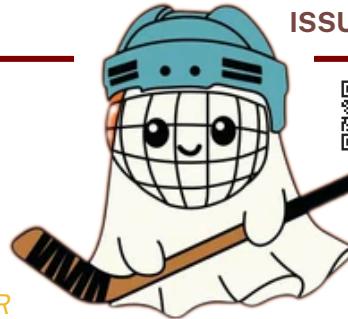


# October

NEWSLETTER



## KEY DATES

- MITES AND JUNIOR RANGERS REGISTRATION CUTOFF **12/31**
- OCTOBER BOARD MEETING
  - **10/16**, 7-9PM @ FLHS Media Center
- MANDATORY COACH & MANAGER MTG
  - **10/7**, 6-8 pm @ FLHS Media Center
- RANGER APPAREL ORDER WINDOWS
  - **10/11** to **10/20**
- HAT TRICK OR TREAT AT THE RINK **10/27**
- iSMILE MOUTH GUARD EVENT **10/7**  
*Appointments required*



### MADDIE ROONEY & WALTER CUP VISIT FOREST LAKE

On Sept 26th, FLHA hosted MN Frost goaltender Maddie Rooney and the prestigious Walter Cup in partnership with the Little Wild, PWHL, and MN Frost. Thank you to our partners for helping to make this event possible for our youth and our community.



## PARENTS ARE ON THE TEAM TOO!



As parents of young athletes, we must recognize the critical role we play in shaping the team's experience. This season our kids and their teammates will face challenges, and how we respond as parents makes a difference. Your support, encouragement, and attitude are vital not only for your child's growth but for the entire team's success. **Stay positive. Support the coach. Encourage the team.** Remember, your reactions and behavior set the tone for your child and their teammates. A positive, united front from us as parents will create an environment where our kids can thrive both as athletes and individuals. Let's commit to supporting not only our children but also each other as parents. Together, we can create a season where our kids grow, develop, and enjoy the game. It's up to us to build the positive, uplifting environment they need. Let's make this season an unforgettable one — full of growth, teamwork, and fun!

## NEW MITES PLUS TRAINING PROGRAM!

FLHA is now offering a Mites Plus training program designed for Mite/8U Level 3 & 4 players in 3rd grade. The program will be focused on skating skill development and led by a professional skating coach. The program costs \$295 per skater. Sessions will be 1 hour a week from 10/14/24 to 2/21/25. Registration is limited to 35 players with prioritization given to 3rd graders. Approvals for other skaters to participate will begin 10/9. For more information and to view the schedule, [CLICK HERE](#) or contact Mites@flhockey.org.



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## PLAYING AT A COMPETITIVE LEVEL

Our hockey association aims to develop our kids into skilled players and strong, resilient young adults. This year, FLHA faced tough decisions on how to position our teams for success both on and off the ice. The board has decided to support our teams in competing at the highest levels, which will help develop their hockey skills and character. This decision is influenced by what neighboring associations are doing and the expected competition levels in the coming years. We want our kids to have the opportunity to compete and succeed at every level, including for the Forest Lake High School teams. Competing at these levels will require hard work from everyone—players, coaches, and parents. Together, as an association, we will support one another and help our kids grow, develop, and compete. Ultimately, we want our kids to have fun and enjoy the game, and it's important for us to continue supporting each other for a successful season.



## OCT 7TH COACH & MANAGER MEETING

A **MANDATORY** meeting for Coaches and Managers of 10U/Squirts, 12U/Peewee and Bantam teams is scheduled for **October 7th**. The meeting will take place in the **Forest Lake High School Media Center** from **6-8pm**. A separate meeting for the other teams will be held at a later time.



## HAT TRICK OR TREAT AT THE RINK

Join FLHA on October 27th from 6-7pm for a spook-tacular time! Kids, grab your costumes, a helmet and your skates. We'll have fang-tastic stations set up to participate in trick or treating to score some candy and plenty of skating fun!

# Ranger

APPAREL STORE

SHOP NOW

 A collection of Forest Lake Rangers hockey apparel, including hoodies, t-shirts, and hats, displayed on a white background.
 

OCTOBER 11TH - 20TH

DELIVERY

NOVEMBER 11TH-17TH



### Annual Reports:

- 2023-24: Coming Soon!
- 2022-23: Click [HERE](#)

### Meeting Minutes:

- Click [HERE](#)

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## GIRLS HOCKEY NIGHT AT THE RINK WAS Sweet!

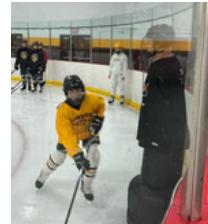
Fifty girls ranging from new skaters to skilled 12U athletes took the ice for **Girls Hockey Night!** It was incredible to see enthusiasm, love for the game and girl power! A special thank you to the high school girls who joined us on the ice. Their leadership and support made a huge difference! We look forward to watching girls hockey continue to grow in Forest Lake!



