



**A Legacy of Commitment and Sportsmanship Since 1958**

## SCHEDULING

Team Snap will serve as BOSS this weekend, regardless of what has been previously mailed, and will be used for real time updates if needed. Our Canadian friends have been invited to join the The SNAP Exchange Teams for the weekend so you will start to see buddies appear as they register over the next few days. Please use Snap for coms, posting pictures, and directions. If your team needs something put into SNAP, then reach out to Shelly. The links for the Canadian registrants are below.

<b>NOVICE 1</b>	<b>NOVICE 2</b>	<b>ATOME 1</b>	<b>ATOME 2</b>
<a href="https://go.teamsnap.com/forms/346551">https://go.teamsnap.com/forms/346551</a>	<a href="https://go.teamsnap.com/forms/346553">https://go.teamsnap.com/forms/346553</a>	<a href="https://go.teamsnap.com/forms/346521">https://go.teamsnap.com/forms/346521</a>	<a href="https://go.teamsnap.com/forms/346550">https://go.teamsnap.com/forms/346550</a>
<b>PW1</b>	<b>PW2</b>	<b>BANTAM 2</b>	<b>BANTAM 1</b>
<a href="https://go.teamsnap.com/forms/346554">https://go.teamsnap.com/forms/346554</a>	<a href="https://go.teamsnap.com/forms/346555">https://go.teamsnap.com/forms/346555</a>	<a href="https://go.teamsnap.com/fomrs/346556">https://go.teamsnap.com/fomrs/346556</a>	<a href="https://go.teamsnap.com/forms/346558">https://go.teamsnap.com/forms/346558</a>

## FRIDAY

Plan to spend 20 minutes after the game to gather in the lobby to meet your buddy and give gifts which are purchased by the league. Team managers should assign two or three parents to help navigate sizes. Complimentary chips, bars, and waters, will be offered throughout the afternoon.

## SATURDAY

Complimentary hot dogs, coffee, tea, and cocoa will be available in the lobby starting at 11:00 AM. The Sport Shop will be onsite from 9-3 selling tournament swag and customizing gifts.

## STREET HOCKEY - SATURDAY

Bantam and Pee wee morning sessions will be provided freshly baked cider donuts and coffee.

Mite & Squirts will be enjoying Tony's pizza.

A special thank you to Bill Mackenzie and his team from WJ Mackenzie Construction, Inc. for preparing the street hockey surface.

A portable bathroom, is being offered at the MacKenzie's home which is adjacent to the park. Look for a natural shingled house on the left side of the park.



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## **SUNDAY**

**The league and sponsors are providing donuts, Evan's New York Style bagels, coffee, tea, and hot cocoa for the Mite and Squirt games .**

**Sandwiches for Bantam and Pee wee players, provided by the McNulty family, will be available for players participating in afternoon games.**

## **GAME PLAY**

**This Exchange is a friendly rivalry. Both sides play hard but don't get too worked up about the score. Games will be 50 minutes with two 12-minute periods of stop time and the third with a running clock. The refs will be calling a delayed offside. No icing on a penalty kill. Body contact is only allowed at the Bantam level when playing the puck per USA Hockey standard rules.**

## **FUTURE STARS**

**MHD and STL Future Stars will share LR #1.  
Please have players ready by 3:00 for the 3:10-3:30 expedition.**

## **HOLLY HOCKS & CANADIAN FEMALE BUDDIES**

**At 3:15, gather near locker room #5 behind the far bench for the introductory skate. MHD will be wearing their red jerseys. Full gear is not required. .Jill Lewis is the primary contact.**

## **DEDICATIONS**

**Celebrate graduates of The Exchange who missed their opportunity for applause due to the 2 year hiatus. Please have players on the near bench with some sort on Marblehead hockey jersey by 3:30.**

## **SKILLS COMPETITION**

**Our Canadian friends will gather in LR #5 and MHD will gather in LR #4. Players should be dressed and ready to go at 3:30 so that they can enjoy the anthems and dedications. MHD will wear white home jersey and STL will wear red.**

## **COACHES GAME**

**LR #1 & #2. Be ready to go by 5:00 PM. Jerseys are provided by the leagues.**

# SIGN UP GENIUS

A few slots still need to be filled.

