



VICTORIA COUGARS JUNIOR HOCKEY CLUB 2011-12 SEASON

A Winning Tradition of Excellence

**South Island Division
Regular Season Champions**

2002/03

2006/07

2007/08

**South Island Division
Playoff Champions**

2002/03

2004/05

2006/07

2007/08

2008/09

**Vancouver Island
Regular Season Champions**

2007/08

2010/11

**Vancouver Island
Playoff Champions**

2004/05

2006/07

2007/08

CYCLONE TAYLOR CUP

British Columbia Provincial Championship

Bronze Medalists 2004/05

Gold Medalists 2006/07

website: www.victoriacougars.com

"Good teams don't re-build; they reload"



DEAR COUGARS PROSPECT

The Cougars Junior Hockey Club is pleased to provide this full colour booklet to prospective players looking to play in the Vancouver Island Junior Hockey League during the next few seasons.

We think it's important for prospects to understand what the Cougars have to offer, and to provide you with information regarding the values and ethics within our program.

***OUR GOAL IS TO MAKE THE COUGARS
YOUR FIRST CHOICE IN JUNIOR HOCKEY***



About the VIJHL

The Vancouver Island Junior Hockey League is comprised of eight teams from Campbell River to Victoria. Our league play has comprised of a 48 game regular season schedule, plus play-offs. All games consist of a warm-up plus three twenty minute stop-time periods.

The League has made tremendous strides over the last several years to focus on improving the skills of the game.

About the Cougars

All Cougars home games and all practices are in the Archie Browning Sports Centre in Esquimalt.

In addition to pre-season, regular season, and play-off dates, the Cougars practise three times a week at regularly scheduled times. As soon as the league schedule is announced (generally in July) we then are able to provide our players with their full regular season hockey schedule, plus practice times. We believe this is significant, as it allows our players to position themselves to best integrate their hockey commitments with work and/or school demands. We believe that school work is critical, and support our players at every opportunity to meet and exceed their educational objectives.

We further believe that our club isn't just about playing hockey. We strive to position our players to become productive citizens in our community. Over the course of the season, our players can be seen supporting a number of community events such as Lions Club, Rotary, and Esquimalt Silver Threads events. Further, we look to have our players put back into minor hockey, by participating in minor hockey developmental skills sessions. We believe we have been successful in this, all the while respecting our player's time commitments to activities outside hockey.

As you read through this booklet, we believe you will see a number of reasons why the Cougar program is considered by most as the first choice for Junior hockey.

If you have any questions, please feel free to contact any of the executive or coaching staff outlined on the final page.

INDEPENDENT PROGRAM - NO POLITICS

The Cougars operate as a non-profit organization. What that means to our players is that all revenues are put directly back into improving the Cougar program.

This translates into direct value for our players and families

Our team executive is responsible for all decisions regarding the operating of the hockey club. This group of 11 individuals have over 70 years experience with the Vancouver Island Junior Hockey League. None of these key decision-makers have children in the Cougar program.

Our coaching staff is responsible for overseeing the assessment of players, and the dealing with the development of players. This group is comprised of a head coach, two associate coaches, goaltending coach, video coach, and strength and conditioning coach. Collectively, this group of 6 has over 25 years experience in the Vancouver Island Junior Hockey League. None of these key decision-makers have children in the Cougar program.

In summary, the 17 most influential people involved in the Cougar program have no political agenda, no family ties, and no intention to make a profit.

We simply want to ice the best team possible and to offer our players the best possible experience playing hockey, period.



MOVING PLAYERS ALONG



The Cougars are proud of our graduates who have moved to the next level of hockey. In the 11 years of our program, we have directly contributed to the development and opportunity of almost 30 players. Our club is considered to be a “main attraction” for scouts of the higher leagues due to our reputation for development of players.

