

Valley East

Progressive Hockey Association

CONSTITUTION

**As Last Amended at the Annual General Meeting
May 11, 2009**

Table of Contents

Preamble	1
Article 1 – Name.....	1
Article 2 - Aims and Objectives.....	1
Article 3 - Governing Body	2
Article 4 - General Membership	2
Article 5 - Duties of Officers	3
Article 6 - Team Executives	3
Article 7 - Teams	4
Article 8 - Players	6
Article 9 - Committees.....	7
Article 10 - Finances.....	7
Article 11- Meetings	8
Article 12 - Equipment.....	9
Article 13 - Ice Time.....	10
Article 14 - Tournaments	10
Article 15 - Sponsors	11
Article 16 – Amendments	12
Article 17 - Association Trophies	12
By-Laws.....	13
Memorial Trophies	14

Preamble

For the purposes of this Constitution, the area referred to as *Valley East* shall encompass all of the geographical areas within the boundaries of the former municipality of the City of Valley East, prior to its incorporation with other communities into the City of Greater Sudbury.

Article 1 – Name

This Association shall be known as the Valley East Progressive Hockey Association. This Association shall adopt an identity that will be used by all Valley East N.O.H.A. teams (i.e. Capreol Hawks, Rayside Canadians, Copper Cliff Redmen, Valley East Rangers).

The name *Valley East Rebels* was voted on and adopted in November 1993.

Article 2 - Aims and Objectives

- 1) The Valley East Progressive Hockey Association (*to be hereinafter referred to as the “VEPHA” or the “Valley East P.H.A.”*) is an organization directed and guided by the following objectives:
 - a) To organize Valley East representative teams as per the Constitution and By-Laws.
 - b) To promote excellence in hockey for those players demonstrating the talents required to compete in progressive hockey.
 - c) To guarantee every eligible player the opportunity of receiving a just and equal tryout in their division.
 - d) To provide the conditions necessary for a healthy program by **encouraging internal co-operation between players, executives, coaches, managers and parents** and externally by striving for harmony between this Association and the Nickel District Minor Hockey League, the Valley East Minor Hockey Association, the Leisure Services Department and the Northern Ontario Hockey Association.
- 2) The Valley East Progressive Hockey Association will be carried on without purpose of gain for its members, and all profits or other credits will be used solely in promoting its objectives.
- 3) The Directors on the Board will not receive any wage or salaries other than reimbursements for reasonable expenses incurred in the performance of their duties.
- 4) If the Valley East Progressive Hockey Association dissolves, any assets remaining after the payment of debts and liabilities will be disbursed to a Valley East non-profit organization or charitable organization.

Article 3 - Governing Body

- a) The Valley East Progressive Hockey Association shall be governed by a Board of Directors (*to be hereinafter referred to as the "Valley East P.H.A. Board of Directors" or "the Board"*).
- b) The Valley East P.H.A. Board of Directors shall be composed of a President, Vice-President, Secretary, Treasurer and five additional directors. All shall be elected by the General Membership for a period of two years. Each year, four or five officers shall be elected. The President, Treasurer and two directors shall be elected for two years beginning in even numbered years and the Vice-President, Secretary and three directors shall be elected the following year (in odd numbered years).
- c) Any matters voted on by the Valley East P.H.A. Board of Directors will require a majority vote only.
- d) A member of the Board of Directors shall not apply for or accept the position of Head Coach of any V.E.P.H.A. team except:
 - a: in the absence of any suitable applicants for a particular coaching position OR
 - b: where an existing coaching position becomes vacant throughout the course of the season and no other qualified or suitable replacement is available.