[SIGN UP HERE](#)

## LOCKER ROOMS GAME ASSIGNMENTS

MARBLEHEAD		FRIDAY	SAINT LAMBERT	
MITE AA	#4	1:00	NOVICE 2	#1
MITE AAA	#5	2:00	NOVICE 1	#2
SQAA	#4	3:00	ATOME 2	#1
SQAAA	#5	4:00	ATOME 1	#2
PW AA	#4	5:00	PW 2	#1
PW AAA	#5	6:00	PW 1	#2
BANTAM AA	#4	7:00	BANTAM 2	#1
BANTAM AAA	#5	8:00	BANTAM 1	#2

MARBLEHEAD		SATURDAY	SAINT LAMBERT	
MITE AA	#4	7:00	NOVICE 2	#1
MITE AAA	#5	8:00	NOVICE 1	#2
SQAA	#4	9:00	ATOME 2	#1
SQAAA	#5	10:00	ATOME 1	#2
PW AA	#4	11:00	PW 2	#1
PW AAA	#5	12:00	PW 1	#2
BANTAM AA	#4	1:00	BANTAM 2	#1
BANTAM AAA	#5	2:00	BANTAM 1	#2

MARBLEHEAD		SUNDAY	SAINT LAMBERT	
MITE AAA	#4	7:00	NOVICE 1	#1
MITE AA	#5	8:00	NOVICE 2	#2
SQAA	#4	9:00	ATOME 2	#1
SQAAA	#5	10:00	ATOME 1	#2
PW AA	#4	11:00	PW 2	#1
PW AAA	#5	12:00	PW 1	#2
BANTAM AA	#4	1:00	BANTAM 2	#1
BANTAM AAA	#5	2:00	BANTAM 1	#2



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## PARKING



For many years, our friends Paul & Julie Esdra, have graciously allowed our guests to park on their property during the exchange . Thank you for your patience and generosity.

**Have A Great  
Tournament Luca.**

We Are Proud of You!  
Love Papa & Nona





# A Legacy of Commitment and Sportsmanship Since 1958

In lieu of asking businesses to donate money to The Exchange, this year, the mission is to use the collective buying power of our membership to facilitate donations back to the program while helping our local vendors at the same time. For the first season of these community partnerships, we focused on things that our membership typically purchase over the STL weekend.



## BEACON HILL IMPORTS

FINE WINE SPIRITS COLD BEER



Beacon Hill Imports has graciously offered to be the Adult Beverage Sponsor for The Saint-Lambert Exchange. A generous percentage of proceeds will be donated back to MYHA based on purchases made between 11/16-11/19.

**This card must be presented at time of purchase to qualify.**

1 Woodfin Terrace (Next To The Transfer Station)

\$ \_\_\_\_\_

Beacon Hill Imports will be donating 10-20% of total sales back to the program for all purchases made by hockey families from 11/16-11/19. This card, which will be given out by head coaches, must be presented at time of purchase.

Not too early to plan your holiday beverage list.

Hestia will be donating \$5 back to the program for each commemorative ornament sold this weekend.



We created this ornament to celebrate the long hockey exchange between Marblehead, MA and St. Lambert, Quebec, Canada.

It can be purchased in our Marblehead retail store at 13 Hawkes Street or online by scanning the QR Code below:



www.hestiacreations.com  
sales@hestiacreations.com  
13 Hawkes Street • Marblehead, MA 01945




**CONVENIENT ORDERING ON-LINE**

- 1 DOWNLOAD EVAN'S APP
- 2 ORDER ANYTIME ON ANY DEVICE
- 3 SELECT YOUR PICKUP TIME AND ENJOY!
- \* A PERCENTAGE OF PROCEEDS WILL BE DONATED TO MYHA

FOOD

Partners: Food Network, BeyondMenu, Epicurious, Whole Foods, Starbucks, Panera Bread, White Foods, Dunkin', and others.

