

# RIVULETTES

Volume 2

Edition 1

***From the Editor...*** Welcome to a new season! And welcome those new to the Rivulette family. It's hard to believe it, but it is time to put away the golf clubs and grab those hockey sticks!

Speaking of golf clubs, the Rivulettes recently held their annual golf tournament and it was a huge success! Thank you to our participants, our sponsors, and Cambridge Golf & Country Club.



The team has already kicked off their season with a good showing in the NAHA tournament in Vermont. There they had a 2-2-1, win-loss-tie record. The trip was a good opportunity for everyone to get to know each other better and they discovered new talents on the bus with the annual "Rookie Idol" competition.

Coming up in September is the Stoney Creek Showcase tournament which always has the top teams in North America competing. Also, the Rivulettes Home Opener is Friday, September 22<sup>nd</sup> vs the Leaside Wildcats! Come out and participate in face painting, Chuck-A-Puck, 50/50 Draw, meet the Rivs after the game and you could be the Rivs Fan of the Game!

In October there is the annual Pink in the Rink game, October 20<sup>th</sup>, a fundraiser for Breast Cancer Awareness.

All minor hockey players are welcome to meet the Rivs after any home game this season! Just come down to the dressing room after the final buzzer!

Lastly, new this season is a partnership with Rogers TV! You can catch live Rivulette action October 13<sup>th</sup>, November 3<sup>rd</sup>, November 24<sup>th</sup>, January 12<sup>th</sup> and February 16<sup>th</sup> on Rogers TV!

We are excited about the upcoming season! Come on out and support your Cambridge Rivulettes!

## ***DID YOU KNOW?***

*It is an annual tradition for the Rivulettes team to pull a (harmless) prank on Assistant Coach, Rob Stewart #rivsprankstewy.*

*Take a look at what the team did this year while on a team trip to Vermont to play in the NAHA tournament Labour Day weekend!*



*Be sure to follow the Rivulettes this season on Twitter @Rivulettes.*

# RIVULETTES

## MEET THE RIVS!



**#11**  
**Julia**  
**"Spitter"**  
**Spitzig**

Position: **Forward**  
Hometown: **Kitchener**

Favourite Hockey Team: **Winnipeg Jets**

Pizza or Sushi: **Pizza**

Favourite Movie: **Miracle**

Future Academic Goals: **I wish to pursue an education in the field of sociology and obtain a degree from a university allowing me to pursue that field**

Best Part About Being A Riv: **Friday night home games at the Preston Aud because we get to come together as a team in our second home and compete and do what we love surrounded by great supporters and fans.**



**#8**  
**Jaimee**  
**"Mac"**  
**MacDonald**

Position: **Defence**  
Hometown: **Elmira**

Favourite Hockey Team: **Pittsburgh Penguins**


Pizza or Sushi: **Pizza (because I've never had Sushi)**

Favourite Movie: **The Blind Side**


Future Academic Goals: **Play CIS hockey while pursuing a career as a physiotherapist or teacher.**


Best thing about being a Riv: **The atmosphere on Friday nights at the Preston Aud, and being involved in the community.**

## UPCOMING EVENTS

 September 15-17 – University Showcase, Stoney Creek

 September 22 – Rivulette Home Opener

 October 20 – Pink in the Rink

 February 9 – Teddy Bear Toss



## ALUMNI SPOTLIGHT!



**Emma Woods Drafted to the CWHL!**

Former Rivulettes captain, Emma Woods (2012-2013 season), was drafted in the 7<sup>th</sup> round of the recent CWHL draft by the Vanke Rays! The Vanke Rays is part of the CWHL's recent expansion to China.

Emma recently completed four years of collegiate hockey playing for NCAA Division 1, Quinnipiac Bobcats, where she was captain in her final year.

Follow Emma's China adventures on Twitter [@emmawoods1112](https://twitter.com/emmawoods1112)!

