



AHA News

October 2019

The official source of information for the Amherst Hockey Association

Hello hockey families!

All girls, players and beginners, are invited to take the ice for our Girls Hockey Weekend event on Oct. 5. Please visit the AHA site for details. The coed event will take place on Nov. 9.

AHA Night is Oct. 18 as UMass takes on Union! Tickets are only \$8 ea. You can find the ordering info on our website.

Players—wear your blue jersey and join us in the fan tunnel!

We are still looking for gear! Drop off items at The UPS Store in Amherst (6 University Dr.) or the day of the sale. Help is also appreciated at the sale!

Please keep spreading the word on other AHA programs: try hockey for free events, learn to skate and learn to play for younger friends and girls' house for beginner girls.



Calendar

- Oct. 5 Girls Hockey Weekend / Gear sale / GSL pre-season begins / Bruins Academy begins
- Oct. 15 **Payment due!**
- Oct. 18 UMass AHA Night
- Nov. 7 Team picture day
- Nov. 9 Try Hockey for Free
- Nov. 16 GSL regular season begins

Coaches' Circle



Check your CEP expiration date! If you need to renew by 12/31/19, be sure to sign up for the appropriate clinic as soon as possible.

usahockey.com/coachingclinics

Player's Corner

Tips for a great game:

- Get a good night's sleep.
- Eat, even if it feels too early.
- Get to the rink and the ice on time.

Q: What position does a ghost play?

A: Ghoul!