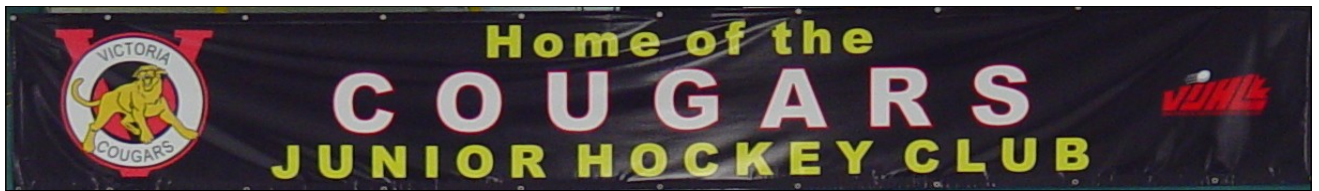
Rather than just one Jr. A club, we offer our players the opportunity to affiliate with any Junior A program

The following players moved directly from the Cougars to a higher level of hockey. (some have since moved teams and/or leagues)

2001	Jason Forman	Cowichan Capitals	BCHL	
2001	Adam Finch	Cowichan Capitals	BCHL	
2002	Adam Jennings	Red Deer Rebels	WHL	
2003	Nick Verbruggen	Dutch Super League	SEMI-PRO	
2003	Josh Verbruggen	Dutch Super League	SEMI-PRO	
2003	Geoff Irwin	Cowichan Capitals	BCHL	
2003	Brandon Wong	Surrey Eagles	BCHL	
2003	Chris Meagher	Bonneville Pontiacs	AJHL	
2004	Dan Gendur	Cowichan Capitals	BCHL	Drafted by Vancouver Canucks (2007)
2004	Mitch Fadden	Seattle Thunderbirds	WHL	Drafted by Tampa Bay Lightning (2007)
2004	Adrian Jack	Penticton Vees	WHL	
2005	Craig Parkinson	Cowichan Capitals	BCHL	
2005	Garry Nunn	Victoria Salsa	BCHL	
2005	Zack Currie	Cowichan Capitals?	BCHL	
2006	Braeden Lattanzi	Drayton Valley Thunder	AJHL	
2006	Jordan Zalba	Merritt Centennials	BCHL	
2006	Justin Courtnall	Victoria Grizzlies	BCHL	Drafted by Tampa Bay Lightning (2007)
2007	Michael Hammond	Victoria Grizzlies	BCHL	
2007	Tommy Kala	Quesnel Millionaires	BCHL	
2008	Jimmy Carter	Dauphin Kings	MJHL	
2008	Justin Sotkowsky	Quesnel Millionaires	BCHL	
2008	Teal Burns	Victoria Grizzlies	BCHL	
2009	Josh Wyatt	Powell River Kings	BCHL	
2009	Steve Axford	Powell River Kings	BCHL	
2009	Nick Buchanan	Victoria Grizzlies	BCHL	
2010	Travis Stephens	Cowichan Capitals	BCHL	
2010	Brandan Smith	Powell River Kings	BCHL	

You could be next...





THE COUGARS HOME

The Cougars have an outstanding relationship with the Archie Browning Sports Center in Esquimalt, who clearly recognize the Cougars as the prime tenant in the facility. This has enabled us to step away from a minor hockey look & feel and offer our players the atmosphere of a true Junior hockey

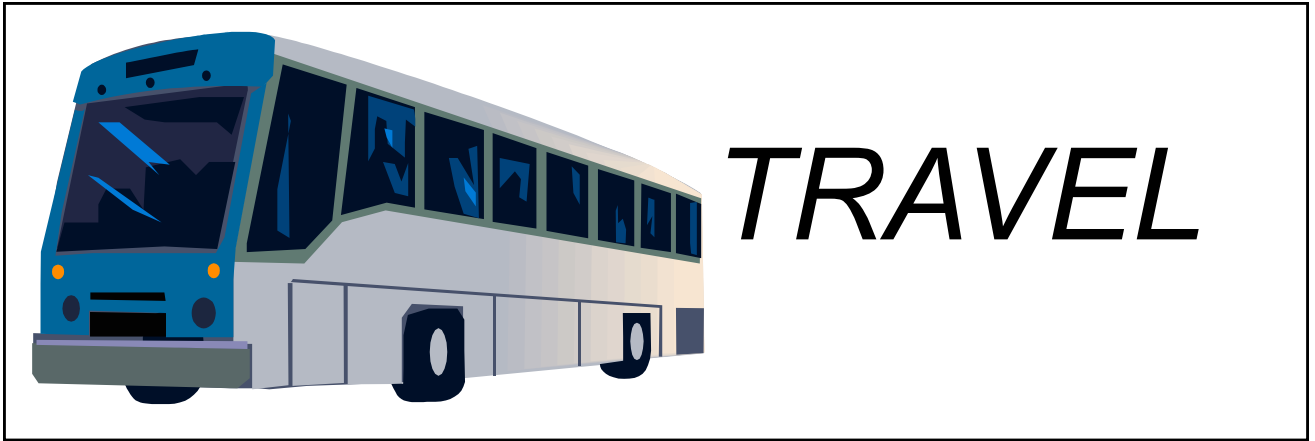


Our home facility offers our players:

