



RAIDERS HOCKEY

FALL 2025 NEWSLETTER

#WEARERAIDERNATION

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A MESSAGE FROM THE PRESIDENT

Dear Players, Families, and Members of Our Hockey Community,

Welcome back!

With evaluations now behind us, we are ready to drop the puck on the 2025–26 season. I want to extend a warm welcome to all returning players and families, and an enthusiastic greeting to those joining us for the first time. Whether you're lacing up skates for your first season or your tenth, we're excited to have you as part of our hockey family. Each season brings fresh opportunities—to grow, to compete, to make memories, and most importantly, to have fun. Raiders Hockey Club is committed to creating a safe, inclusive, and positive environment where every player can thrive, both on and off the ice. From our youngest beginners to our seasoned veterans, the focus remains the same: teamwork, development, and a love for the game.

We have a number of events planned in the next few months:

- 2nd Annual Raiders Parent Pub Night
- Raiders Photo Day
- U7 Junior & Senior Future Stars Tournament
- U15 Stick It To Kids Cancer Tournament
- Annual Raiders Christmas Community Challenge

There are also some great opportunities for teams and coaches, including Minor Hockey Days with the Flames, Hitmen and Wranglers, and Leadership Day – Coach Edition with Hockey Calgary. Details on all of these events can be found in this edition of the Raiders Newsletter.

I would also like to take a moment to thank everyone who has already volunteered their time with the Raiders. Whether it was assisting with the Raiders Welcome BBQ, helping at evaluations, stepping up to coach or another role on your team, we can't do this without you. Thank you for putting the time and effort in to ensure our players can have an excellent season.

Thank you for taking the time to read our newsletter. Let's Go Raiders!

Troy Cleghorn
President
Raiders Hockey Club



RAIDER NATION EVENTS

WELCOME RAIDERS!

We are excited to begin the 2025 - 2026 season. With evaluations now complete and teams created, we are seeing some familiar faces around the rink and getting to meet new hockey players and their families. What better way to get to know your fellow Raiders parent than by participating in the 2nd Annual Raiders Parent Pub Night? Not only does this event help kick off our hockey season, but it also doubles as support for our U15 Stick it to Cancer Legacy Tournament!

When: Saturday, November 1st

Time: 7pm to 1am

Where: Scotsman's Well at Creekside Shopping Center
#116, 12024 Symons Valley Road NW



Parents, this is your night! Hang up the carpool keys, ditch the hockey bag smell and come out for a night of fun. There will be a live band - Joyride, drink specials and great company! Nothing says 'team bonding' like a night of laughter, music and maybe a little competitive raffle-ticket buying. Let's pack the house and show that Raiders parents know how to party off the ice!

Click here to purchase your tickets:

[Raiders Pub Night](#)



RAIDER NATION EVENTS

RAIDERS BOTTLE DRIVES

In late September and early October, Raiders hockey players gathered for team bottle drives. Players rang doorbells, ran from house to house and gathered as many bags as their parent's vehicles could handle. In addition to raising money for their teams, these events help build friendships and form team bonds. **Great work Raiders!**



RAIDER NATION EVENTS

PHOTO DAY

On **Saturday, October 25th**, the Raiders will gather for Photo Day at St. Francis High School. This event will capture lasting memories for the season. Teams will be given a time slot for their photos. Be sure to arrive a few minutes early so we can keep to our schedule. Thank you in advance for all of our volunteers, who always make sure the day runs smoothly.



U7 JR. & SR. FUTURE STARS TOURNAMENT

Get ready for the Raiders Future Stars U7 Jr. & Sr. Tournament from **December 12th-14th**. This legacy tournament, a cherished tradition for over a decade, showcases the talent and enthusiasm of our youngest players in a fun, competitive environment.

As we gear up for this exciting event, we will need volunteers to help make it a success. Please keep an eye out for Association Volunteer Hour opportunities. This is a great way to earn volunteer hours while being part of a long-standing tradition. Let's come together to support our Future Stars!



Tournament Contact: futurestars@raidershc.ca

U15 STICK IT TO KIDS CANCER TOURNAMENT

The Raiders are proud to host the 11th Annual Stick It To Kids Cancer Tournament from **March 19th-22nd, 2026**. All proceeds support the Kids Cancer Care Foundation of Alberta. This incredible organization provides vital support to families battling childhood cancer across the province.

