



July 2012

Welcome back to another season of the RA's "O50" Hockey Program

Thank you for your support of the RA's O50 Hockey Program this past year. We are all looking forward to seeing you back us when the season commences this September.

Shortly, you will be receiving a renewal notice for your RA membership. Because of the registration requirements for the O50 Hockey Program, we have not been able to include your league fees on the notice. In order to participate in the 2012-2013 season, we ask that you register in person at the RA Centre's East Member Services Desk, open from 7:30 a.m. to 9:30 p.m. The Staff will be happy to renew your RA membership.

As an alternative, you may register by telephone at 613-736-6224 with payment by credit card. The telephone registration service is available Monday through Friday from 11:00 a.m. to 5:30 p.m.

As you played last season, you have advanced registration privileges until the end of the day on August 31st. As of September 1, the registration will be open to everyone on a first come first serve basis. Because our spaces are limited we strongly suggest you register before the end of August. Those players who played 2 days a week cannot be guaranteed the same option. Based on demand, players may need to play one day only.

League dues are as follows:

- Wednesday Division (more competitive): \$309/player (plus HST),
- Tuesday Division (*60 plus): \$289/player (plus HST).
- Friday Division (regular league): \$289/player (plus HST).
- All league members must also have a valid RA membership.

Attached is the O50 Hockey League Information sheet for the 2012-2013 season.

Here are some of the highlights:

1. Pre-season ice/evaluations begin Tuesday, September 18, Wednesday, September 19, and Friday, September 21, 2012. Pre-season evaluations are used for the purposes of rating new players.
2. Ice times remain at 1:30 p.m. and 2:30 p.m. for the pre season and regular season.
3. The regular season starts as of Tuesday, October 2, Wednesday, October 3 and Friday, October 5; and ends Tuesday, February 26 and Wednesday, February 27 and ***Thursday, February 28**. Playoffs start the following week of March 4, 5, 8. Exception dates: December 25, 26, 28, January 1, 2, 4, March 12, 13, 15 & 29.

It is our privilege and pleasure to welcome the O50 Hockey League back to the RA line-up. We hope to see you back with us this year.

A handwritten signature in black ink that reads 'Mark Fish'.

Mark Fish
League Co-ordinator
613 736-6237
mfish@racentre.com

Men's Over 50 House League Hockey



Information of the 2012 – 2013 Season

The RA's O50 Hockey is a House League program. As a result, the League upholds the spirit of fair play and good sportsmanship. We ask all players to approach the league in that manner. Playing with your friends can be a consideration but maintaining a fair balance between the teams is the priority. Players may be moved from team to team in an effort to attain a fair balance.

Please keep an open mind and be willing to make new friends!

1. The League can accommodate 12 teams in three divisions of play.
2. Each team is made up of 11 players (not counting the goaltender).
3. The League is comprised of the following divisions:
 - Tuesday Division: - 60 yrs. plus (This division also includes those players whose overall skill level limits their ability to play in the Wed. and/or Fri. division)
 - Wednesday Division: designed for the more skilled or 'competitive-minded' players, this division uses a two referee system.
 - Friday Division: is comprised of players of varying skills and abilities.
4. The season consists of one pre-season ice time, 20 Regular season games, and four Playoff games. Ice times remain at 1:30 p.m. and 2:30 p.m. for the pre and regular season.
5. The Regular Season starts as of Tue. Oct. 2, Wed. Oct. 3 and Fri. Oct. 5, 2012; and ends Tue. Feb. 26 and Wed. Feb. 27 and *Thurs. Feb. 28, 2013. Playoffs start the following week.
6. Players will be placed according to their: a) skill level, b) age and c) requests to play with friends; generally in that order. Pre-season ice/evaluations begin Tues. Sept. 18, Wed. Sept. 19, and Fri. Sept. 21, 2012. Pre-season evaluations are used for the purposes of rating new players.
7. For the purposes of the pre-season ice, it will not be a priority to get you out with your friends, or necessarily on the day you may eventually play on a regular basis.
8. In an effort to co-ordinate the pre-season ice, once you have registered, we would request each of you to contact Mark Fish, by email at: mfish@racentre.com. or by phone at 613-736-6237. The pre-season ice will be filled on a first come, first served basis.

In order to run the league effectively, we need one player per team to assume a Team Representative role. This is strictly a volunteer position. The duties consist of: distributing schedules, notifying players of the first game, phoning/replacing players or goalie who can't attend a game, keeping track of the RA jerseys and collecting them at season's end, and be a role model for fair play and good sportsmanship. In addition, the representative will be the liaison for their team with the league coordinator.

GOALIES NEEDED!!!

If you are a goalie... or if you know of a goalie... who would like to play, please contact Mark Fish directly. He can be reached at 613-736-6237.

Preferred Privilege for Fitness

As a member of the O50 hockey league, you are eligible for preferred pricing on the RA's LifeFIT membership. For details, contact Member Services at 613-733-5100. They will be pleased to show you how you can take advantage of these savings.

RA Members' Code of Ethics

All members are requested to abide by the following Member's Code of Ethics:

The Recreation Association of the Public Service of Canada is an Association of members of similar ideals who:

- Respect people and property;
- Support the activities to the maximum degree possible;
- Strive to achieve safe and honourable participation;
- Take pride in the RA and exhibit sportsmanship;
- Participate to have fun and be fit.

The Association is committed to providing an environment that is free of violence and harassment for all members, visitors and employees.

Visit our website at www.racentre.com for more information.

For information on the Association membership, league dues and how to register as a league player contact Member Services at the RA's East Registration desk open seven days a week from 6:30 a.m. to 9:30 p.m. or call 613-733-5100.

For further information on the League itself, contact Mark Fish, League Convenor at 613-736-6237 or mfish@racentre.com.