



# NATIONAL GIRLS HOCKEY LEAGUE

DEDICATED TO THE PROMOTION AND GROWTH OF GIRLS ICE HOCKEY PROGRAMS

[www.nghlhockey.com](http://www.nghlhockey.com)



## TOP 15 THINGS THE NGHL HAS LEARNED FROM THE PANDEMIC

This year was riddled with challenges and we at the NGHL are proud to have successfully run events to provide opportunities for the girls to continue to play this season.

Some of you may be walking back into your offices, seeing newspapers and paperwork on your desk from a year ago. It's like time stopped. It's hard to believe that Spring is finally here and from a hockey perspective, this was probably the most challenging season ever. Let's hope that soon we can put words like "Pandemic", "New Norm", "Pivot" behind us. More than likely COVID has touched every household so let's take a deep breath and assess what we've learned from a girls' hockey perspective.

### Lesson 1 VIRTUAL FANS

We might not have been able to go to the game this past year, but that didn't mean we couldn't be there! The NHL, NWHL, NBA, and other sports allowed sports fanatics to purchase Fan Faces allowing fans to continue to show their love for their favorite teams. In youth sports, limited access to the rink for observers was frustrating for parents.



North Carolina Showcase



Some enjoyed watching from home and others embraced the restrictions and set up tailgate screening with socially distant lawn chairs.

### Lesson 2 RISKS

The biggest risks are not what you expect. Sports administration feared on-ice transmission but the real threat was the off-ice activities - locker rooms and team meals. Although USA Hockey has instilled in us a regard for the safety of our minors (Safesport!), this winter our players exposed themselves not only to the elements (locker rooms were closed and players forced to dress outside) but also to peering eyes.

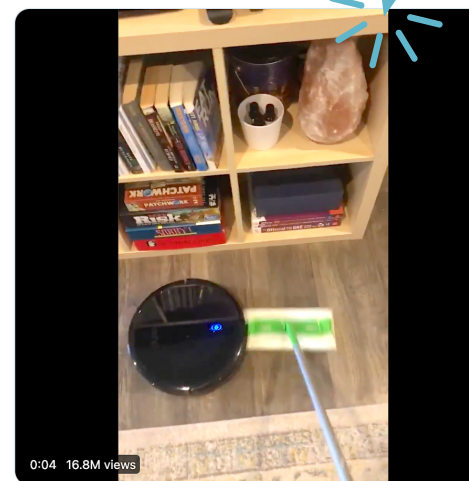
### Lesson 3 BUBBLES BURST

Even professionals had a tough time following rules. The bubble mentality was hard to achieve even in professional sports! The NHL, NBA, NWHL, and other leagues all had their fair share of struggles keeping their teams covid-free and playing their games.

We believe the majority of teams that came to our events acted honorably, letting us know if they had a case, and dropped in and out, often last minute, but always in the best interest of others.



Marty O @martoo14 · Mar 14, 2020  
Update: Not all sports are cancelled



### Lesson 4 HOCKEY HELPED OUR KIDS THRIVE

We like sports and parents like to watch their kids play sports. Road trips keep hockey parents/players and their hockey families close-knit. Hockey is a great outlet for our girls and provided a welcome respite keeping kids fit, active and sane!

### Lesson 5 YOU CAN TEACH AN OLD DOG NEW TRICKS

We all can be tech-savvy! Hockey families zoomed, did scavenger hunts, grandparents learned what LiveBarn is, and got to watch their grandchildren play out of the comfort of their own home, in any state!

With college coaches restricted in their travel, video has proven invaluable. [INSTAT](#) is a new program that we are exploring for our league to facilitate college placement. Thanks to technology, we were able to continue promoting our players.

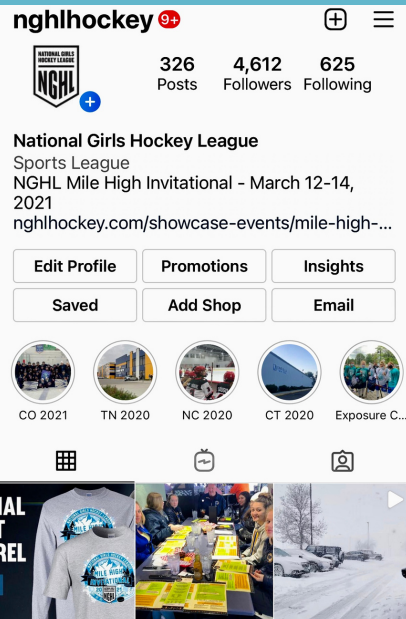
## SOCIAL

Have you checked out our Stories and Highlights on Instagram? They're a pretty big thing with the players.



@nghlhockey

**FOLLOW US!**



### Lesson 6 COMMUNICATION IS KEY

Hockey schedules are usually built over the summer for many programs. This season program administrators were tasked with planning the schedule on a week-to-week basis, which was not only a duplication of efforts but also an incredibly labor-intensive and stressful process. Communicating changes with teams, referees, families, and sending out the rink protocols... Communication was key this season and it seemed like the survival of the most organized!

### Lesson 7 STAY-TO-PLAY

The new definition for STAY-TO-PLAY. For some states, stay-to-play took on a new meaning. If you wanted to play hockey you were required to stay and play in your state.

### Lesson 8 FAMILY MEAL

Family meals have a tremendously positive impact and during the coronavirus crisis, Americans have rediscovered the value of the family meal. According to a new study by the FMI Foundation, 71% of those eating more in-person meals – and 70% having more virtual meals – agreed that “I feel more connected to my family since the pandemic has started.”