- 4 permanent practice sessions and 3 off-ice workouts each week;
- Gym membership;
- Equipment bags (to keep at the end of the season); helmets, gloves & socks
- Under Armour underwear;
- stereo, suit closet and trainers bench;
- Our own dressing room complete with individual player stalls, washer & dryer;
- A year-round team & coaches office

No other VIJHL team in greater Victoria has their own dressing room and team offices at their home facility.





For our games north of Duncan, the Cougars charter our bus service with a chartered limousine company which provides us with top notch, safety inspected, DVD equipped, highway limousines.

We do not use a volunteer or team official to drive the bus for our team. Rather we hire an independent, professional driver, who's ***only responsibility*** is to ensure the safe transportation of our team.

Almost all of our bus trips are for games either Friday or Saturday evenings, thereby reducing the impact on school. Our bus trips are all "same day" trips with pick up in the afternoon and returning directly following the game.

Players meet at the team locker room and load their bags directly onto the bus. Following the game, our bus returns the club to our home rink, where players unload their gear directly back into the locker room, before returning home. There is no need for our players to move their equipment from home to the bus and back again.

Following the game, the Cougars have a meal delivered to the bus for the players enjoyment on the ride home.

***QUALITY, SAFETY INSPECTED BUS +
INDEPENDENT, PROFESSIONAL DRIVERS = SAFE
TRANSPORTATION OF COUGAR PLAYERS***



BILLET PROGRAM

The Cougars have a billet program in place to co-ordinate the appropriate placement for our out-of-town players. This includes a policy, security checks, and follow up checks to ensure our players and billet family needs are being met.

WEBSITE / INTERNET BROADCAST



The Cougars have one of the best and most comprehensive Junior Hockey websites in the country, www.victoriacougars.com.

The website has complete game stories of every one of the Cougars regular season and playoff games, event stories, game pictures of most games, complete roster information and team and player statistics and awards. All of the statistics and stories are kept in an archive that goes back 10 years to the start of the Cougars organization. Our out-of-town parents can follow the day-to-day performance of the team and players, almost like being here!

The Cougars will be internet broadcasting every home game for the 2010-11 season. This allows family, friends, and out-of-town relatives to keep pace with our games. In addition, tune in the Live Game Update feature on the website during our home games and track the game's progress on your computer.



EDUCATION

Victoria has a number of top-quality educational institutions to offer, including Camosun College and the University of Victoria, which last year was ranked as the #1 comprehensive university in Canada.

The VIJHL schedule is set so that no overnight road trips are required, which allows players to pursue their education uninterrupted while still being able to play hockey.

Camosun College and UVIC are not more than a 20 minute drive from the rink. With the Cougars permanent dressing room, this means that players can come / go between classes and practice, without having to cart their gear around in the trunk of their car.



EMPLOYMENT

Victoria's unemployment rate is currently among the lowest in the country, meaning a wide variety of jobs are available in the construction, service & high-tech industries, and government.

The VIJHL schedule of primarily weekend games also favours those who are looking to work while playing hockey.

In addition, the Cougars executive comprises a number of high profile individuals in business and government who can assist those players wishing to obtain employment while playing hockey.

COUGAR COACHING STAFF

Mark Van Helvoirt, Head Coach (mark.vanhelvoirt@hotmail.com) (250) 213-5632

Mark took over the Head Coach position in 2007. During his rookie coaching season Mark led the Cougars to a VIJHL Regular Season Championship, a VIJHL Play-off Championship, and an appearance at the Cyclone Taylor Cup Provincial Championship. Prior to becoming Head Coach Mark was an Associate Coach for 4 seasons, helping the Cougars to two VIJHL Championships, one Bronze Medal and one Gold Medal at the Cyclone Taylor Cup Provincial Championships. As a player Mark appeared in four VIJHL All-Star Games and was the league scoring leader in 2002-2003. Currently a Program Officer for the Federal Public Service, Mark has extensive national and international coaching training from Hockey Canada.