Over the past 10 years, the Raiders 'Stick It To Cancer' Tournament has raised over \$685,000 for the Kids Cancer Care Foundation of Alberta. This tournament challenges players and teams to raise money and give back to help children fighting cancer. The mission of this legacy tournament is to promote awareness of childhood cancer, as this event is in honor of our own players, who passed away in 2016, 2021 and 2023, after battling cancer.



Tournament Contact: stickittocancer@raidershc.ca



COACH'S CORNER

Feature of the month: Darcy Riva, U13 Raiders 4 Black - Head Coach

In an effort to get to know our Raiders coaches a little bit better, we are introducing 'Coach's Corner'. Darcy Riva, Head Coach for the U13 Raiders 4 Black team, kindly agreed to be our first coach interviewed.

1. How many years have you been coaching hockey?

12 years and this is my 13th team (8th as head coach).

2. What are three words your players would use to describe you?

Calm, organized and short.

3. When you were a child, what did you want to be when you grew up?

I remember thinking Devry Institute of Technology commercials sounded good...I'm an engineer now.

4. Where do you like to vacation when you aren't working or on the ice?

Hawaii is the best!

5. Who is your favorite NHL team?

It has been the Flames and Red Wings for a long time.

6. What is your favorite drill to run and why?

Full ice circles!! All directions with pucks - as a player and coach - so good for skating, speed and puck control.

7. When did you first start coaching and why?

My oldest son was really into hockey when he was under 5. We signed up when we could and I was happy to get involved and spend the time together.

8. What do you like best about being a Raider?

Great group of kids and parents. I have had many friendships come out of the Raiders.

9. What was your proudest coaching moment?

Every season when I see kids improve and do things in games that we work on in practice.

10. Any words of advice to others who are thinking of coaching?

Get involved, make connections with the kids and stay positive



RAIDER NATION NEWS

A CALL TO ACTION:

Annual Raiders Christmas Community Challenge



As we look forward to the holiday season, the Raiders Hockey Club is excited to once again challenge all of our teams to participate in the Raiders Christmas Community Challenge. The holidays are a time for reflection, gratitude, and giving back, and we want to spread that spirit throughout our community. This season, we encourage each team to engage in a community initiative that makes a positive impact on those around us. While the holidays are a time of joy and celebration for many, we are also mindful that not everyone is as fortunate, including some of our very own Raiders families. There is no better time than now, with the spirit of giving all around us, to make a difference in the lives of others. We challenge each team to plan and execute an activity or initiative that reflects our values of kindness, compassion, and community spirit. Whether it's fundraising, donating time to a worthy cause, or simply spreading joy, every effort can help make the season brighter for those in need.



We will be highlighting the efforts of our teams on our social media sites and Raiders website to showcase the collective impact we are making together. We look forward to seeing how each team contributes to making a meaningful difference this holiday season. Together, we can spread holiday cheer and show the true spirit of the Raiders community. Thank you for your participation, and for helping us make this holiday season one to remember!

Social Media:

Help us Celebrate your Team!

- ✓ Send us your content! Game highlights, team pics, community events — Tag or DM [@raidershccyc](https://www.instagram.com/raidershccyc) or email socialmedia.coordinator@raidershc.ca
- ✓ Always make sure to include your team name (ex: U13 3W)
- ✓ We do our best to highlight all teams + age groups — but we need your help! Consider becoming or designating a parent rep to send in content

Our goal: To celebrate Raider Nation as a whole — showcasing the spirit, teamwork, and pride across our club.



RAIDER NATION NEWS

CELEBRATING MINOR HOCKEY!

Minor Hockey Days with the Flames, Hitmen & Wranglers in 2025-2026

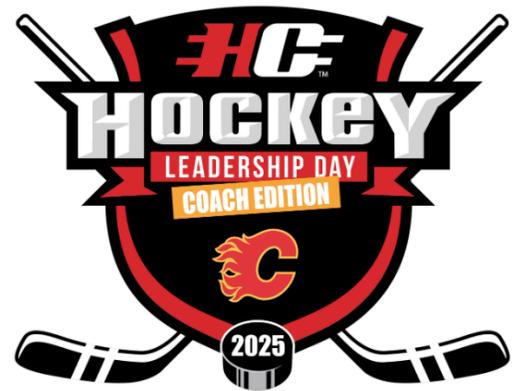
The Calgary Flames, Hitmen and Wranglers want to see your team in the stands this season. The hockey clubs are offering group rates for teams to come out and watch our Calgary teams in action. This is a great team building opportunity. Click [HERE](#) for full details.