Article 4 - General Membership

- a) Shall include the parents or legal guardians of the players signed to current Valley East N.O.H.A. cards during the past season, providing such player has not been granted a release by the Valley East P.H.A.; Committee Chairpersons and committee members who were appointed to the Valley East P.H.A. Board of Directors; the executive members of each recognized team; and the Valley East P.H.A. Board of Directors. Membership shall also include all residents of Valley East who wish to participate in this Association providing such individuals are properly nominated and accepted by a two thirds (2/3) majority vote of the General Membership of the Valley East Progressive Hockey Association. Any member shall be allowed to run for office or be appointed to a committee. Membership commences upon players signing Valley East N.O.H.A. cards for the current season and concludes immediately following the Annual General Meeting for the current year. Board members and Committee members are considered members throughout their current term of office.
- b) Any member acting in a manner detrimental or prejudicial to the Association will be dismissed by the Board.
- c) The General Membership will elect the Valley East P.H.A. Board of Directors and have a vote at the Annual General Meeting (General Membership cannot make or second motions at regular meetings).

Article 5 - Duties of Officers

- a) The President shall preside at all meetings. The President shall in all cases be the representative spokesman for the Valley East Progressive Hockey Association. The President shall call and hold meetings as per by-laws and the constitution and in each case will be responsible for advising the membership of such meetings. The President shall be the liaison with the Valley East Minor Hockey Association and the Nickel District Minor Hockey League or he shall appoint someone to perform his role.
- b) The Vice-President shall assist the President and in every case where the President is absent, the Vice-President shall hold such powers as the President during such absences.
- c) The Secretary shall be responsible for recording the minutes of all meetings, the receipt of all correspondence and the circulation of any Constitutional revisions to the General Membership.
- d) The Treasurer shall record all financial transactions and be responsible for the safe keeping of all chattels and monies entrusted to him and belonging to this Association. He shall, together with the President, or in the President's absence, the Vice-President, countersign all cheques of this Association. He shall keep proper account of the finances relating to the Budget and will advise the Association on its financial status.
- e) The Past President shall assist the Board as a voting member for a period of two years.
- f) If a vacancy occurs on the Board, the remaining members may appoint a replacement.

Article 6 - Team Executives

- a) Each team represented in this Association must have a minimum of three (3) executives: a coach, manager, and trainer.
- b) The Coach of each team shall be appointed, where practical, prior to the Annual General Membership Meeting by the existing Board that was elected at the preceding Annual Meeting. If a Coaching position is not filled prior to the Annual General Membership Meeting, the new Board will re-advertise for the position. The manager of each team shall be approved no later than October of the same year by the existing Valley East P.H.A. Board and the Coach and Manager will recommend a Trainer and any other team executive for Board approval.
- c) Anyone on the team executive can be a parent of a player on the team.
- d) A person wishing to be a coach, manager or trainer in this Association must have the minimum Certifications (coach, trainer, harassment & abuse, body checking) for the position he/she applied for as specified by N.O.H.A or O.H.F. regulations, or commit himself/herself to achieving these certifications by October 15th of the current hockey season. Each

team executive is responsible for studying the Constitution, By-Laws and minutes and for operating their individual teams within the spirit of the Constitution.

Criminal Record checks must be completed and submitted to the Association prior to the start of try-outs and must be resubmitted every three years.

- e) A person wishing to coach in this Association must submit a full written application on the form prescribed by the Association.
- f) All Valley East Progressive Hockey Association teams will have two signing officers on any bank account (e.g. coach, manager or parent). The manager of each team will prepare and publish a financial statement three (3) times a season as follows:
 - a) November
 - b) January
 - c) Either within two weeks following the team's final game (regular season, playoff or tournament) or at the final team function (team party, banquet) of the season.

This statement shall be given to the Valley East P.H.A. Board and to the parents of the appropriate team. If these financial reports are not submitted by these dates, the offending Manager shall be asked to meet with the Board and could be liable for suspension. If a manager is suspended, the team involved will submit the name of their new manager. That manager must be approved by a majority of the Valley East P.H.A. Board.