## FLHA PLAYERS GAIN BODY CONTACT SKILLS



For the 2nd year in a row, FLHA partnered with 4Check Hockey to bring a specialized checking and contact clinic to our youth. The clinic was designed to help players develop crucial skills in a safe and structured environment. The progress in skills was fantastic to watch. Your hard work is paying off! Thank you body contact clinic participants!



## 2024-25 SPONSORSHIP OPPORTUNITIES

FLHA is an independent nonprofit 501(c)(3) association dedicated to making the wonderful game of hockey more accessible to everyone. Sponsorships are greatly appreciated as they help lower the overall costs to families. To learn more, [CLICK HERE](#), or if you would like to become a sponsor, email [fundraising@flhockey.org](mailto:fundraising@flhockey.org).

Below are a few of the 2024-2025 sponsorship opportunities available.

### FULFILLED

~~JR RANGER  
JERSEY &  
HOCKEY EQUIPMENT~~

~~SHOOTING  
AREA TRAINING  
EQUIPMENT SPONSOR~~

CONCESSION  
STAND SPONSOR

JR RANGER  
STICK SPONSOR

POPCORN BAG  
SPONSOR

~~JR. RANGERS  
NECK GUARDS~~  
FULFILLED

PUCK SPONSOR

~~SCHOLARSHIP  
FUND SPONSOR~~

~~divider board  
SPONSOR~~

## WE WANT TO HEAR FROM YOU!



Do you have a coach who deserves an extra special shout out? Is your team doing an activity that is noteworthy? Do you have a tip or trick worth sharing with other parents? Did you capture a great photo at an FLHA event? Email us at [communications@FLhockey.org](mailto:communications@FLhockey.org) to share.

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## THIS MONTH'S FAQS

**Q:** Volunteer opportunities are claimed before I am able to log in to do so. I am worried I won't be able to get my dibs in and will be charged at the end of the season.

**A:** Early opportunities to fulfill Dibs are highly sought after and are claimed quickly, but as the season progresses, opportunities are plentiful. Last year, FLHA paid staff to work concession shifts as many went unclaimed. Be patient.

## Junior RANGERS



interested in starting hockey. Junior Rangers is an opportunity to try hockey in a fun environment and purchase equipment at a reduced cost. Registration is open through 12/31. [CLICK HERE](#) to learn more about Junior Rangers or email [recruitment@FLhockey.org](mailto:recruitment@FLhockey.org).

Do you know a new skater in the Forest Lake School District

## SUPPORT LOCAL HOCKEY

MINNESOTA  
MALLARDS



M

Fri, Oct 4 @ Bobcats  
Sat, Oct 5 @ Bobcats  
Sun, Oct 6 vs Bruins (7pm)  
Fri, Oct 11 vs Shamrocks (7pm)  
Sat, Oct 12 vs Shamrock (7pm)  
Fri, Oct 18 vs Wings (7pm)  
Sat, Oct 19 vs Wings (7pm)  
Fri, Oct 25 vs Bulls (7pm)  
Sat, Oct 26 @ Bulls

## FOREST LAKE RANGERS HOCKEY

High School Games  
will begin  
in November



## STICK TAPS & SHOUTOUTS

A huge thank you to all the on-ice coaches who donated their time to develop our players during the Fall Clinics! Their dedication to our players as athletes and individuals deserves to be recognized. A special stick tap for ...

Adam Buche	Brooke Remmington	Jessica Abrahamson	Nathan Halmrast
Andrew Erickson	Chris Dahn	Josh Tobias	Nick Moga
Aubree Degel	Daugh Waataja	Justin Knopps	Rob McCollum
Ben Semlak	Derek Larson	Lance Stevens	Ryan Sauter
Blake Torfin	Eric Youngner	Lester Fenrich	Shaughn Patton
Biz Valley	Jason Kuechenmeister	Maria Swanson	Scott Rangitsch
Brad Van Tassel	Jack Hubert	Matt O'Neill	Taylor Thompson
Bre Gaffey	Jake Johnson	Matt Folsom	Tim Gibson
Brent McMann	Joe Pyka	Matt Stendahl	Tim Ryan
Brett Shelanski	John Belland	Mike Pederson	Tom Kubes
	John Haider	Mike Zacher	Wayne Gillitzer

And to everyone who helped make the fall clinic a success--**THANK YOU!**

FOLLOW US



Stay up-to-date with the latest FLHA news, schedules, and upcoming events!





HEY RANGERS!

READY TO SHOW OFF YOUR HALLOWEEN SPIRIT? GRAB A PUMPKIN AND CARVE/DECORATE IT WITH YOUR COOLEST HOCKEY DESIGN! WE WANT TO SEE YOUR SPOOK-TACULAR CREATIONS, SO BE SURE TO TAG FOREST LAKE HOCKEY ASSOCIATION ON FACEBOOK!

🎃 #RANGERHOCKEYPUMPKINCHALLENGE



PLEASE PARDON ANY TYPO'S—THIS NEWSLETTER WAS CRAFTED BY A SLEEP-DEPRIVED, MULTITASKING HOCKEY MOM RUNNING ON CAFFEINE AND LOVE!