

November

NEWSLETTER



KEY DATES



- MITE & JUNIOR RANGER REGISTRATION CUTOFF: **12/31**
- NOVEMBER BOARD MEETING
 - **11/20**, 7-9pm @ FLHS Media Center
- RANGER APPAREL ORDER WINDOWS
 - **11/1 - 11/10 & 11/22 - 12/8**
- FLHS GIRLS HOCKEY: YOUTH NIGHT
 - **11/21**, 7pm vs Anoka
 - Kids get in free with a paid adult
- FLHS BOYS HOCKEY: YOUTH NIGHT
 - **11/26**, 7pm vs Denfeld
 - Kids get in free with a paid adult
- FLHS GIRLS HOCKEY:
SKATE WITH THE RANGERS
 - **11/23**, 9:15-10am
- MORRIE'S FOREST LAKE CHEVROLET TEST DRIVE EVENT
 - **11/23**, 11:30-1pm



FLHA EMAIL DIRECTORY

As our season kicks off, FLHA wants to ensure members can get their questions answered quickly. To help, we've compiled an email directory to direct inquiries to the right inbox for the fastest and most accurate response. As a reminder, FLHA is staffed by dedicated volunteers who give their time and energy to make our organization a wonderful experience for our youth. We kindly ask for your patience and understanding — everyone is doing their best to support our community!

GRATEFUL

This Thanksgiving season, we want to express our heartfelt gratitude for our incredible **Forest Lake Hockey community**.

We are immensely thankful for our dedicated coaches, who lead with passion and commitment; our countless volunteers, who give their time and talents to support every aspect of our program; our parents, who cheer from the stands and support from behind the scenes; our players, who bring energy and heart to the rink every day; and our generous sponsors, whose support makes everything possible.

You make FLHA more than just an organization — you make it a true community. We are grateful to have each of you as part of the Forest Lake Hockey family.

Happy Thanksgiving!



Junior Rangers Recruitment@FLHockey.org

Mites: Mite-director@FLHockey.org

Scrimmage Requests: Boys@FLHockey.org
Girls@FLHockey.org

Equipment: Equipment@FLHockey.org

Concession Scheduler: ConcessionScheduler@flhockey.org

Sponsorships: Fundraising@FLHockey.org

Tournaments: Tournaments@FLHockey.org

Dibs: Dibs@FLHockey.org

Payment/Refund: Treasurer@FLHockey.org

Waivers: President@FLHockey.org

Other: Communications@FLHockey.org

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FLHA CONDUCT EXPECTATIONS

Inappropriate behavior has become an increasing concern in youth sports and within FLHA specifically. FLHA is taking decisive steps to address it this season. All players and parents will be held to the Player and Parent Code of Conduct, which were agreed to during registration and can be reviewed [HERE](#).

Additionally, each Head Coach will develop a set of expectations and team-specific guidelines that both players and parents will be required to sign and return to your team manager. This document may resemble the overall Code of Conduct but will also outline specific consequences for any breaches of team expectations. Coaches will be

responsible for disciplining players when necessary — though not always easy, it's an essential part of their role. Violations are taken seriously and will be enforced to maintain a respectful and safe environment. **Parents**, we encourage you to work collaboratively with coaches. If your player has any specific behavioral challenges or considerations, reach out to your coach to create a successful plan for the season.

For further questions, contact the Ethics Committee at Ethics@FLHockey.org.



FLHA CALENDAR RAFFLE IS BACK!

also giving participants the chance to win cash prizes. Players from Mite 2 through Bantams and 8U through 15U must sell 6 calendars or a maximum of 12 per family. Calendars will be available in early November (exact date is TBD), and players will have 2 weeks to sell their calendars. All 183 winners will be drawn on December 18th at 7 PM at Stella's, and the results will be posted on the Forest Lake Hockey website. Checks will be mailed to winners. More details will be posted soon [HERE](#). If you have questions regarding the calendar raffle, contact Gambling@FLHockey.com.

