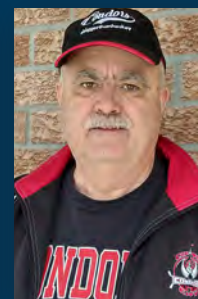
Week 8 –
Chris Jupp,
Cumberland Dukes
U11 C



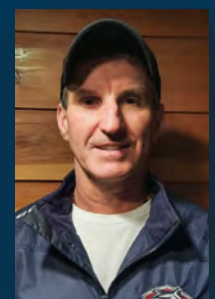
Week 9 –
Rob Hogg,
Sledge Hockey of
Eastern Ontario



Week 10 –
Joseph Wiseman,
Kanata Blazers
U15 AA



Week 11 –
Lloyd Lewis,
Capital City Condors



Week 12 –
Dean Furniss,
Cornwall Colts
U7 Programs

Table 3. League Winners

League	Winning Team
U18 AAA League	Nepean Raiders
HEO Minor AAA League	U13 Ottawa Valley Titans U14 Upper Canada Cyclones U15 Ottawa Myers Automotive
HEO Minor AA/A League	U10A Ottawa Sting U11A Ottawa Sting U12A Ottawa Sting U11AA Rideau-St Lawrence Kings U12AA Ottawa Valley Silver Seven U13AA Ottawa Sting U14AA Rideau-St Lawrence Kings U15AA Gloucester Rangers U16AA Ottawa Sting U18AA Kanata Blazers U9A does not have a playoff series. They have a season ending jamboree.
OBMHL	U10 B Ottawa West Golden Knights U11 B Cumberland Grads U12 B Castor River Canucks U13 B Osgoode Richmond Romans U14 B Nepean Raiders Black U15 B Nepean Raiders U16 B Stittsville Rams U18 B Nepean Raiders
Upper Canada League	U11 Rep B North Dundas Demons U11 B HL South Dundas Lions B1 U11 C HL Smiths Falls Bears U13 Rep B Brockville Braves U13 B HL South Dundas Lions U13 C HL South Dundas Lions U15 Rep B Brockville Braves U15 B HL Leeds Chargers U15 C HL South Grenville Rangers U18 Rep B Leeds Chargers U18 B HL Brockville Braves
Gloucester House League	U11 - C HL Blackburn Stingers C1 U11 - B2 HL Metcalfe Jets B1 U11 - B1 HL Orleans Rush B2 U11 - A HL Orleans Rush A1 U13 - C HL Blackburn Stingers C1 U13 - B HL Blackburn Stingers B1 U13 - A HL Blackburn Stingers A1 U15 - B2 HL Leitrim Hawks B4 U15 - B1 HL Gloucester Centre Cougars B1 U15 - A HL Leitrim Hawks A2 U18 - B1 HL Russell Warriors B1 U18 - B2 HL Leitrim Hawks B3 U18 - A HL Leitrim Hawks A1 U21 HL Gloucester Centre Cougars B
Lanark Carleton League	U11 A HL Richmond A1 U11 B HL Perth Lanark B1 U11 C HL Almonte Pakenham C1 U13 A HL Stittsville A1 U13 B HL Almonte Pakenham B1 U13 C HL Perth Lanark C1 U15 A HL Richmond A1 U15 B HL Richmond B3 U18 A HL Carleton Place A1 U18 B HL Stittsville B1

League	Winning Team
Kanata House League	U11 A Kanata Kraken A02 U11 B Kanata Falcons B01 U11 C Kanata Jets C03 U13 A Kanata Vikings A01 U13 B Kanata Carnage B01 U13 C Kanata Ice Hounds C01 U15 A Kanata A02 U15 B Kanata B02 U15 C Kanata C02 U18 A Kanata A04 U18 B Kanata B02
Cumberland House League	U11 A Dukes A2 U11 B Dukes B2 U11 C Dukes C3 U13 A Dukes A1 U13 B Dukes B6 U13 B Dukes B1 U15 A Dukes A3 U15 B Dukes B2 U18 A Dukes A U18 B Dukes B3 U18 B Dukes B7
Bytown House League	U11 A Ottawa Centre A1 Night Crows U11 B South End B1 Flying Donkeys U11 C Canterbury C1 Cavaliers U13 A Ottawa Centre A1 The Menace U13 B Ottawa Centre B1 Ice Raiders U13 C Ottawa Centre C1 Golden Puck Snipers U15 A South End A1 Capitals U15 B West End B4 Breadsticks U15 C *Kanata C1* multi district division U18 A Ottawa Centre A2 U18 B Ottawa Centre B2 Squirrel
UOVMHL Cancelled their playoffs and did not declare champions this season.	
Nepean House League	U11 House A Nepean Cyclones (Team C) U11 House B Nepean Inferno (Team I) U11 House C Nepean Blades of Steel (Team B) U13 House A Nepean Barracudas (Team B) U13 House B Nepean Icemen (Team I) U13 House C Nepean Aliens (Team A) U15 House A Nepean Annihilators (Team A) U15 House B Nepean Ice Hogs (Team I) U15 House C Team D U18 House A Team Frank (Team F) U18 House B Nepean Ice (Team I)
District 3 House League	U11 HL B Embrun Panthers U11 HL C Casselman Vikings U13 HL B Pool A Casselman Viking 2 Pool B Clarence Creek Castor U15 HL B Rockland Nats U18 HL B Embrun Panthers 2
Lower St. Lawrence League	U11 HL B Char Lan U11 HL C South Stormont 2 U13 HL B Cornwall U13 HL C Cornwall 2 U15 HL B Alexandria U18 HL B Alexandria

Respect in Sport

Parent Program

Since the 2015-2016 season, at least one parent or guardian from each household of a participant at the U7 and U9 levels, and those of new registrants up to the U18 level, have been required to take the online “Respect in Sport Parent Program.” The program fosters a culture of mutual respect in HEO and serves as an effective risk management tool while contributing to the overall safety and enjoyment of the game by all participants. In 2021-22, 590 parents in HEO took the course. It is also a platform of proactive education with a direct impact on the youth in our game.