- g) A person wishing to manage a team must be capable of being bonded. Any person wishing to manage a team in this association must submit a written application on the form prescribed by the Association
- h) The Valley East P.H.A. Board must meet with all team officials before try-outs begin each year to explain what is expected of them in the running of their teams.

Article 7 - Teams

- a) The Valley East P.H.A. may operate with one (1) Novice team and one (1) midget team and two (2) Atom, Pee Wee and Bantam teams.
- b) In each of the Atom, Pee Wee and Bantam categories, there may be two (2) teams, depending upon the structure of the Nickel District Minor Hockey League. In the Midget category there shall be one team that will compete in the Nickel District Minor Hockey League (or other league as approved by the Board).
- c) The major team will have the first choice and sole rights to all first (1st) and second (2nd) year players, and the major coach may invite first (1st) year players that he may be interested in, to attend try-outs. Conveners of these divisions as well as the coaching staff of the first year players must be consulted when invitations are issued.

- d) The Midget teams will have sole rights and choice of all Midget age hockey players.
- e) All teams will compete in the Nickel District Minor Hockey League or other league as approved by the Board.
- f) To ensure continuity in our program, this Association may, with the approval of the membership, operate a Juvenile team and/or Junior "B" team or a Junior "A" Tier 2 team.
- g) Novice and Atom teams within the Valley East P.H.A. shall sign and carry no less than fifteen (15) players on each team. Pee Wee, Bantam and Midget teams shall make every attempt to sign and carry at least fifteen players, and shall in no case sign and carry less than thirteen (13) players unless receiving Board approval. All teams will develop and play everyone on each team as equally as possible throughout the year. The signed players are to include two (2) goaltenders.
- h) A Letter of Affiliation for all teams is to be completed by the Secretary and the teams involved, and approved copies are to be given to the managers of the teams. In any case of change of affiliation, a letter of intent must be submitted to the Board by October.
- i) **It is mandatory that each team management consult with and have the prior approval of the Board before declaring intention to change team classification (i.e. A, AA, etc.). It will be the decision of the Valley East P.H.A. Board, in consultation with the team management, to determine yearly the classification of each team.**
- j) **After November 1st of each playing season**, any Valley East P.H.A. team wanting to bring up a Valley East House League player must first meet with the Valley East P.H.A. Board to submit the player's name. The Valley East P.H.A. Board will then contact the Valley East Minor Hockey Association Board, advising them as to what player is being asked to move up so that the appropriate people may be notified.
- k) **It is mandatory that all Valley East P.H.A. teams enter the NOHA play-downs** unless permission is received from the Valley East P.H.A. Board not to enter in any given year.
- l) **While representing the Valley East Progressive Hockey Association, the use of drugs and/or alcohol by any player or coaching staff member will not be tolerated. The penalty for a first offence will be a minimum five (5) game suspension and the penalty for a second offence will be dismissal or suspension for the balance of the season. There will be No Smoking in dressing rooms by players, coaches or parents.**

Article 8 - Players

- a) All players residing in Valley East shall have the opportunity of playing for this Association. No player from another municipality shall be signed unless; i) a player release is obtained from the other municipality or association (if required); ii) the signing is approved by the Valley East P.H.A. Board; iii) a player card is approved by the N.O.H.A.
- b) **A player cannot move to a higher category without approval of the Board. Each player must attend his or her age group category try-outs prior to any movement.**
- c) A player, before signing a player card, must produce the following documents: i) Birth Certificate where necessary; ii) proof of registration with Valley East Minor Sports; iii) Valley East Progressive Hockey Association registration fee; and iv) Health Insurance Number.
- d) **Both players and parents, once the player is signed, must agree to abide by the rules of the constitution.**
- e) All players and team executives shall be appropriately dressed for all games, tournaments and banquets. Appropriate Dress entails:

Dress shirt, dress pants, tie, boots or shoes and an appropriate jacket
OR
Turtleneck sweater embroidered with the *Rebels* logo (one white sweater and one navy sweater), athletic pants as per Association colours, boots or shoes and an appropriate jacket.