We're excited to bring back the **FLHA Calendar Raffle** this year! The fundraiser is a great way to support our youth hockey program while



FREE ADMISSION FOR FLHA PLAYERS



All youth hockey players are invited to attend any Mallards home game for free this season by wearing their jersey. This is a fantastic chance for players and families to experience great hockey right in our own community. Come cheer on the MN Mallards and enjoy a great evening!

FL BOARD NEWS

Annual Reports:

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

Meeting Minutes:

- Click [HERE](#)

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THIS MONTH'S FAQ

Q: Where can I pick up a window sticker for our team sponsor?

A: Thank you cards and sponsor window stickers can be picked up in the concession stand.

Q: Does FLHA have a Benevity profile?

A: Yes, FLHA has a Benevity account for corporate matches, you can find FLHA's profile [HERE](#).

Q: How can I get a receipt so my corporation can match my giving?

A: If you need a receipt for your giving, please email Brianna at fundraising@flhockey.org with the amount and team information.

Q: Is this email from FLHA real or a scam?

A: Neither FLHA nor its Board members will ever ask for money or request reimbursements through platforms like PayPal, Zelle, or Venmo. If you receive a suspicious email, please forward it to us and avoid responding to the request.

Rangers APPAREL SHOP

SHOP NOW

#3 NOVEMBER 1ST - 10TH DECEMBER 16TH-22ND

#4 NOV. 22ND - DEC. 8TH JANUARY 6TH-12TH

Final Window! Limited Items • Delivery After Christmas.

[FOLLOW US](#)

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

LOCAL HOCKEY GAMES

MINNESOTA MALLARDS



M

FRI, NOV 1 @ WINGS
SAT, NOV 2 @ WINGS
FRI, NOV 8 VS BOBCATS (7PM)
SAT, NOV 9 VS BOBCATS (7PM)
FRI, NOV 15 @ BRUINS
SAT, NOV 16 @ BRUINS
FRI, NOV 22 VS TAUROS (7PM)
SAT, NOV 23 VS TAUROS (7PM)
FRI, NOV 29 VS BRUINS (7PM)
SAT, NOV 30 VS BULLS (7PM)

FOREST LAKE RANGERS HOCKEY

GIRLS

TUE, NOV 12 VS EAST RIDGE
THU, NOV 14 VS. GENTRY
SAT, NOV 16 @ ROSEVILLE
TUE, NOV 19 @ CRETIN-DERHAM
THU, NOV 21 VS. ANOKA

BOYS

FRI, NOV 22 @ GRAND RAPIDS
SAT, NOV 23 @ ROCK RIDGE
TUE, NOV 26 VS. DENFELD

LOCAL OPEN ICE

CLICK BELOW TO VIEW OPEN ICE TIMES BY RINK

STILLWATER

(St. Croix Valley)

ANDOVER

ROSEVILLE

COON RAPIDS MAPLE GROVE

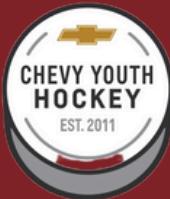


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MORRIE'S



HELP YOUR TEAM WIN \$500!

Join us at Morrie's Forest Lake Chevrolet for a chance to help your FLHA team win \$500! The team with the most test drives completed between 11:30 AM and 1:00 PM will take home the prize. Just show up, test drive, and support your team!



BRING A FRIEND TO HOCKEY CONTEST WINNERS NAMED



FLHA hosted a *Bring a Friend to Hockey!* contest. Players had the chance to invite friends to join them on the ice this season with the opportunity to win a brand new hockey stick for both players.

Congratulations to Gabriella Sternberg, Mason Marr, Elaina Altendorfer, and Kenzie Beck at the Squirt/10U level, who each received a stick courtesy of Strauss Skates and Bicycles. Thank you to everyone who participated and brought friends to hockey!



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.

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

FULFILLED	JR RANGER JERSEY & HOCKEY EQUIPMENT	CONCESSION STAND SPONSOR	POPCORN BAG SPONSOR	PUCK SPONSOR
SHOOTING AREA TRAINING EQUIPMENT SPONSOR	JR RANGER STICK SPONSOR	JR. RANGERS NECK GUARDS	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 to share.