Activity Leader Program

The Activity Leader/Coach Program is a mandatory training program for all volunteers working with youth in minor hockey including coaches, managers, and trainers. Parents who have taken this program must also take the Parent program. Respect Group was incorporated in 2004 by co-founders Sheldon Kennedy and Wayne McNeil to prevent abuse, bullying, and harassment. In 2021-22, 1,437 volunteers took the Respect in Sport Activity Leader training program course.

Awareness and Education

In January 2022, HEO released a new Maltreatment, Bullying and Harassment Protection and Prevention Policy. The policy sets out the Branch’s commitment to contribute to the physical, psychological, social, and spiritual health of individuals of varying abilities, backgrounds, and interests. President Gary Hopkins noted that “the goal of this policy is to make the game of hockey welcoming to all.” HEO believes that only when sports environments are safe and inclusive can these values be realized.

Participants in HEO’s programming should have the reasonable expectation that HEO will provide an environment that is safe, accessible, and inclusive, and free from all forms of maltreatment, bullying and harassment. This policy replaces HEO Policy 6.3 “Policy and Procedures for Risk, Safety and Conduct Management Hockey Eastern Ontario,” as well as the maltreatment, bullying and harassment elements of HEO 6.33 Codes of Conduct for Directors, Coaches, Officials and Players, and applies to all minor, junior, para and special/adaptive hockey organizations within HEO.

Photo: Sparkia, Dreamstime



Celebrating Diversity

In February 2022, HEO announced its new Task Team on Equity, Diversity, and Inclusion, which helps fulfill the vision of “Hockey for all” by making the game more inclusive and fostering its growth. During the year, HEO’s Membership Services Coordinator, Hailey Perreault, produced profiles that are posted on its website of various players in honour of Asian Heritage Month (May), Black History Month (February), and International Women’s Day (March 8). Below are short summaries of these profiles.

In respect of **Asian Heritage Month**, Hailey interviewed two players from Japan, Takanobu Hiraga and Yoshin Takahara, who came to Canada to develop their skills and become the best players possible. During the 2021-22 season, they both competed in the HEO U15AAA league. Hiraga played for the Ontario Hockey Academy (OHA) and Takahara for the Canadian International Hockey Academy (CIHA). They both hope to see the popularity of the game grow in Japan, and for Japan to be represented at international levels of play.



“The more kids from the BIPOC community getting involved in hockey, the better, as it will contribute to changing the hockey culture. Even though it’s tough at times being a minority in your sport, your achievements will pave the way for others coming after.”

- Djibril Touré



During **Black History Month**, Hailey interviewed Kerfalla and Djibril Touré, who grew up in Dorval, Quebec, and always wanted to play on the same hockey team together. But a two-year age gap meant they would always play at different levels of minor hockey. In 2021, they finally made it happen in the CCHL, playing together for the Carleton Place Canadians. They even got billeted together. They both feel that getting more kids from the BIPOC community (Black, Indigenous, and People of Colour) involved in hockey can only contribute to having a positive change on the game’s culture.



▲ Victoria Ozimkowski began officiating when she was just 13 years old and, in 2015, became the first female to ever officiate at the HEO Junior level. In 2021, she was selected to officiate the U17 Capital City Challenge, and in 2022 the USports Women's Hockey Championship. She has found these experiences "overwhelmingly positive," particularly thanks to being accepted as an equal by the other referees. Her advice for referees is to display the same effort and passion every time you step on the ice, no matter the level, because that is what the players are doing, whether its house league or a national championship. She is excited to see female officials starting to earn spots in elite leagues and believes that eventually the first female will be seen officiating in the NHL.



For **International Women's Day**, Hailey spoke with **▶** Brayah Bemrose and Zoe Dyke, who were both just 10 years old during the 2021-22 season but already making a name for themselves in the hockey world. They played as a pair of goalie partners, and the only girls on the Ottawa Valley Silver Seven U11 AA team. Zoe's mother, Natasha Danschinko, was the team's goalie coach and a role model, having competed at elite levels in ringette including two Ontario Winter Games. Brayah said the most important thing is to have fun, while Zoe stressed the importance of not letting anyone tell a girl she can't play hockey, and never giving up if you don't make a team. "There is always a team that will want you."



Promoting hockey in Indigenous community

During the year, the Ottawa Sting U12 AA team committed to making a difference for Indigenous youth, and reached out to former NHLer John Chabot, founder of the Indigenous-led charity First Assist. John connected the team with the remote community of Algonquin Barriere Lake in Rapid Lake, Quebec. The Sting team set out to raise awareness, advance reconciliation, and provide the community with hockey equipment. The Sting even hosted two friendship games on February 27 in Ottawa, with the teams mixed to promote interaction and team play. Rapid Lake lacks an indoor arena, so it was the first time playing indoors for many of their players. The Sting later returned the visit for a game of ball hockey.

Hockey Development

Hockey development programs are critical to enhancing the knowledge and skills of players, coaches, officials, safety personnel, and administrators. In 2021-22, HEO offered several coach and player development programs, some hosted and run by minor hockey associations/districts and others by HEO. They included coach certifications, officials certifications, and participation in HEO Respect in Sport online courses (see page 13). These programs ensure a safe, positive, and fulfilling experience for all those involved in the game. In addition to these clinics, HEO held several instructional coaching webinars.