Each team, prior to their first league game, shall choose one of the above options and that dress code shall be in effect for the balance of the season.
- f) Waivers or releases for players to play with another association may only be given by the Valley East P.H.A. Board after consultation with the team involved. All players in each category and residing in Valley East (whether signed or not) shall be considered the property of the Valley East Progressive Hockey Association. Waivers or releases for any playing season can only be issued upon approval of the Board elected for that playing season.
- g) A refund of part or all of the individual registration fee shall be given by the Valley East P.H.A. Treasurer when:
 - a) a signed player through injury cannot complete the playing season;
 - b) a signed player's place of residence changes to a location outside the municipal boundaries of the former City of Valley East (prior to incorporation as part of the City of Greater Sudbury); or
 - c) a signed player is duly released by the Valley East P.H.A. Board upon a request by the Coach of the signed player.

Any player who voluntarily quits a team after December 1 of the hockey season for any reason (other than those stated in 8a, 8b, or 8c above) shall NOT be reimbursed or refunded any part of the team fees or Association

registration fees. If the required fees have not been paid in full at the time a player quits, the Valley East P.H.A. Board may withhold a release for the player until such time as these fees are paid in full.

- h) The Valley East P.H.A. try-outs or training camp shall commence when ice becomes available. Teams should be picked by the sixth (6th) try-out.
- i) **Once players are signed to cards, the teams cannot release players after November 1 of that playing season unless given Board approval.**
- j) All players will have their respective team fees not later than November 1st of the playing year.

Article 9 - Committees

- a) The Board shall have the power to appoint committees, chairmen or convenors.
- b) The Board shall appoint all such committees as it feels necessary for the functioning of this Association (e.g. Officiating, Property and Equipment, Publicity, Coaches, Tournaments, Finance).
- c) Each Board member shall serve on at least one committee and additional committees as required. In the event that any member refuses to serve on a committee without just cause, that member shall be dismissed from the Association.
- d) The Board shall appoint a Referee-in-Chief for the Valley East Progressive Hockey Association. Duties of the Referee-in-chief shall be as directed by the Board. Remuneration for the Referee-in-chief shall be set at the discretion of the current Board.
- e) The Valley East P.H.A. Board shall appoint from Board members, a convenor for each division. This person shall have no personal ties with that division.

Article 10 - Finances

- a) All finances and fund-raising projects shall first receive approval of the Board.
- b) Teams, groups of teams or individuals claiming to represent the Valley East Progressive Hockey Association without the approval of the Board shall be automatically suspended and dealt with by the Board.
- c) This Association shall have bank accounts for which the Treasurer shall be responsible.
- d) Teams will be allowed to raise money to participate in tournaments or play downs upon approval of the Board.
- e) The Board, prior to June 30th, shall prepare a budget for the upcoming season. It will indicate the previous year's budgeted and actual amounts

and the budgeted amounts for the upcoming season. The budget is to reflect, as actually as possible, anticipated revenues and expenditures. It must be adhered to as closely as possible.

- f) Any draft monies received for any Valley East P.H.A. player will come directly to the Valley East P.H.A. and will be dispersed as deemed necessary and fair by the Board.
- g) All teams must submit operating budgets for Board approval no later than the end of October. The approved budgets must be adhered to as closely as possible.
- h) Each team (coaching staff and parents) is responsible for any and all operating costs for the playing season other than ice time that is allotted by the Board, referee costs for scheduled games, and equipment that is allotted by the Association.