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VOLUNTEER HOURS PROGRAM REMINDERS



As we prepare for the hockey season, we wanted to provide a quick reminder about the Volunteer Hours program.

The Volunteer Hours Program enables the association to staff the concession stand and fill other necessary roles the team would otherwise need to pay to staff. It's critical the roles are filled throughout the season. The Volunteer program combines both DIBS and concessions into one streamlined system. By doing so, the program creates flexibility for families to fulfill their volunteer hours through all concession shifts, all DIBs shifts or a combination of both. Volunteer hours are tracked on an hourly basis, simplifying fulfillment and planning for families. At registration, FLHA will collect credit card information, which will only be charged if volunteer hours are not fulfilled by the end of the season. To claim Volunteer shifts, select DIBS from the main menu or [CLICK HERE](#). For more details about the program and to review the FAQ, please click [HERE](#). For further questions, please contact DIBS@FLHockey.com.

FLHA LOCKER ROOM POLICY REMINDER

FLHA prioritizes the safety and protection of our players. In line with USA Hockey's SafeSport Program, FLHA established a locker room policy to maintain privacy and reduce the risk of misconduct.

- SafeSport certified Locker Room Monitors will oversee all team events. Only players, approved personnel, and family members may enter. Monitors must match the players' gender during dressing or undressing.
- Players may not enter the locker room until a sweep has been completed. If doors are open, one monitor is required; if closed, two monitors must be present.
- Parents may assist younger players (Mites/8U) but should limit access for older players unless necessary.
- Mixed Gender Teams: We will provide separate locker rooms for boys and girls whenever possible. If using a single locker room, players must arrive in base layers under their clothes to protect privacy.
- Cell phones and recording devices are prohibited in locker rooms, except for authorized team volunteers during special occasions.

To review the full policy, [CLICK HERE](#). If you have any questions, please contact your team organizer or Ethics@FLHockey.com.

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Notes From the Concessions Scheduler

Volunteer shifts are manually created in the system, reviewed/loaded, amended/edited when someone changes, and at the end, manually verified. When finished working a concession or DIBs shift, there's no need to generate a "mark complete" request in the system. Please expect hours to be verified and credited to your athletes account within 7-10 days. Concession schedules will be released every ~2 weeks. While shifts are light early in the season. District game schedules come out in phases in November, and therefore, shifts may come out small pieces as well. There are many volunteer hours are yet to come throughout the season. Remember families do have unexpected conflicts and do cancel shifts on occasion, returning the shift to 'unclaimed' status. Its worth logging in occasionally to view available opportunities. If you have any questions, please contact ConcessionScheduler@FLHockey.com



SPOOK-TACULAR!

HAT TRICK OR TREAT

FLHA celebrated Halloween with Hat Trick or Treat! It was a **frightfully** fun night with kids snagging candy and enjoying ice time with friends in costumes! FLHA has received a lot of positive feedback about the event, and we hope to repeat it again next year!



thanks
COACH

THIS THANKSGIVING, WE ARE ESPECIALLY THANKFUL TO
OUR AMAZING COACHES!

WHETHER ON THE ICE, IN THE LOCKER ROOM, OR ON THE STREET, COACHES PLAY A HUGE ROLE IN OUR CHILDREN'S LIVES, PUSHING THEM TO BE THEIR BEST AND SUPPORTING THEM EVERY STEP OF THE WAY. THEIR DEDICATION, HARD WORK, AND PASSION INSPIRE ALL OF US TO ACHIEVE MORE THAN WE EVER THOUGHT POSSIBLE.

AS WE COUNT OUR BLESSINGS THIS SEASON, FLHA WANTED TO TAKE A MOMENT TO RECOGNIZE AND THANK THE COACHES WHO HAVE MADE A DIFFERENCE IN OUR LIVES.

#FLHATHANKACOACH



PLEASE PARDON ALL TYPOS—THIS NEWSLETTER WAS CRAFTED BY A
SLEEP-DEPRIVED, MULTITASKING HOCKEY MOM RUNNING ON CAFFEINE AND LOVE!