Table 4. HEO Coach Certification Clinics

Level	No. of Clinics	No. of Participants
Webinars	9	430
Development 1	5	256
High Performance 1	1	34
Coach 1/Coach 2	3	842
Coach 1	10	455
Coach 2	6	367
Checking Skills 1	2	38
Skating 1	1	46
Skating 2	1	15
Skills 1	1	53
Skills 2	1	12
Shooting and Scoring 1	1	63
Shooting and Scoring 2	1	19
Developing Defencemen 1	1	67
Developing Defencemen 2	1	18
Goaltending 1	2	137
Goaltending 2	1	56
Small Area Games 1	2	123

Table 5. HEO Official Certification Clinics

Level	No. of Clinics	No. of Participants
Hockey University Online 1/2	2	434
Hockey University Online Checking	1	19
Entry Level 1	10	301
Re-cert 1	1	35
Re-cert 2	1	285
Re-cert 3	1	197
Re-cert 4	1	14
Re-cert 5	1	11
Level 3 Upgrade	4	113
Member High Performance	2	100
Off-Ice Official	5	219



HEO's Program of Excellence

Hockey Canada established the Program of Excellence (POE) in 1981 to identify exceptional players in specific age categories and provide them with an opportunity to experience international competition. The POE exposes players to high-calibre coaching and training methods designed to better prepare our teams to compete against the top teams in the world. The program covers four levels: U17, U18, U20, and Senior. For the first time since 2019, HEO was able to run both its U14 and U15 POE camps, both at the CIH Arena in Rockland. Unfortunately, the U16 OHL Gold Cup was cancelled due to the uncertainty of COVID.

The U14 camp ran from May 6 to 8. A total of 69 players attended the three-day camp, the highest total ever. Dean Seymour of Hockey Canada attended to run skills sessions, in conjunction with HEO skills coaches. The U15 camp ran from April 28 to May 1. The camp provided players with an introduction to the Hockey Canada and HEO POE program and served as an evaluation for Team Ontario for the 2023 Canada Winter Games. Team Ontario's head coach and its director of operations attended the camp. The 85 players who attended – also the highest total ever – showed the Team Ontario staff the exemplary level of talent in HEO. Corey McNabb and

Table 6. GMP Webinar Series Topics

Players
Self-awareness – The foundation of mental performance – Being aware of what is happening and then responding to it. This includes our self-talk – what are we saying to ourselves? (Dr. Aswhin Patel)
Confidence – How many sources are we focusing on? (HINT – we tend to just base our confidence on outcomes – GA, S%, Goals, Assists, etc.) (Dr. Aswhin Patel)
Developing a mental plan – We spend a lot of time physically getting ready to perform, but what about our mental plan? (Dr. Aswhin Patel)
Attention and focus – Concentrating on what is important and the right time (Dr. Aswhin Patel)
U13/U14 (Kelly-Anne Erdman)
U15/U18 (Kelly-Anne Erdman)
Forwards – Scoring Skills, Habits, and Details (Pat Malloy)
Defenseman – Modern Day Defenseman Skills, Habits & Details (Pat Malloy)
Mental Training for Goalies (Dave Stathos)
Coaches
Effective ways of communicating our message to players (Dr. Aswhin Patel)
It Begins before it begins – The importance of preparation (Dr. Aswhin Patel)

Dean Seymour of Hockey Canada also attended to help run the skills session in conjunction with HEO skills coaches.

As well, in partnership with Hockey Canada, HEO ran a Gold Medal Pathway (GMP) Webinar Series for all AAA players, teams, and coaches in the Branch. Nine webinars were provided for players and two for coaches. The goal was to give them as much information as possible throughout the year. A folder was created and shared with all players and coaches that included the Webinar videos and tools they could use to work on the given topics. This information also helped prepare players should they be selected to go to Calgary for the U17 Hockey Canada development camp.

This text is based on information provided by Jeff Robert.





First Shift

Each year, HEO hosts and operates First Shift, an introductory hockey program that provides players six on-ice development sessions. In 2021-22, a total of 234 players took advantage of the program. It is designed to ensure a positive experience for new-to-hockey families, and to stimulate a desire for continued participation.



Table 7. First Shift

Association	No. of Players
Cumberland Minor Hockey	32
Gloucester Centre Minor Hockey	31
Smiths Falls Minor Hockey	30
South End Minor Hockey	30
St. Isidore Minor Hockey	20
HEO Fall 2021	30
HEO Winter 2022	31
HEO Spring 2022	30
Overall	234

High Performance

Each year, HEO celebrates the accomplishments of its high-performance programs and participants, including players selected to the NHL draft, the OHL draft, and the U18 OHL draft. We also acknowledge players selected to participate in Hockey Canada's Program of Excellence. This year, we are pleased to also congratulate 37 HEO players who have made university commitments.

HEO is delighted to see that our collective development programs have resulted in the drafting of 5 players to the NHL, 34 players to the Ontario Hockey League (OHL) for the U16 and U18 levels, and 15 players to the Program of Excellence. Minor hockey coaching and support volunteers at all levels across the Branch, and their Junior and Major Junior colleagues, are commended for their contributions to the development and preparation of these players. HEO is equally pleased to acknowledge those referees who were recognized in 2021-22. In addition, we wish to congratulate former HEO referee Antoine Bujold-Roux for being selected to officiate in the AHL. And congratulations to John Reid, recipient of the Lifetime Award presented by the Ottawa Sports Awards.