PowerMirror

Evan's New York Style Deli will be donating 10% of gross sales back to the program. Use the QR code in the adjacent add to order via their online ordering platform. Great for breakfast sandwiches, lunches, or deli platters.

They highly suggest ordering the night, day, or a few hours ahead of pick-up to insure timeliness on the way to/from the rink.



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## STREET HOCKEY SPONSORS



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**THANK YOU FOR BEING OUR  
STREET HOCKEY PIZZA SPONSOR**



**Thank you to Three Cod Tavern and the Kelley family  
for being a street hockey refreshment sponsor.**

*"Building Relationships One  
Landscape At A Time"*



*Cuzner W.H.I.P. landscaping takes great pride in making sure your property always looks its' best. Our Landscape, tree, and masonry crews are continuously being educated and perfecting their skills to be the best in the industry. We would greatly appreciate the opportunity to give you an estimate for any future projects you may have.*

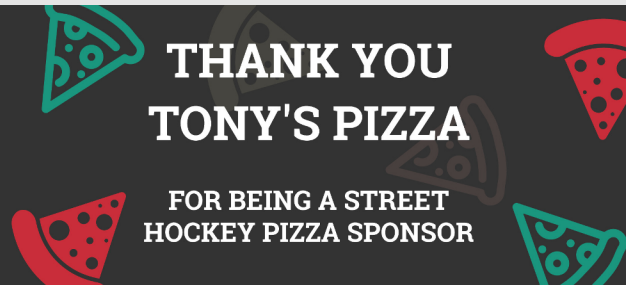
DESIGN ★ BUILD ★ MAINTAIN

HARDSCAPES ★ TREE WORK ★ SNOWPLOWING

*Dean Cuzner-Owner*

*MYHA Coach & STL Alumini from 2003-2008*

*781-710-8055 dcuzner511@hotmail.com*





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# SPONSORS

*Thank you*



The Gerry graciously has donated the use of their banquet hall to host the mite and squirt reception.

The Gerry has recently partnered with K/C (2) catering to serve both members and the public.



## WALESTABLE ABOUT ME

I've been a mom for 18 years and throughout that time I have cooked A LOT. The Wales Table feeds my husband, our four growing kids, our VERY hungry yellow lab, and me. The scenario serves as a rowdy and messy test kitchen with lots of honest opinions and varying preferences. Mostly, they leave happy. It's a labor of love that seems to grow for me every day. Busy schedules and many mouths to feed mean I hate wasting time on a recipe that isn't great - I hope you can find inspiration with some of the recipes here, and enjoy the simple pleasure of cooking for, and dining with, those you love. visit my recipe blog, [walestable.com](http://walestable.com) for inspiration and food for family, friends, and fun!



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**The McNulty Family**  
 For Donating Sandwiches For Our Players



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Proud Sponsor Of The  
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Exchange!

**We'll Be At The Rink!**

Saturday 9am-3pm

**And Extra Hours At The Shop**

Saturday 10am-2pm

Sunday 10am-Noon

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[www.marbleheadsportshop.com](http://www.marbleheadsportshop.com)  
26 Hawkes Street • Marblehead





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## KEY CONTACTS

MITE AA TEAM COORDINATOR	NORA CONNERTY	516-647-0513
MAAA TEAM COORDINATOR	EILEEN GERACE	617-797-7833
SQ AA TEAM COORDINATOR	CHRIS & KATIE INGERSOLL	978-317-8252
SQAAA TEAM COORDINATOR	NICOLE CULLEN	339-927-3812
PW AA TEAM COORNDINATOR	JACKIE MONGIELLO	617-549-8916
PW AAA TEAM COORDINATOR	SUZANNE SALEM	440-669-7089
BANTAM AA TEAM COORDINATOR	ALI DRAYER	781-254-7282
BANTAM AAA TEAM COORDINATOR	LEAH FEINGOLD	781-307-2630
HOLLY HOCKS	JILL LEWIS	JTUFTS617@GMAIL.COM
FUTURE STARS	ADAM CORBEIL	617-304-9869
SKILLS COMP AND COACHED GAME	ROB HARVEY	781-801-0923
MATT WALDMAN, PRESIDENT		781-718-1541
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