LEADERSHIP DAY - COACH EDITION

Hockey Inspires Leadership Day is an initiative put on by Hockey Calgary in conjunction with the Flames Foundation, Calgary Sport and Entertainment Corporation, and the Coaches Site.

On **November 3rd** from 5pm-9pm at Mount Royal University, coaches are invited to take part in the 4th Annual Leadership Day - Coach Edition. The event will deliver a wide variety of on and off ice topics to give coaches some actionable strategies that they can use to ensure their sport is providing kids a supportive runway for the rest of their lives. Speakers will include Ryan Huska, Head Coach of the Calgary Flames. Cost is \$15 plus GST.



Register now by clicking [HERE](#).

RAIDERS TEAM STORE

What better way to show your team spirit than to wear your team pride! Make sure to visit the Raiders team store [HERE](#). Not sure what size fits best? Head to Tuxedo Source for Sports (2520 Centre Street North) for sizing samples on apparel.



RAIDER NATION SAFETY

Monthly Safety Tip:

Helmet Fit and Cage Safety

A properly fitting hockey helmet should be snug, not painfully tight, with no gaps between the padding and your head. It should sit level on your head, with the rim about one finger width above your eyebrows, and not move when you shake your head. For the cage, the J-clips must be properly aligned and the chin cup snug against your chin; the cage should touch the J-clips before your jaw receives impact.

“Cage Hang”

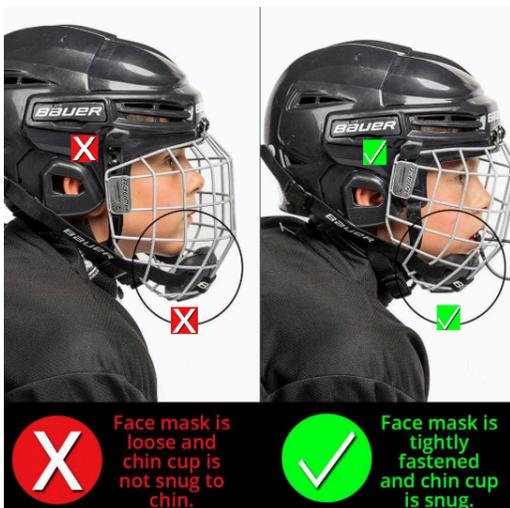
This is NOT safe. For younger divisions, this may be accidental as a player's equipment may not be adjusted properly and the parents themselves are learning. Please have a look before going on the ice and help where needed. The cage needs to properly fit into the side “J” clips while the chin pad is snug against the chin. In the older divisions, U15-U21 it seems to be more of a “style” choice; however, this is a safety concern. An improperly fitting helmet and cage can result in injuries to the jaw, face, nose, and teeth. There's also the potential that a referee may see players wearing improperly fitting cages as a violation for Rule 3.6 and assess a penalty under Rule 10.6 for illegal equipment.

Helmet fit

- Initial fit: Adjust the helmet to its largest setting before placing it on your head.
- Positioning: Place the helmet so it sits level on your head, covering the forehead and temples. The front rim should be about one finger width above your eyebrows.
- Snugness: Tighten the helmet's adjustment mechanisms until it feels snug and comfortable, but not painful. The skin on your forehead should move with the helmet when you shift it side to side.
- Stability: With the helmet on and adjusted, shake your head up and down and side to side. The helmet should not move or rattle.
- Chin strap: The chin strap should be fastened securely, with the chin cup fitting snugly under your chin. If you open your mouth wide, the helmet should pull down slightly; if not, tighten the strap more.

Cage fit

- J-clip alignment: J-clips on the cage need to be aligned with the J-straps on the helmet to hold it securely.
- Chin cup: The chin cup should rest snugly against your chin.
- Jaw protection: The cage should be positioned so that the chin guard is close to, but not pressing on your chin. The J-clips are designed to take the initial impact of a hit to the chin, so the cage must be close enough to the helmet to engage them before your jaw does.
- Visibility: Ensure the cage allows for a clear line of sight through the top two holes.
- Adjustment: Use a screwdriver to adjust the J-clips to achieve the proper fit. If the cage still doesn't fit correctly, you may need a different sized cage.