Table 11: Officiated by HEO Referees

Event	Official
2022 Telus Cup	Garrett Merrill
2022 USports Women's Hockey Championship	Victoria Ozimkowski
The Capital City Challenge	Victoria Ozimkowski Brendan Schreider

Table 8. HEO Players Selected in the 2021 NHL Draft

Player	Round - Number	Last Team	Last HEO Minor Team
Mason McTavish (Anaheim Ducks)	1 - 3 rd	Peterborough Petes	Pembroke Lumber Kings U18AAA
Brandt Clarke* (Los Angeles Kings)	1 - 8 th	Barrie Colts	Ottawa Senators U13AAA
Pasquale Zito* (Detroit Red Wings)	6 - 166 th	Windsor Spitfires	Ottawa Senators U15AAA
Connor Lockhart (Vancouver Canucks)	6 - 178 th	Erie Otters	Kanata Lasers U18AAA
Joe Vrbetic* (Montreal Canadiens)	7 - 214 th	North Bay Battalion	Eastern Ontario Wild U15AAA

* Left HEO before U18 to play minor hockey elsewhere

Table 9: U18 HEO Players selected in 2021 OHL Draft

Player	Round - Number	Last Team*	Drafted By
Tyler Bono	1 - 13 th	Brockville Braves	Peterborough Petes
Neil Hunter	2 - 26 th	Kemptville 73's	Ottawa 67's
Ian Michelone	2 - 36 th	Renfrew Wolves	Flint Firebirds
Michael MacLean	3 - 43 rd	Nepean Raiders	Flint Firebirds
Landon Brownlee	3 - 47 th	Hawkesbury Hawks	Kingston Frontenacs

* All players from U18AAA

Table 10: Officiating Awards

Award	Official
Hockey Canada Most Dedicated	2020-2021: Sebastien Masse (D12) 2021-2022: Tyler Swerdfager (D1)
Hockey Canada Most Improved	2020-2021: Brandon-Lee Dionne (D2) 2021-2022: Ashley Lajeunesse (D9)
Hockey Canada Most Promising	2020-2021: Brendan Schreider (D9) 2021-2022: Hunter Gaspar (D3)
HEO Ron Messenger (Most Deserving)	2020-2021: Tyler Conner (D1) 2021-2022: Patrick Labelle (D4 & D9)
HEO Mentorship / Leadership	2020-2021: Mike Ostrom (DB) 2021-2022: Nial Carkner (D5) & Guy Hellyer (D1)

Table 12: U16 Players Selected in the 2021 OHL Draft

Player	Round - Number	Last Team*	Drafted By
Carey Terrance	1 - 10 th	Kemptville 73's	Erie Otters
Christopher Barlas	1 - 12 th	Navan Grads	Ottawa 67's
Justin Cloutier	1 - 18 th	Ottawa Senators	Sault Ste. Marie Greyhounds
Oliver Bonk	2 - 26 th	Carleton Place Canadians	London Knights
Quinton Burns	2 - 35 th	Kemptville 73's	Kingston Frontenacs
Matthew Buckley	2 - 38 th	Navan Grads	Oshawa Generals
Ethan Montroy	3 - 48 th	Cornwall Colts	Sault Ste. Marie Greyhounds
Wyatt Kennedy	3 - 50 th	Rockland Nationals	North Bay Battalion
Alexis Daviault	3 - 52 nd	Navan Grads	Sarnia Sting
Mathieu Paris	3 - 56 th	Navan Grads	London Knights
Nicholas Larkin	5 - 90 th	Nepean Raiders	Sudbury Wolves
Braxton Ross	6 - 103 rd	Ottawa Senators	Erie Otters
Lucas Veilleux	6 - 106 th	Nepean Raiders	Hamilton Bulldogs
Rylan Donovan	6 - 115 th	Kemptville 73's	London Knights
Luke Posthumus	7 - 121 st	Nepean Raiders	Oshawa Generals
Adam Cavallin	7 - 124 th	Kemptville 73's	Kingston Frontenacs
Bradley Horner	7 - 131 st	Hawkesbury Hawks	Ottawa 67's
Xavier Guillemette	8 - 153 rd	Navan Grads	Ottawa 67's
Tomislav Brennan	9 - 167 th	Ottawa Senators	Owen Sound Attack
Seamus Lockhart	9 - 169 th	Kemptville 73's	Erie Otters
Ty Campbell	10 - 181 st	Smiths Falls Bears	Sault Ste. Marie Greyhounds
Ethan Wallace	10 - 191 st	Carleton Place Canadians	Mississauga Steelheads
Connor Clattenburg	10 - 199 th	Renfrew Wolves	Sault Ste. Marie Greyhounds
Antione Dorion	11 - 214 th	Hawkesbury Hawks	Kingston Frontenacs
Riddick Dube	11 - 217 th	Carleton Place Canadians	Kitchener Rangers
Dylan McDougall	12 - 220 th	Rockland Nationals	Barrie Colts
Guillaume Labre	12 - 228 th	Rockland Nationals	Ottawa 67's
Nolan Defazio	13 - 240 th	Pembroke Lumber Kings	Sudbury Wolves
Mathis Mainville	14 - 268 th	Navan Grads	Ottawa 67's

* All players from U18AAA

Table 13. HEO Players Selected to Participate in Hockey Canada's Program of Excellence

Player	Team
Eric O'Dell	2022 IIHF World Championship
David Goyette	2022 U18 Team Canada
Eric O'Dell Mason McTavish Devon Levi Max Véronneau (Reserve Team)	2022 Men's Olympic Team
Jamie Lee Rattray	2022 Women's Olympic
SHEO Members - Tyrone Henry - Ben Delaney - Rob Armstrong - Anton Jacobs-Webb	2022 Paralympic Team
Donovan Sebrango Mason McTavish	2022 U20 World Juniors (tournament cancelled during play)
Ryan Spooner Eric O'Dell	2021 Channel One Cup
<u>Team Red</u> - Quniton Burns - Owen Outwater - Luca Pinelli - Étienne Morin	2021 Capital City Challenge (U17)
<u>Team Black</u> - Oliver Bonk - Connor Primeau (staff)	
- Marie-Pierre Néron (staff)	
<u>Team White</u> - Alexis Daviault - Chris Barlas - Alex Matheson (staff)	
<u>Team Canada (Women's)</u> - Jamie Lee Rattray	