Article 11- Meetings

- a) Regularly scheduled meetings shall be held during the first week of every month from October to April, with the day to be selected for the year at the first executive meeting. Additional or special meetings may also be called by the President.
- b) At any regular or special Board meeting, a quorum will consist of five (5) Board members.
- c) Any Board member missing a total of three (3) regular or special meetings without just cause shall be automatically suspended and replaced by the Board as per Article 5 (g).
- d) Robert's Rules of Parliamentary Procedure will be followed at all meetings.
- e) The Order of Business at meetings shall be as follows: Announcements, Minutes of Last Meeting, Correspondence, Financial Report, Standing Committee reports (Nickel District Report, AAA Report, Tournament Report, Team Convenor Report, Equipment Report, Referee-in-Chief, Ice Convenor, Bingo Report), General Business, New Business, Adjournment.
- f) All Valley East P.H.A. teams must have at least one person attend all regular scheduled meetings or any other special meeting that they are asked to attend. The person representing the team may be any of the team executives or the parent of any signed player on that team. Each Valley East P.H.A. team will have one vote at all regular meetings. Failure of a team to have representation at regular monthly meetings will result in a fine of \$20.00 per meeting.
- g) The Valley East Progressive Hockey Association Annual General Meeting will be held after the annual N.O.H.A. meeting in May and after the annual Nickel District League meeting during the month of May.

Article 12 - Equipment

- a) Each team agrees that all equipment and chattels are entrusted to them for the period of one year and remain the sole property of the Valley East P.H.A. Each team further agrees to return to the Valley East P.H.A. such equipment and chattels cleaned, mended etc. and suitable for use. Each team further agrees that in the event of a dispute, the Board may take such action as deemed necessary to recover such equipment and chattels, and if necessary, to restore them to a condition suitable for use.
- b) This Association will have standard team colours as passed at the February 2, 1975 meeting. The approved colours as passed at the meeting are Blue with Red and White trim and White with Red and Blue trim (New York Ranger colours).
- c) The Chairman of the Equipment Committee shall be responsible for the safekeeping of all equipment during the off-season, while team managers shall be responsible for their respective team's equipment during the hockey season.
- d) Any player deliberately damaging equipment must replace the damaged equipment with equivalent equipment.
- e) The following is a list of equipment supplied to the Valley East Progressive Hockey Association players:

Sweaters - 1 set
Socks - 2 pair

and/or any other equipment approved by the Valley East P.H.A. Board.

- f) Uniform Standard: "Valley East" shall appear on front of jersey.
- g) A complete list of equipment required for the coming season is to be prepared by the third week of June of the new season, and tender forms shall be sent to suppliers for price quotations. Included in the Tender Form will be the stipulation that upon acceptance of a quote, any equipment ordered which may be substituted will be of the same type and quality as that contained in the quote.
- h) All Valley East P.H.A. signed players must wear the equipment given to them by the Association or wear equipment of the exact colours of the Association.
- i) All Valley East P.H.A. signed players must wear their uniforms to show proper Valley East P.H.A. colours. Players must not wear opposite coloured socks - i.e. home socks shall be worn with home jerseys, and visitor's socks with visitor's jerseys.
- j) No Valley East P.H.A. owned equipment shall be given out prior to Valley East P.H.A. try-outs, with the exception of goal tending equipment, and for this equipment, a deposit must be given.

- k) Any player with equipment not returned, will not be given any waivers or releases until such equipment is returned.
- l) No Valley East P.H.A. player shall wear game jerseys to practices.

Article 13 - Ice Time

- a) The Board will appoint an Ice Convenor who will be responsible for negotiating ice requirements with the Leisure Services Department.
- b) The Ice Convenor will contact all the teams prior to negotiations to determine their needs.
- c) All negotiated ice time will be scheduled by the Ice Convenor.
- d) No team official may solicit or cancel any of their ice time directly: They must make arrangements through the Ice Convenor.
- e) The Ice Convenor is the contact person with the Leisure Services Department on all ice matters including: allotment, ice changes, cancellations, and ice bills.
- f) The Ice Convenor is responsible to the Board.
- g) The Valley East P.H.A. shall pay for ice costs for all scheduled league and playoff games and for one practice per week during this period when ice is available. When the league season is over for each Valley East team involved, then this commitment is terminated, except that regular practice ice costs will be paid for any teams that are preparing for NOHA Playdowns or OHF Championships.
- h) Any team cancelling ice shall do so in accordance with the terms of the signed contract between the Valley East Progressive Hockey Association and the City of Greater Sudbury. Teams failing to comply shall reimburse the Valley East P.H.A. for the costs of any such ice.

