



## PRESIDENT'S MESSAGE

The Pacific Coast Amateur Hockey Association is the governing organization for Minor Hockey in the Lower Mainland district of BC Hockey, including the area from Hope to Whistler and the Sunshine Coast. The PCAHA's membership as of May, 2011, consists of 42 Minor Hockey Associations and two above-Minor Leagues. Approximately 19,900 male and female players aged 5 to 20, 1,271 registered teams, 6,375 coaches and bench staff; 2,100 referees; and many other volunteers participate in the game of hockey within the PCAHA.

The PCAHA Constitution, By-Laws, Rules and Regulations printed herein provide the framework for competition, communication, and development within the PCAHA, and have been discussed and approved by the PCAHA's member Associations and Leagues at past Annual General Meetings. The 2011-2012 Rulebook includes amendments approved at the 70th PCAHA Annual General Meeting, held on Sunday, May 29, 2011, at the Sunrise Banquet and Conference Centre, Surrey, B.C.

All those involved in amateur hockey are responsible at all times to ensure that dangerous, unfair, and unsportsmanlike behaviour is eliminated and that the sport is played safely and fairly for the benefit of all participants. The PCAHA's membership has taken a leadership role over the years through a number of initiatives to promote greater safety, such as mandatory use of facial protectors (1977) and throat protectors (1990), tougher rules for Checking From Behind (1990), and adoption of the "Stop Sign" patch (1998). All of these initiatives were later adopted at the provincial and/or national levels.

Last season we saw the media focus on injuries that occur within the game of hockey, in particular concussions. This has raised awareness that education is needed about the seriousness of concussions and the possible long-term consequences. Resources have been made available to educate participants on how to recognize and deal with concussions. Please take the time to review the literature and speak to your Association executive about options that may be available to you. Some of our "C" leagues offer both "Body Checking" and "Body Contact" (non-checking) divisions.

We will also be faced with the challenges of scheduling league play and playoff games around other events and user groups. I ask our Association leaders and team officials to be mindful of the limited ice time in many municipalities and be willing to accommodate scheduling conflicts with a positive attitude.

In closing, I would like to thank everyone involved in providing Minor Hockey for our players, whether at the team, Association, or league level. Your dedication and commitment is very much appreciated.

A handwritten signature in black ink that reads "Vanina Achtem".

**VANNA ACHTEM**  
PCAHA President