Table 14: HEO Players Committed to Universities

Player	University	Last Team
Luke Posthumus	Northeastern University	Nepean Raiders U18AAA
Devin Pimm	Royal Military College	Carleton Place Canadians Jr A
Gabriel Crete	Mercyhurst University	Navan Grads Jr A
Mark Cooper	UMass Lowell	Hawkesbury Hawks Jr A
Ryan Murphy	Babson College	Hawkesbury Hawks Jr A
Michael Andrews	Alvernia University	Pembroke Lumber Kings Jr A
Sawyer Prokopetz	University of Omaha Nebraska	Pembroke Lumber Kings Jr A
Devyn Orpana	Adrian College	Navan Grads Jr A
Isaac Pascoal	Royal Military College	Carleton Place Canadians Jr A
Ty Campbell	Clarkson University	Smiths Falls Bears Jr A
Manny Cabral	New England College	Rockland Nationals Jr A
Matthew York	Elmira College	Kemptville 73's Jr A
David Mabey	York University	Ottawa Jr Senators Jr A
Patrick Larkin	McGill University	Kemptville 73's Jr A
Jeremy Quesnel	SUNY Potsdam	Hawkesbury Hawks Jr A
Thomas Freil	University of Maine	Ottawa Jr Senators Jr A
Jack Stockfish	College of the Holy Cross	Pembroke Lumber Kings Jr A
Philippe Jacques	Rochester Institute of Technology	Ottawa Jr Senators Jr A
John Mulvihill	Tufts University	Rockland Nationals Jr A
Gabe Malek	Alvernia University	Pembroke Lumber Kings Jr A
Jack McGovern	Wentworth Institute	Rockland Nationals Jr A
Dean Taylor	Niagara University	Rockland Nationals Jr A
Evan Beaudry	SUNY Cortland	Kemptville 73's Jr A
Alexandre Hogue	Carleton University	Navan Grads Jr A
Alec Lovisek	Adrian College	Navan Grads Jr A
Brady Egan	Clarkson University	Pembroke Lumber Kings Jr A
Max Klanow	SUNY Potsdam	Hawkesbury Hawks Jr A
Alex Houston	Canisius College	Cornwall Colts Jr A
Rylee Hlusiak	Sacred Heart University	Hawkesbury Hawks Jr A
Joshua Spratt	Royal Military College	Hawkesbury Hawks Jr A
Ben West	Union College	Navan Grads Jr A
Andrew Aboumossa	University of Ottawa	Rockland Nationals Jr A
Lukash Matthews	Carleton University	Ottawa Jr Senators Jr A
Mackenzie White	Carleton University	Ottawa Jr Senators Jr A
Willyam Gendron	Sacred Heart University	Hawkesbury Hawks Jr A
Charlie Johnson	Nippissing University	Renfrew Wolves Jr A
Tyler Laureault	St. Olaf College	Kemptville 73's Jr A

In Memoriam / Awards

In Memoriam

With heartfelt appreciation and the fondest memories, HEO wishes to acknowledge Branch members we lost over the past season.

Robert Hayami

Robert Hayami passed away suddenly on May 25, 2022.

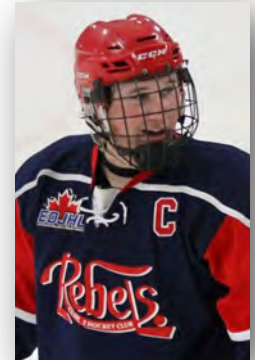
Robert loved hockey, music, food, and golf. He had a gift for living life to the fullest. Robert was enjoying coaching his son Owen as an Assistant Coach of the Nepean Raiders U9 House League A team. He leaves behind his beloved wife Kristine McGillivray, his cherished son Owen, parents Hiroshi and Jane, and brothers Geoff and Steven.



for the Cumberland Dukes Association. He is greatly missed by his parents Sonia and Peter, and by his grandparents, aunts, uncles and cousins in England and Canada.

Hunter MacPherson

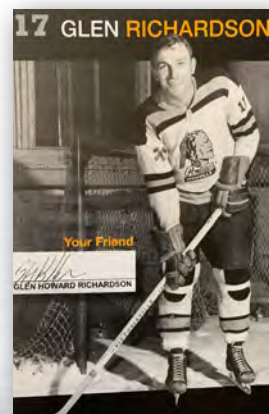
Hunter MacPherson was the captain of the Char-Lan Rebels Junior B team, and a great human being and teammate on and off the ice. Hunter was a captain, a quiet leader, and friend to his teammates. When he received the MVP award at the end of the 2021-2022 season, it was noted that he possessed every quality the Char-Lan Rebels look for in a teammate. Hunter will be greatly missed by all.



Dongxun Jia

Dongxun Jia was a dedicated volunteer for NMHA, a friend to many, and a beloved hockey dad. He was loved by family and friends, and was extremely intelligent. Dongxun was a loving husband and father who could create and fix everything and was always learning new things. He was a talented

athlete who particularly loved basketball, hockey, and motorcycles. He was a well-respected, honest man with great integrity in life and in his job, with a strong will and a warm heart. He also loved nature and the peace it brought. He was always smiling.



Glen Richardson

Glen Richardson was a long-time president, coach, and general manager of the Ottawa West Golden Knights Junior B team. He was also a founding father of the team and commissionaire of the EOJHL for many years. Glen spent countless hours at the rink and was a proud hockey dad and grandpa. For many years, when watching family

members or other players he knew, he would sit on the other side of the rink so that he could focus on the game. He was known as "the expert" skate sharpener at Barbara Ann Scott Arena. He was devoted to the community associations of Ottawa West Hockey and the Ottawa Valley Ambassadors.

Rohan Jones

Rohan passed away suddenly on April 20, 2021. Rohan had a funny sense of humour and possessed a caring nature towards his friends and family. Rohan had a passion for hockey and spent ten years playing





Phil Waters

Phil Waters was a KMHA volunteer, long-time hockey dad, and cherished community member. He volunteered with KMHA for countless seasons as a trainer on his son Steven's team.