Article 14 - Tournaments

- a) Each team must receive the permission of the Valley East P.H.A. Board to enter any tournaments and only sanctioned tournaments will be approved. Second year teams will have priority over first year teams when applying for the same tournaments.
Allowable Overnight Tournaments: Three (3)
- b) Each team is responsible for obtaining information on tournaments, making all necessary arrangements, formulating budget, bus, etc.
- c) A Tournament Committee shall be established following the Annual General Meeting in May to organize Valley East tournaments for the upcoming season. This committee shall report directly to the Valley East P.H.A. Board.

- d) All teams in the Valley East Progressive Hockey Association, including host teams, will be assigned tournament projects or duties and all teams shall participate as requested by the Tournament Committee. Participants shall include team executives, players, and parents.
- e) The Valley East P.H.A. may host two (2) major tournaments per season: a Bantam-Midget tournament (last weekend in November yearly) and a Novice, Atom, Pee Wee tournament (last weekend in January yearly).
- f) Teams are encouraged to enter out of town tournaments wherever possible and to promote good sportsmanship while representing the Valley East Progressive Hockey Association.
- g) Allowable Coaching staff expenses shall not exceed \$2500.00 per year for tournaments or provincial championships, based on three (3) out-of-town tournaments. Anything over and above this amount shall require Board approval.

If a coaching staff member has a child on team, they will be allowed only fifty percent (50%) of expenses incurred.

Allowed expenses: meals and travel allowance.

Examples: Rooms - *if 2 coaching staff share - 100% of room is paid. if a coach shares a room with a family member, the team will pay for 1 night only.*

Travel - *Where coaching staff travel in one vehicle, all gasoline expenses are paid.*

Following the tournament, the coaching staff must submit to their convenor an expense report with receipts attached.

- h) Following any tournament, teams must submit to their convener copies of all score sheets from the tournament so that the convener may be aware of any suspensions that may have been incurred. Teams must also report to their convener any problems that may have arisen during any game, tournament or function while representing the Valley East Progressive Hockey Association.

Article 15 - Sponsors

- a) Each team executive, once appointed by the Board, is encouraged to look for team sponsors during the summer. Should the teams not have enough funds, then they shall ask for support from the parents.
- b) Total player sponsorships should not exceed the Manager's projected costs for the season. These costs are to include hockey registration fees, extra ice, pictures, tournament entry fees, timekeepers and coaching expenses. Excess sponsorship funds shall be deemed to be general team funds.

Article 16 – Amendments

- a) The articles in this constitution, once approved, become binding upon all members. Proposed amendments may be submitted in writing only, three weeks prior to the Annual General Meeting. These written proposals shall be mailed to the President of this Association, and the President shall present them at the annual meeting. All amendments must be accepted by a two thirds (2/3) majority vote of those in attendance at Annual General Meeting.
- b) By-laws in this constitution may be amended or deleted at regular, special or annual meetings by a majority vote of eligible voters.