### Lesson 9 IT'S ALL ABOUT THE GEAR

All the team warm-ups, shorts, leggings came in handy... Sweatpants and yoga wear revenue pushed past an estimated \$105 billion but our hockey families were already armed with stylish gear.

### Lesson 10 STOCKPILING?

How many times did we see girls juggling TP rolls? #10touchchallenge #tpchallenge

### Lesson 11 HOCKEY IS AN EXPENSIVE SPORT

Thanks to quarantines and forced frugality, (limited hockey trips) the average percentage of people's income left over after taxes and personal spending skyrocketed last spring. Hopefully some money was saved for the 2021 - 2022 season.

### Lesson 12 A WHOLE NEW WORLD

While Dallas showed the world they cannot handle ICE storms, they became the hot spot for ice hockey and Florida snowbirds now encompassed youth hockey players. Oh Canada, we miss you.

### Lesson 13 TEAM BONDING

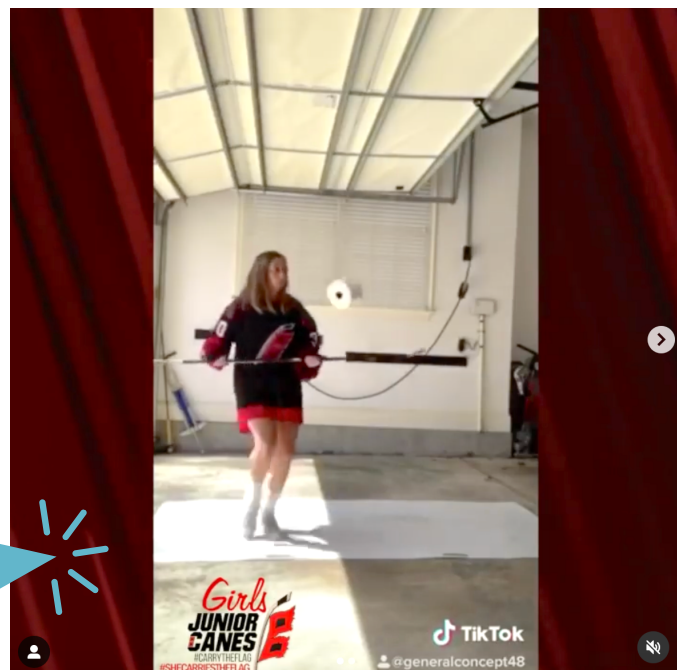
Playing hockey close to home is a win-win but the memories made at tournaments are priceless.

### Lesson 14 TEAMMATES

Loneliness hurts health more than we thought. Girls are social creatures. Their “hockey family” provides a great outlet from their school and home life.

### Lesson 15 EXPECT THE UNEXPECTED

Covid demonstrated that we need to be flexible. The pandemic illustrated that everything in our lives can change in a moment. Americans have a deep-seated desire for planning out every aspect of their kids lives, but the pandemic showed us that sometimes we need to learn how to change on the fly.





COVID 19 had the power to stop a season and restart it. And on any given day, blow through a team's depth chart. We want to thank the clubs, coaches, managers, players and families as we recognize that leadership is important during stressful and uncertain times. As a league we lived everyday like it would be our last day of hockey. We worked hard to do what was right, not always what we wanted to do but what was best for safety and health.

We are proud that we ran four successful events during this memorable year, and want to congratulate the divisions champions of each event.

## NGHL Connecticut Face-Off 2020

### Division Champions

- 12U RED Springfield Jr Thunderbirds
- 12U BLUE Lady Boston Baked Beans
- 14U RED Connecticut Northern Lights
- 14U BLUE Rome Girls Hockey
- 16U RED Bay State Breakers
- 16U BLUE New England Wildcats
- 19U RED Niagara Purple Eagles
- 19U BLUE Connecticut Ice Cats



## NGHL North Carolina Showcase 2020

### Division Champions

- 14U Naperville Sabres
- 16U Naperville Sabres
- 19U Nashville Predators



## NGHL Nashville Country Classic 2020

### Division Champions

- 12U Carolina Jr Hurricanes
- 14U Red Team Illinois
- 14U Blue Team Illinois
- 16U Dallas Stars Elite
- 19U Florida Alliance



## NGHL Mile High Invitational 2021

### Division Champions

- 14U Team Colorado
- 16U St Louis Blues
- 19U Blue Seattle Lady Admirals
- 19U St Louis Blues



## 2021-22 SEASON

In response to feedback, we are doing a pilot season with the red teams first. We will be adding player stats to our website and [Instat](#) to help program directors have more tools to help with college placement.

We are excited to share with you our new format over the next few weeks, and if it is successful, carrying over the model to the blue divisions for the 2022-2023 season. We are always open to feedback and new ideas and value you as a part of our NGHL Girls Hockey Community.

If you have any ideas or feedback, please feel free to share them with us at [info@nghlhockey.com](mailto:info@nghlhockey.com).

**UPCOMING EVENTS 2021-22**

Event	Dates	Location
DAWG DAZE OF SUMMER CONNECTICUT	AUG 27-29	YALE & WESLEYAN U, CT
COLUMBUS DAY SHOWCASE BLUE DIVISION TBD	OCT 8-11	
COLORADO MILE HIGH INVITATIONAL	NOV 26-28	MASSACHUSETTS + RHODE ISLAND
MLK SHOWCASE	JAN 14-17	
CHICAGO SHOWCASE	FEB 4-6	
NGHL CUP	FEB 18-21	ST. LOUIS

SCHEDULE TENTATIVE



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