After Steven completed his minor hockey career, Phil continued to volunteer on the bench as a trainer alongside his son, who became a head coach with KMHA for numerous seasons as a non-parent coach. Phil also volunteered along with his wife Karen for the Bantam Charity tournament, coordinating the equipment room and carrying out other duties. Phil was a tireless volunteer and beloved community members.

Our sincere condolences to families and friends, and to the hockey community, all of whom miss these members dearly.

Awards

At the HEO Annual General Meeting, volunteers are recognized each year who contribute greatly to hockey programs across the Branch, and awards bursaries to deserving players who plan to continue their academic studies. Here are the 2021 recipients:

Volunteer of the Year -

Peter Peckett (CCHL)

Peter's involvement with the Central Canada Hockey League (CCHL) began in the 1972 season with the Smiths Falls Bears, who won that year's championship. Since then, he has been the league statistician, president, and an executive, and carried out a multitude of other tasks. A former teacher and principal, Peter has maintained the all-time records of the CCHL for 50 seasons with impeccable detail. He was instrumental in saving the league in the late seventies and early eighties when only five franchises remained and even some of those were on the verge of folding. Today the league has 12 teams. Peter exemplifies all the qualities of a top-notch volunteer.

Richard T. Sennott Development Award -

David Vesey (Nepean MHA)

Year after year, David continues to create, innovate, and build upon the foundation he's established at the Nepean Minor Hockey Association. David's skills and enthusiasm in meeting the U7 Program Objectives are unmatched. He fosters a welcoming, fun, and inclusive environment where young players learn through play and develop both their skills and a love of the game. In addition, David works with the young NMHA U7 instructors and parent volunteers to instill strong coaching ethics and teaching philosophies. It is his

strong belief that the U7 program is also an initiation to coaching and volunteering. David has also invested significant effort into developing goalies. David designs special goalie drills and has instructors with goaltending experience on hand to work individually with young goalies. He has created a fun, stress-free environment to generate an interest in the position, where young players can learn goaltending basics.

HEO Bursary -

Drake Hodgson (Arnprior MHA)

Drake grew up playing minor hockey in the Arnprior Minor Hockey Association. Drake has always had an interest in science, specifically the biology and medical fields. During his hockey career, Drake was able to make connections between sports and science, having faced numerous injuries. Drake never let these injuries deter his love for the game; rather, he used them as a source of motivation for his studies. Drake hopes that one day he will be able to contribute to the development, discovery or research of new medicines and treatments that would enable people with certain physical disabilities to experience the sport of hockey. Drake will begin this journey at the University of Ottawa where he will be studying Biomedical Sciences.

Awards - continued on page 24

Awards - continued

HEO Bursary -

Justin d'Entremont (Kanata MHA)

Justin played in the Kanata Minor Hockey Association all the way from U7 to U18. Justin was able to manage his time extremely well, balancing multiple athletic commitments and volunteering many hours in his community, all while maintaining his academic excellence. Justin is a natural leader and an extremely driven individual with a positive attitude who is always looking to improve himself. Justin is excited to bring the leadership qualities he has learned both on the ice and in his community to Dalhousie University as he pursues an Engineering Degree.

Dwaine Barkley Bursary -

Justin Trudel (Casselman Vikings Jr. B)

Justin grew up playing for the Cumberland Dukes and Jr. Grads from U7 until U15. After playing three seasons at the house league level from U13 to U15, Justin made the jump to the Navan Grads U18 AAA team, an accomplishment he is very proud of. Justin then made the Junior A roster for Navan before being traded to the Smiths Falls Bears. Justin instantly began working and volunteering in his new community, having accumulated over 100 volunteer hours while in high school. The following season, Justin made the decision to focus on his education and joined the Casselman Vikings Jr. B team while attending the Firefighting Program at La Cité College. He believes a career in firefighting will allow him to give back to his community. Justin also has plans to become a hockey coach, scout, or personal trainer for young hockey players in HEO.

Mike Depratto Bursary -

Vanessa Nasser (Canterbury MHA)

Vanessa played in the Canterbury Minor Hockey Association all the way from U7 to U18. Vanessa's time spent playing minor hockey has taught her the importance of hard work and teamwork. Her work ethic has allowed her to achieve not only athletic, but academic success, earning her a spot on the honour roll for all four years of high school. Vanessa was able to balance her schoolwork and athletics, while also volunteering within Canterbury MHA with a U13C team. Vanessa will be attending the University of Ottawa in order to stay close to home, and to give back to the community that has given her so much. Vanessa will be majoring in Commerce.

B.F. Lorenzetti Bursary -

Connor St. Pierre (Petawawa MHA)

Connor began playing in the Petawawa Minor Hockey Association at U13 when his father's military career brought his family to the area. Connor has also spent four seasons officiating within Petawawa MHA. Along with playing and officiating, Connor has been volunteering for past coaches as an on-ice mentor for younger teams in the Association. On top of his on-ice commitments, Connor worked a part-time job while achieving honours all four years of high school. Connor was a part of the Specialist High Skills Major program at his high school and will be graduating with an enhanced certificate in the study of technology. Connor is excited to begin his next chapter studying Aerospace Engineering at Carleton University.

HEO Life Patrons Bursary -

Ève Ouimet (Canterbury MHA)

Ève has spent her entire minor hockey career playing in the Canterbury Minor Hockey Association, from U7 to U18. Ève has been able to manage her time incredibly well, excelling both on the ice and in the classroom. Ève has used her experience playing minor hockey to help her understand the importance of pursuing her studies in a field that will challenge her, push her to her limits, and prove rewarding. That is why Ève is excited to be attending the University of Waterloo, majoring in Medicinal Chemistry (Co-op).