Article 17 - Association Trophies

Valley East Annual Trophies

- a) Minor Division
 - Minor Atoms..... Dan Lafrance Trophy
 - Minor Pee Wee LeBouthillier Family Trophy
 - Minor Bantam Reg Fournier Memorial Trophy
- b) Major Division
 - NoviceRick LeBouthillier Annual Novice Championship
 - Major AtomsRaymond Plourde Trophy
 - Major Pee Wee.....The Euclide Foucault Trophy
 - Major BantamNorm Laprairie Memorial Trophy
 - Midget.....Bev McIver
- c) Special Awards
 - 1. Most Improved (all divisions).....Brian Domonsky Memorial Trophy
 - 2. Sportsmanship Award (all divisions)..... Dan Laberge Memorial Trophy
 - 3. Most Outstanding MidgetThe Mike Matiation Memorial Trophy
 - 4. Sports Fan of the Year The Damien Gravelle Memorial Trophy
 - 5. Most Active VE PHA Executive The Art Beaupré Memorial Trophy
 - 6. Most Dedicated (all divisions) The Real Lalonde Memorial Trophy
 - 7. Most Valuable Player (except Midget)Bran-Kor Annual Award
 - 8. Official of the year Barry Newell Trophy
 - 9. Most Coachable Player Julian Prince Memorial Trophy
 - 10. A True Friend and TeammateThe Ted Doré Memorial Trophy
 - 11. Tireless and Dedicated Goaltender.... The Hilda Kingsley Memorial Trophy
- d) All trophies shall be properly maintained by the Tournament chairperson or appointed member.

By-Laws

- 83-1 The current Board will arrange to meet with the parents of the Novice Hockey Team as soon as all players are all signed to cards. This meeting will give parents information about the constitution, what individual teams can and cannot do, what procedures the team must follow for fund raising projects, attending tournaments, insurance for players, an explanation of team executive expenses for tournaments (rates per day, transportation, rooms, gas), etc.
- 98-1 Valley East Progressive Hockey Association jackets shall be standard Valley East P.H.A. colours with:
- the words “Valley East” on the back.
 - any sponsor’s name on front or side arm
 - players name and/or number on sleeve.
- 99-1 If placing team orders for jackets, this Association will have uniform jackets in a choice of two styles - Bomber jacket & 3/4 length - in navy blue with White and Red lettering. This is a one-year trial basis, to be reviewed & voted on at the annual meeting.
- 00-1 Any amendments or changes in the Constitution, By-Laws, Regulations or playing rules of the Canadian Hockey Association, the Ontario Hockey Federation or the Northern Ontario Hockey Association shall automatically amend or change the Constitution, By-Laws, or Regulations of the Valley East Progressive Hockey Association in accordance therewith.

VALLEY E A S T
Progressive Hockey Association
C O N S T I T U T I O N
as amended at the General Membership meeting
Monday May 11, 2009.

Memorial Trophies

Damien Gravelle Memorial Trophy

The Damien Gravelle trophy is presented to the Sports fan of the year. Damien Gravelle was a hockey fan. His parents were known as Ma Mère & Pa Père Hockey. His parents named the trophy after their son who died at a young age. They were always at the arena. They would give the players gum, pop, chips and even hot dogs as they came off the ice after a game. They went to the extent of building a fence made out of hockey sticks. When Damien Gravelle died on October 24, 1970 at the age of 36 from a heart attack, this trophy was named in his honour. Unfortunately, both Ma Mère & Pa Père Hockey died before they could see their grandson play competitive hockey.

Mike Matiation Memorial Trophy

The Mike Matiation Trophy is presented to the most outstanding midget player. Mike was a young hockey player who died in a car accident while coming back from a game.

Brian Domonsky Memorial Trophy

The Brian Domonsky Memorial Trophy is presented to the Most Improved Player. Brian was a parent in our association who was always willing to give a hand. Even when he was ill, he worked the door at our tournaments. Brian passed away in 1989 following a lengthy illness. His son Brad was playing Minor Atoms at that time, and went on to play for the AAA Consbec Cobras, the Oshawa Generals and the Sudbury Wolves. He now plays professional hockey in the United States.

Dan Laberge Memorial Trophy

The Dan Laberge Memorial Trophy is awarded to the player that best portrays sportsmanship. Dan was a Board Member for two years, Equipment Manager, Coach, Assistant Coach and an AAA Consbec Board member. Hockey was Dan's life. He lived for hockey and had planned on continuing coaching in his retirement years. Dan died following a heart attack in November 1992.