RAIDER NATION FUN ZONE

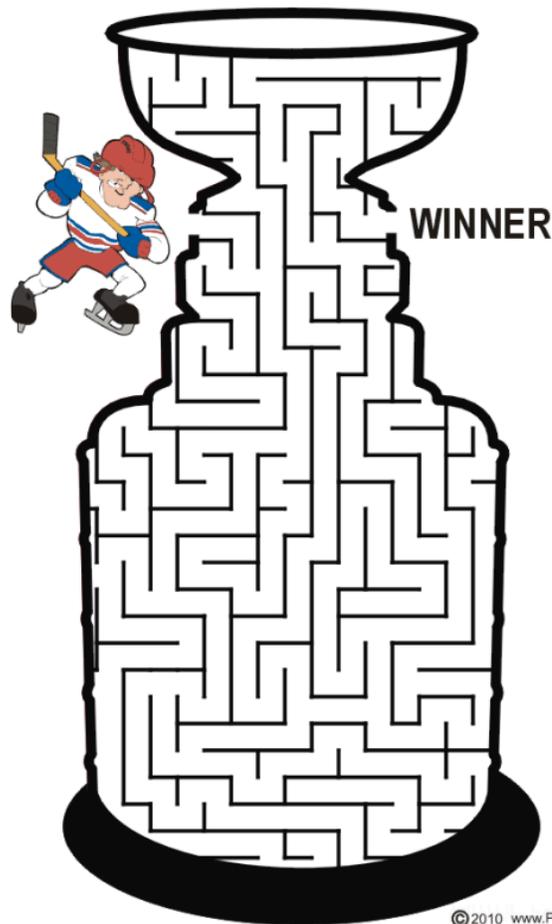
HOCKEY TRIVIA

Test out your knowledge with our hockey trivia quiz. Answers are at the bottom of this page.

1. Which team has won the most Stanley Cups?
2. Which team has the longest active playoff drought in the NHL?
3. Who is the only player to score a shorthanded hat trick in a single game?
4. What do Detroit Red Wing fans throw on the ice to bring good luck to the team?
5. Which goalie has the most shutouts in NHL history?
6. Who is the oldest player to score a goal in the NHL?
7. Which NHL arena has the largest seating capacity?
8. Who was the youngest captain to win the Stanley Cup?

HOCKEY MAZE

Help the hockey player through the Stanley Cup shaped maze to become a Stanley Cup Champion!



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1. Montreal Canadiens 2. Buffalo Sabres 3. Theo Fleury 4. Octopus 5. Martin Brodeur 6. Jaromir Jagr (52 years, 63 days) 7. Bell Centre, Montreal (21,105) 8. Sidney Crosby (21 years)



RAIDER NATION RECIPES

NO-BAKE ENERGY BITES

These energy bites are a healthy snack that take almost no time to make. Just what a busy hockey parent needs!

Prep time: 15 minutes

Additional time: 1 hour in the freezer

Servings: 24

Energy Bite Ingredients:

- 1 cup rolled oats
- ½ cup milk chocolate chips
- ½ cup ground flax seed
- ½ cup peanut butter OR nut-free WOW butter
- ⅓ cup honey
- 1 teaspoon vanilla extract



Directions:

1. Gather all ingredients.
2. Stir oats, chocolate chips, flax seed, peanut butter, honey and vanilla extract together in a bowl.
3. Roll dough into 24 small balls with your hands. Arrange balls on a baking sheet and freeze until set, about 1 hour.
4. Serve and enjoy.

NOTE: Energy bites can be stored in a Ziploc bag or airtight container in the fridge for a week or the freezer for months.

NEWSLETTER FEEDBACK

Do you have a great idea for the newsletter? Know the perfect coach that should be featured in our next newsletter? Have a great dinner or snack recipe that other hockey parents would love? Or just want to share some fundraising or tournament news? If so, be sure to reach out to the Raiders Newsletter Coordinator, Leanne Murphy, at leannemurphy1919@gmail.com.

Thanks for reading!