# RIVULETTES

## MEET THE RIVS!



**#17**  
**Leah**  
**"Herf"**  
**Herrfort**

**Position:** Forward  
**Hometown:** Palmerston

**Favourite Hockey Team:** Leafs

**Pizza or Sushi:** Sushi

**Favourite Movie:** Pitch Perfect

**Future Academic Goals:** University

**Best thing about being a Riv:** Playing high-level hockey surrounded by great people



**#16**  
**Makyla**  
**"Ports"**  
**Porter**

**Position:** Defence  
**Hometown:** Belwood

**Favourite Hockey Team:** Toronto Maple Leafs

**Pizza or Sushi:** Pizza

**Favourite Movie:** Miracle

**Future Academic Goals:** Play University hockey somewhere

**Best thing about being a Riv:** My favourite part about being a Riv is you learn so much, not just on the ice but also off the ice. Also the new people you get to meet, and the identity we have as a team is truly great. I am very proud when I get to tell people that I play for the Rivulettes.

## Rivulettes at Provincial Team Tryouts



This past summer, four Cambridge Rivulette players had the opportunity to participate at Provincial Team Selection Camps.

Aly McLeod attended the U16 Camp. Olivia Hilton, Lauren Martin, and Leah Herrfort attended the U18 Final Selection camp. Players selected from the U18 camp will represent Ontario at the 2017 National Women's Under-18 Championship in Quebec City that begins November 1<sup>st</sup>.

Both the U16 and U18 camps were for the top 80 players in the province at the respective age groups.

## Sponsorship Opportunities!

At this level of Women's hockey, families pay the entire cost. Unlike Jr. Men's hockey, where the cost to the individual family is minimal (or non-existent) because of available revenue streams (gate fees, merchandise, etc).

Our organization is asking for your help to support these ladies and their families by making a cash sponsorship or donations to the team to help offset their yearly cost.

Packages of sponsorship are available from our Gold package at \$1,250, to the Silver package at \$1,000 and the Bronze package at \$900.

Also available are individual opportunities for as low as \$100.

If you have an idea or a suggestion for a sponsorship we would love to hear from you! We will work with you to create what will best work for you.

For more information or to request a sponsorship information package, please contact Rob Hedges at [rob.hedges@rogers.com](mailto:rob.hedges@rogers.com).

# RIVULETTES

*From the Coach....* Welcome to the 2017-18 PWHL season. The Rivulettes have been preparing well for the start of the season. We tried something a little different this season as we didn't have any exhibition games and instead travelled to Burlington Vermont to participate in the NAHA Showcase. This tournament allowed us to see some beautiful country in Vermont, to build some team time, and to play some high level competition. And we came away excited by what lies ahead as the Rivs have clearly established some strong bonds and have built some more excitement as we move towards the Stoney Creek University Showcase and then our home opener on the 22nd of September.

The staff has put in significant time helping this year's team establish their way. Like the players we are excited by what lies ahead but we will approach each day as a chance to get better both individually and as a team. We believe that our program allows each player to grow not only as a player but as a person. This year's team have established what they expect from themselves and our jobs as coaches and as a staff to find what we believe is the best way to support what the players want from themselves, again as individuals and as a team.

I am incredibly fortunate to have such a committed on ice and support staff. Kelly Potocky and Rob Stewart provide so much insight and support to our players. The goalies get to work with the expertise provided from Jenni Bauer. We receive first class injury prevention and maintenance from our Athletic Therapist Lacey Scott and her assistant Rachel King. Dean Huyck joins our staff again to help with the mental part of performance. And of course no one gets better care in the PWHL than the Rivs from our equipment manager Ron Haddaway. The off-ice staff of Bruce Woolner and Rob Hedges and a slew of volunteers enables us to concentrate on what we care about most and that is our girls and our team.

We hope to see even bigger crowds this season at the Aud on Friday nights. It is easily the best place in our league in terms of atmosphere and crowd support and this season we expect it to get to a new level. And we can't wait!

Thanks again for the tremendous support and we will see you at the rink soon! ...*Geoff*

## MEET THE RIVS!



**#24**  
**Alyssa**  
**"Two Four"**  
**McLeod**

Position: **Forward**  
Hometown: **Stratford**

Favourite Hockey Team: Toronto Furies CWHL

Pizza or Sushi: Sushi

Favourite Movie: Miracle

Future Academic Goals: To maintain an above 80 average throughout high school and attend a university program

Best thing about being a Riv: The best thing about being a Riv for me is belonging to a team with a great of girls with the same goals and aspirations, as well as being led by a great coaching staff. I also enjoy sharing my passion for hockey with younger girls that look up to us.