Don Valcour Bursary -

Frederick Gagnier (Casselman Vikings Jr. B)

Frederick spent time in the St. Isidore MHA, the Eastern Ontario Cobras MHA, the Casselman-Embrun MHA, and the Clarence-Rockland Crush MHA. He played junior hockey with the St. Isidore Eagles and Casselman Vikings. Frederick also spent four seasons as an HEO official while playing. Frederick has worked hard to finance his education and playing career, working up to three part-time jobs at a time while attending school and playing hockey. Frederick has successfully completed two years of his Bachelor of Commerce degree, concentrating on Entrepreneurship at Carleton University.



Finance

HEO finances its operations primarily through participant fees, sponsorship, government and non-governmental funding, and donations. For the year ended April 30, 2022, HEO continued to practice sound financial management amid a continuing pandemic. In comparison to the previous season, COVID-19 continued to lead to the cancellation and reduction of some programs and events, but we did see a return to more regular operations as they relate to both revenue and expense. HEO was able to maintain fees from last year in many areas as an outcome of HEO's financial review which was initiated in the fall of 2020 and has been carried forward to this year.

The following figures set out HEO's incoming revenues by source, and its expenses by type, in the 2021-22 fiscal year. COVID-19 support programs were helpful in offsetting expected revenues but were significantly reduced in comparison to the previous year. The HEO financial review provided for comprehensive cost savings and cost avoidance.

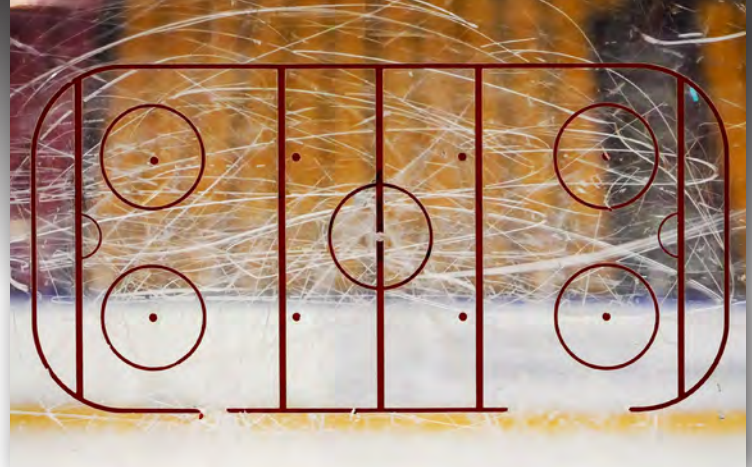


Photo: Aliaksandr Presny, Dreamstime

Figure 1: HEO Revenues by Source

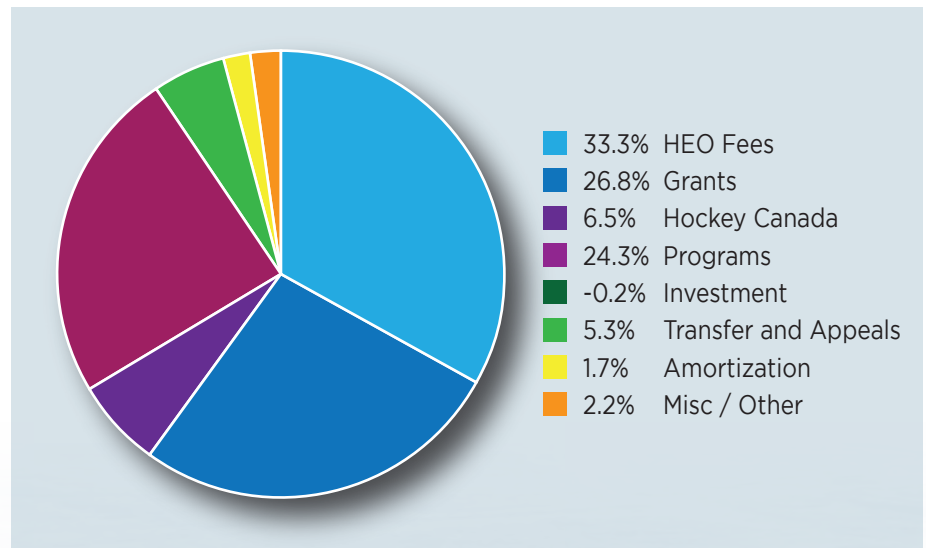
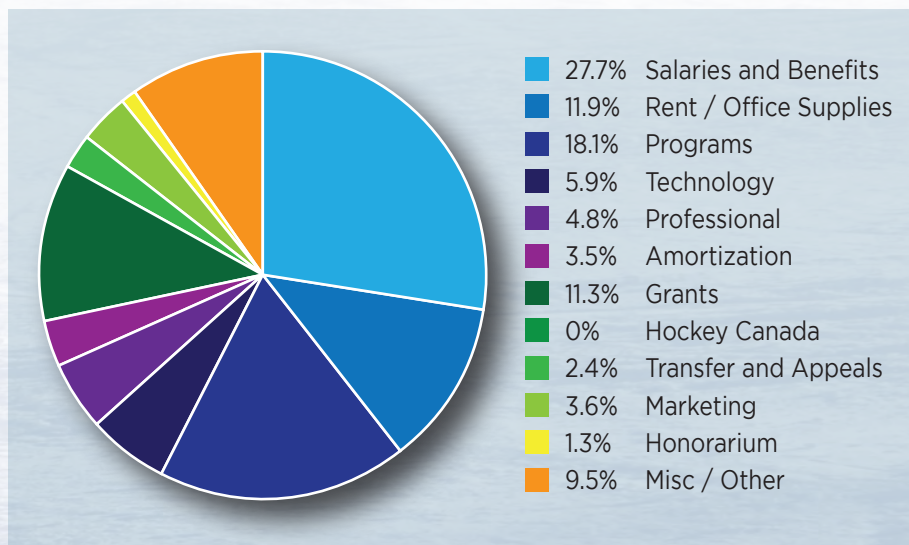


Figure 2: HEO Expenses by Type



Districts and Associations

HEO pays tribute to the many Leagues, Districts and Associations whose administrators and on- and off-ice volunteers work tirelessly to provide hockey programs for over 30,000 participants in Eastern Ontario.

