



## Lloydminster Minor Hockey Association

#4 5202 12 Street, Lloydminster, AB T9V 0W1

780-872-0525

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



Lloydminster Minor Hockey Association is excited to partner with Connect Sport training for all coaches and parents for the 2022 / 2023 season.

### **About Connect Sport:**

Connect Sport training will develop a shared language around the topic of mental health by developing a basic understanding of mental health, mental disorders, the impacts of stigma, how to access help, and the connection between mental health and athletic performance. Coaches and parents will be better equipped to meet their athlete's needs while improving their own understanding of mental health. As a non-profit organization, Connect Sport will support Associations and players throughout the surrounding area.

### ***CONNECT SPORT SUPPORTS THE DEVELOPMENT OF POSITIVE MENTAL HEALTH AND POSITIVE MENTAL HEALTH SUPPORTS ATHLETIC PERFORMANCE.***

For more information on Connect Sport goals, supporters, and contributors please visit [connectsport.ca](http://connectsport.ca)

### **Coaches and Managers**

All coaches and managers have a had chance to complete the Connect in Sport for bench staff. We have had great feedback! Thank you to all that have attended!

***\*\*Please note the coaches/managers training is different from the parent training. One parent from each household must attend the parent training\*\****

### **Parents**

At least one parent from each household is required to complete the training. We are offering three evenings to pick from for the training via Zoom, Nov. 21, 28, or 29 all starting at 7pm. See sign up link below.

**Parent sign up here:** <https://signup.com/go/mHVSeJZ>

All training to be completed before **December 15th, 2022.** Failure to complete this course will result in your player being in-eligible to participate in LMHA sanctioned events.

All training will take approximately 1.5 hours with a brief pre - and post – task. This task will be emailed out prior to the course, which is why registration is required prior to attending. Cost for the programs has been included in the Minor Hockey fees.

Please watch your email for more information from LMHA or Connect Sport (watch your junk and spam mail).

Sincerely,  
LMHA Board & Staff