Suneil Karod, Associate Coach (skhockey@gmail.com) (250) 588-8419

Suneil enters his second season with the Cougars bringing 10 years of coaching experience. As a Head Coach he took the Racquet Club Midget Tier 1 team to an island championship and a fourth place finish at the provincial championships two seasons ago. His accomplishments were rewarded when he went on to win the Jack Hagen Award for Coach of the Year. He has also been involved with the BC Best Ever Program as a coach at the U16 level helping with the development of younger players. Suneil also has been exposed to many national levels coaching training with Hockey Canada. Currently he works for CSTS as a trainer to hockey players from minor hockey to professionals

Thomas Kala, Associate Coach (thomas.kala@hotmail.com) (250) 588-8076

Thomas was taken on as associate coach in 2010. A previous player, Thomas played his first year as a Cougar in 2006/07 helping the Cougars become playoff champions and capture their first ever gold at the Cyclone Taylor Provincial Cup. He then moved to Junior A playing a year in the AJHL for the Grande Prairie Storm and a year in the BCHL for the Quesnel Millionaires. He came back to the Cougars for the 2009/10 season where he was named captain as well as finishing first in Cougar scoring and second in the league. Thomas brings 4 years of coaching experience to the Cougars. He returns to junior hockey after coaching the 1995 Island stars to numerous gold and silver medals at provincial tournaments . Thomas is currently enrolled at Camosun Collage as he is striving to become a chartered accountant.

Bill Morrison, Goalie Coach (250) 896-3952

This is Bill's second year as goaltending coach with the Cougars

Dustin Moore, Trainer/Strength & Conditioning (d-forcefitness@hotmail.com) (250) 857-0771

Dustin enters his second year as trainer and Strength & conditioning coach. Dustin has numerous accreditations, including a Bachelor of Kinesiology (BKIN), Personal Fitness and Lifestyle Consultant (PFLC), Personal Training Specialist (PTS), and National Coaching Certification Program (NCCP).

COUGAR EXECUTIVE

Gary Boyer, President (gdboyer@telus.net) (250) 592-0386

Gary is responsible for the entire Cougar program, and represents the Cougars on the VIJHL board of Governors. He brings over 36 years local hockey experience. Gary has been in various capacities with the team since 1999, including Coach, and Governor. He works as a Human Resource Professional with the Public Service of Canada.

Marcel Fisher, Vice President (swiftsure@shaw.ca) (250) 592-1299

Marcel has been with the Cougars since its inception in 1998. Governor during the team's first 4 years; a business owner in the local community.

George Linger, Vice President (georgelinger@shaw.ca) (250) 595-5459

George has been with the Cougars since 2000. George is a local community business owner.

Dave Burgess, Media Director (cougarsmedia@gmail.com) (250) 595-4663

Dave retired from a I.T. profession with government, and has been with the Cougars since 1999

Tony Carlson, Operations Manager (tonycarlson@telus.net) (250) 592-9648

Tony joined the Cougars in 2005. Tony works as a Human Resource Professional for the Public Service.

Rob Pollard, Security Director (rsticks@shaw.ca)

Rob joined the Cougars in 2002 as a security volunteer, Rob assumes the position as Security Director.

Peter Kung, Communications Director (peter19@shaw.ca) (250) 391-9591

Peter has been the Cougars reporter and media liaison since 2002. He works in the Tourism sector in Victoria.

Tom Arlidge, Marketer (tom.a@shaw.ca) (250) 885-0553

Tom assumed the role of Marketer in 2010. He has been with the Cougars since 2003,

Janet Burgess, Director/Secretary (jburgess@telus.net) (250) 595-4663

Janet joined the Cougars in 2000, and is responsible for maintenance of Cougar jerseys, socks and pant covers.

Fay Cahoon, Special Events Director (fay007@shaw.ca)

Fay joined the Cougars in 2008. She is responsible for arranging & co-ordinating the many Cougar special event nights.

Tina Doehnel, Equipment Manager, Game Night DeeJay (TDoehnel@oipc.bc.ca)

Tina has been with the Cougars since 2008