



Hockey Eastern Ontario

BULLETIN

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From: Debbie Rambeau, Executive Director HEO

Subject: ParticipACTION 150 Play List

Sent to: HEO Board/HEO Staff/HEO Minor Executive/District Chairs/Association Presidents

The following information was sent to all Hockey Branches and would like to share with you:

In celebration of Canada's 150th birthday, ParticipACTION created the ParticipACTION 150 Play List – the ultimate list of activities that define us as Canadian! The top 150 activities –across sport, recreation and the activities of daily life –have been selected by Canadians and highlighted throughout this initiative across the country to show how physical activity is part of what it means to be Canadian. More information can be found at <https://www.participaction.com/en-ca/programs/participaction-150-play-list>

Saturday, January 28, 2017 has been set aside to celebrate #99 on the ParticipACTION 150 Play List - the sport of hockey – although events will take place between January 23 and 29. During this week, we invite Minor Hockey Associations to participate in a "Bring a Friend to the Rink" campaign for kids of Atom ages or younger. Confirmed activities will be insured by Hockey Canada – with the following minimum equipment









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mandatory: helmet and full-face mask, neck guard, gloves and skates.

In addition to the on-ice ‘‘Bring a Friend Campaign’’ we will invite all Canadians to celebrate hockey in all its forms and post their photos on social media; pond hockey, street hockey, mini-stick hockey, floorball, etc..., let’s all be active and participate in Canada’s national winter sport.

To make this initiative as successful as possible, Hockey Canada will provide the following support to all participating Minor Hockey Associations:

-  Successful event guidelines
-  Promotional material: Information sheet, web banners
-  Fun game-based on-ice plan
-  Social Media guidelines and hashtags