**#7**  
**Mia**  
**"Mi"**  
**Landry**

Position: **Defence**  
Hometown: **Gowanstown**

Favourite Hockey Team: Chicago Blackhawks

Pizza or Sushi: Pizza

Favourite Movie: The Outsiders

Future Academic Goals: PhD in Sport Psychology  
Best thing about being a Riv: The high pace and competitiveness of every practice and game, and being able to have fun while working hard to get better.



# RIVULETTES

## Cambridge Rivulettes HOME OPENER

Friday, September 22, 2017 | 7:40 pm | Preston Memorial Auditorium

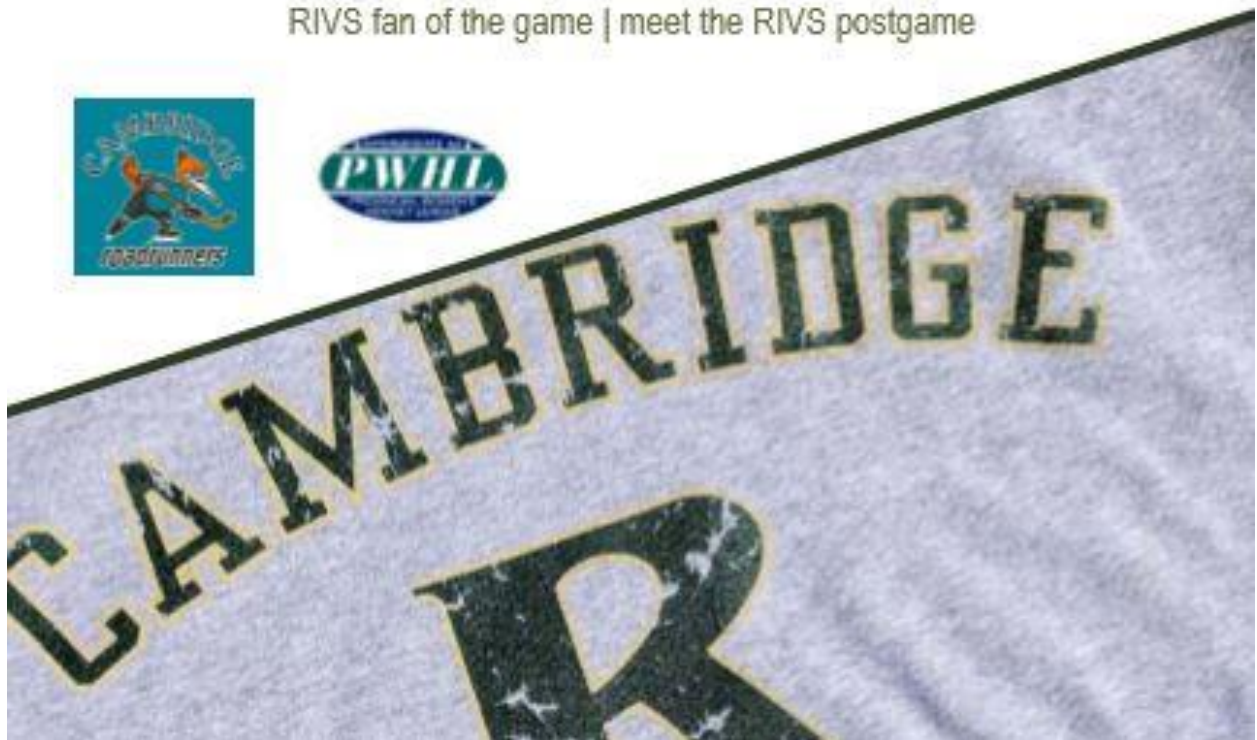


vs.



*Come out and cheer on the RIVS in their 2017 home opener*

Chuck-A-Puck | 50/50 Draw | Facepainting  
RIVS fan of the game | meet the RIVS postgame



# RIVULETTES

*Thank you to our sponsors!*



**BECOME A SPONSOR!**

There are several ways that you and your business can support the Rivulettes!  
Contact Rob Hedges at [rob.hedges@rogers.com](mailto:rob.hedges@rogers.com) for details on the sponsorship packages available!



*@Rivulettes*



*rivuletteshockey*