Canada Central Hockey League – Junior A / HEO U18 AAA – District 14

Brockville Braves
Carleton Place Canadians
Cornwall Colts
Hawkesbury Hawks
Kemptville 73s
Navan Grads
Nepean Raiders
Ottawa Junior Senators
Pembroke Lumber Kings
Renfrew Wolves
Rockland Nationals
Smiths Falls Bears

Eastern Ontario Junior Hockey League – Junior B

Alexandria Glens
Arnprior Packers
Athens Aeros
Brockville Tikis
Carleton Place Junior B Canadians
Casselman Vikings
Char-Lan Rebels
Embrun Panthers
Ottawa Junior Canadians
Ottawa West Golden Knights
Perth Blue Wings
Richmond Royals
Valley Timberwolves
Westport Rideaus
Whitewater Kings
Winchester Hawks

National Capital Junior Hockey League – Junior C

Almonte Inferno
Clarence Castors
Gatineau Hull Volant
Metcalf Jets
Morrisburg Lions
North Dundas Rockets

South Grenville Rangers
St-Isidore Eagles
Vankleek Hill Cougars

HEO AAA League

Ottawa Jr 67s (District 9)
Eastern Ontario Wild (District 3)
Upper Canada Cyclones (District 1)
Upper Ottawa Valley Titans (District 4)
Myers AAA (District 11)

HEO AA/A League

All Districts participating

HEO Rep B Leagues

Ottawa B Minor Hockey League
Upper Canada Minor Hockey League
Upper Ottawa Valley Minor Hockey League

HEO House Leagues

Bytown Minor Hockey League (Bytown District)
Cumberland Minor Hockey League (District 12)
District 3 Lower Ottawa Valley Minor Hockey League (District 3)
District 9 Gloucester Minor Hockey League (District 9)
Kanata Minor Hockey League (District 11)
Lanark Carleton Minor Hockey League (District 4)
Lower St Lawrence Minor Hockey League (District 2)
Nepean Minor Hockey League (District 10)
Upper Canada Minor Hockey League (District 1)
Upper Ottawa Valley Minor Hockey League (District 5)

District 1 Upper St Lawrence

Brockville Minor Hockey Association
Kemptville Minor Hockey Association
Leeds Minor Hockey Association
North Dundas Minor Hockey Association
Rideau St Lawrence Minor Hockey Association
Smiths Falls Minor Hockey Association
South Dundas Minor Hockey Association
South Grenville Minor Hockey Association

District 2 Lower St Lawrence

Akwesasne Minor Hockey Association
Alexandria and District Minor Hockey Association
Char-Lan Minor Hockey Association
Cornwall Minor Hockey Association
North Glengarry-Stormont Minor Hockey Association
Seaway Valley Minor Hockey Association
South Stormont Minor Hockey Association
Ontario Hockey Academy, Cornwall

District 3 Lower Ottawa Valley

Casselman Minor Hockey Association
Casselman Embrun Ice Dogs Minor Hockey Association
Clarence Township Minor Hockey Association
Clarence-Rockland Crush
Eastern Ontario Cobras (AA/A)
Eastern Prescott Russell Minor Hockey Association
Embrun Minor Hockey Association
Rockland Minor Hockey Association
St Isidore Minor Hockey Association
Canadian International Hockey Academy, Rockland

District 4 Rideau Carleton

Almonte-Pakenham Minor Hockey Association
Carleton Place Minor Hockey Association
Mississippi Thunder Kings Hockey Club (Rep B)
Osgoode Richmond Romans Minor Hockey Association
(Rep B)
Osgoode/Rideau Minor Hockey Association
Ottawa Valley Silver Seven (AA/A)
Perth Lanark Minor Hockey Association
Richmond-Munster Minor Hockey Association
Stittsville Minor Hockey Association
West Carleton Minor Hockey Association

District 5 Upper Ottawa Valley

Arnprior Minor Hockey Association
Barry's Bay and Area Minor Hockey Association
Deep River and Area Minor Hockey Association
Eganville and District Minor Hockey Association
Greater Petawawa Minor Hockey Association
Muskrat Minor Hockey Association
Pembroke Minor Hockey Association
Renfrew Minor Hockey Association
Upper Ottawa Valley Aces AA/A Minor Hockey
Association



Photo: dotshock, Dreamstime

Bytown District

Canterbury Hockey Association
Ottawa Centre Minor Hockey Association
Ottawa East Minor Hockey Association
Ottawa Sting Minor Hockey Association (AA/A, Rep B)
Ottawa West Golden Knights (Rep B)
SouthEnd Minor Hockey Association
Westend Hockey League

District 9 Gloucester

Blackburn Minor Hockey Association
Gloucester Centre Minor Hockey Association
Gloucester Rangers Minor Hockey (AA/A)
Leitrim Minor Hockey Association
Metcalf Minor Hockey Association
Orleans Minor Hockey Association
Russell Minor Hockey Association

District 10 Nepean

Nepean Minor Hockey Association

District 11 Kanata

Kanata Minor Hockey Association

District 12 Cumberland

Cumberland Dukes Minor Hockey Association
Cumber Jr Grads Minor Hockey Association

Special Hockey

Capital City Condors, The Canadian Adapted
Hockey Alliance
The Ottawa Bandits Hockey Club, supported by the
Ottawa Police Association
The Ottawa Hockey Stars

Para Hockey

Sledge Hockey of Eastern Ontario

(For girls' hockey, please see the Ontario Women's Hockey Association)



Junior Hockey • Minor Hockey • Para Hockey • Special Hockey

Hockey Eastern Ontario
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Ottawa, ON
K1J 8H0

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