Art Beaupré Memorial Trophy

The Art Beaupré Memorial award is presented to the most active Valley East Progressive Hockey Executive member. Art was one of the original members of the Valley East NOHA.

Real Lalonde Memorial Trophy

Real Lalonde worked and lived in our arenas. He coached, managed and helped. He was a very dedicated person in all he did. If help was needed, Real was there, always friendly and never complaining. He was looking forward to retiring when he passed away suddenly in April of 1999. When he was not working at the arena, Real was involved in many projects – the Senator Belisle Centre, Jug Curling and Meals on Wheel, just to mention a few. The Real Lalonde trophy goes to the most dedicated player in Valley East.

Barry Newell Trophy

The Barry Newell trophy is presented to the most outstanding referee. Barry has given many hours in promoting and developing young officials both in Minor hockey and in NOHA hockey. He is an evaluator, teacher, and promoter of hockey.

Julian Prince Memorial Trophy

The Julian Prince Memorial trophy is presented annually to the Most Coachable VEPHA player. Julian was a very private person but when at the arenas proudly watching his grandsons play hockey he would come alive. This is where he was his happiest cheering, laughing, whistling and clapping, just being caught up in the moment. When he was healthy he never missed a practice or a game, no matter how early they were, because he loved watching the kids. He was extremely dedicated to his grandsons' hockey and this was evident because even when he could hardly walk or breathe he was still at the games to cheer the boys

Valley East Progressive Hockey Association

on. He also showed his dedication with financial support for his grandson's teams through the sponsorship of tournaments and individual player fees. Sadly and unexpectedly Julian passed away in November 2007. Even though he's not with us physically, his spirit is still alive in the arena when you hear the fans cheering.

Ted Doré Memorial Trophy

The Ted Doré Memorial trophy is awarded to the player who exemplifies the true meaning of the words *friend and teammate*. This player's conduct on and off the ice is encouraging and supportive towards his teammates, and his or her own personal goals are secondary to team achievements and team unity.

Ted Doré coached in our Association for many years, and only relinquished this position when he finally achieved his lifelong dream of becoming a police officer and moved from the area.

Edward "Teddy" Dore passed away in 2008 following a lengthy battle with cancer. Even during his illness, Teddy dismissed his own personal hardships as insignificant, choosing instead to concentrate on the lives and aspirations of his friends. Teddy battled his illness with great bravery and never asked the question "Why me?", but rather simply and graciously accepted "Why not me"? When a close friend asked Ted if he was angry or resentful that he had been diagnosed with terminal cancer, he responded with "It's better me than you, 'cause you have a wife and three kids that need you." Even during his last moments with us, Ed refused to call his best friend, Andrew Brunette, to advise him of his failing situation as he did not want to distract Andrew during the NHL playoff drive.

Hilda Kingsley Memorial Trophy

The Hilda Kingsley Memorial Trophy is to be awarded to the Goaltender who is tireless and truly dedicated to this position. This player will always be the first to volunteer for whatever task is at hand, and will persist in achieving his or her goals through sheer determination and true grit. This award is not about having the best statistics; rather it is about work ethic, courage, and a real passion for the game.

Hilda Kingsley dedicated many years of her life to promoting and advancing the goals of minor sports in Valley East. Serving as a long-time Board Member with the VEPHA, the Renegades, the Valley East Cobras AAA Midget team, and other minor sports organizations, Hilda selflessly dedicated countless hours to the youth of our community. Whether organizing and supervising at tournaments, selling 50/50 tickets, coordinating fund raising ventures, initiating hockey clinics, or working behind the scenes as Ice Convenor for our Association, Hilda never hesitated to help. "Mrs. Hockey" truly epitomized the meaning of the word "Volunteer".

Hilda Kingsley passed away suddenly in 2008 and her absence was immediately felt throughout the community. She will be sadly missed and we thank Hilda's family for sharing her time and talents with the rest of us.