





2024-25 Pre-season General Meeting. Minutes September 17 2024, 10:00 am @ BMO Center

1. Brian Laporte called the meeting to order. There were 73 members in attendance.
2. In Memoriam: John Hayton recognized our members who recently passed away: Bruce Huff, Paul McPherson, Harold Rutledge, Steve Woods, Russ Zavitz. They will be missed.
3. Secretary's Report: Gerry LaRocque presented the minutes from the April 4, 2024 AGM. Gerry moved to accept these minutes; this was seconded by Stu Finlayson and passed.
4. Financial Statements June 30, 2024: Mike Opdecam from Marcus & Associates presented a review of our financial statements by the accounting firm announced that these statements present fairly an accurate financial position of our League and organization. Al Fowler moved to appoint Marcus and Associates as accountants to perform a review of the financial statements for the fiscal year ending June 30, 2025; this was seconded by Steve Peters and passed.
5. Treasurer's Report: Rick Scrimgeour presented a budget report comparing last year's projected budget to the actual outcome as of last spring:


London Senior Hockey Budget Summary 2023-24			
			
		Budget for 2023-24	Actuals June 30, 2024
1	Carry forward surplus - July 1, 2023	22,709	22,709
2	Players' fees	175,221	177,337
3	Interest	76	295
4	Total revenue	175,297	177,632
5	Ice rental	121,230	120,960
6	CARHA insurance	10,990	10,750
7	Medical responders at the rink	21,420	21,665
8	Christmas lunch	13,150	13,921
9	Accounting review	2,500	3,000
10	League meetings	2,000	1,912
11	All other expenses	2,650	2,437
12	Total expenses	173,940	174,645
13	Surplus for the year	1,357	2,987
14	Carry forward surplus - June 30, 2024	24,066	25,696

The actual results proved to be very similar to the budgeted amounts for 2023-24. This puts our carry-forward surplus within the desired range as a percentage of revenues.

He then presented the current budget for the 2024-25 season:

London Senior Hockey			
Budget Summary 2024-25			
			
		Budget for 2024-25	Increase
1	Carry forward surplus - July 1, 2024	25,696	
2	Players' fees (\$570)	185,628	4%
3	Interest	350	
4	Total revenue	185,978	
5	Ice rental	130,686	8%
6	CARHA insurance	10,750	
7	Medical responders at the rink	22,500	
8	Christmas lunch	15,600	12%
9	Accounting review	2,750	
10	League meetings	2,000	
11	All other expenses	2,450	
12	Total expenses	186,736	
13	Deficit for the year	(758)	
14	Carry forward surplus - June 30, 2025	24,938	

It was decided to peg this year's playing fee at \$570 per member, resulting in a close to break-even budget for the current year, with only a very small increase in per game fees:

			
FEES			
Season	Fees	Games	per game
2023-24	\$ 550.00	75	\$ 7.33
2024-25	\$ 570.00	77	\$ 7.40

6. EPIC & TPH Group Presentation:

- a. Dr. Chris Chant introduced Elite Performance and Injury Centre (EPIC). Currently EPIC runs out of the Western Fair Sports Centre with Doug Stacey providing physiotherapy services. There are also plans to construct a permanent facility next spring in nearby Komoka. The plan is to create a place that offers sports medicine, orthopedic, and physiotherapy clinics, and also include other health services that address training, injury recovery and instruction. In the meantime, Mr. Stacey is available to LSH members who may need physiotherapy

services, whether by appointment or, more immediately if the need is acute. He is available at Western Fair on Tuesday and Thursday mornings.

- b. Keith Heard introduced Total Package Hockey (TPH) as a hockey development group that works with hockey players of all ages, skill level and ability. They currently run out of the Western Fair Sports Centre. They could offer seminars to small groups in addressing needs and issues for 'senior' players, such as mobility and stretching.
 - c. From Brian Laporte: Luke Cruickshank is an author and both an orthopaedic and sports physiotherapist and has offered us a session, at no cost, to discuss concussions and head injuries. More information will be presented to members as the season goes on to make a decision on hosting this session.
7. Referee Report: Al Fowler announced one new rule change for play: the crease rule. The no-go zone for attacking players will be expanded from the painted area (the hockey crease) to the ringette semicircle. This should help address the issue of increased number of goalie/player collisions that happened last year.
8. President's Report: Brian Laporte presented the following:
- a. Ministry of Health and Health Unit Protocols
 - i. London Senior Hockey encourages all members to follow the recommendations of the Ontario Ministry of Health and the Middlesex London Health Unit.
 - ii. If you do find yourself experiencing Covid-19 or flu symptoms, please stay home and follow the self-isolation recommendations from the MLHU.
 - b. 2024-2025 Schedule:
 - i. This year's schedule will be 77 games long, starting October 7 and ending April 16.
 - ii. There are no games on Thanksgiving.
 - iii. Christmas break begins after the Dec 20th games; we return Friday, Jan 3rd
 - iv. We will have 11 weeks with back-to-back games on Wednesday and Thursday (last year we had 13). Three more games have been recovered on Fridays where we will use all four ice pads on those days.
 - c. Informed Consent Forms:
 - i. We have revamped the "Informed Consent Agreement" for 2024-25.
 - ii. Returning members will not have to complete this form, as they have completed this information previously.
 - iii. New members will have to complete this; they will be contacted by Mark Lowe or Wilson Mohr to do so. The form is available on the League website.
 - iv. Mark is also working on a 'Change of Information' form and protocol so as to maintain correct contact information for our members.

- d. Mosaic Medical AED Refresher Course
 - i. Mosaic Medical will hold an AED refresher course on Tuesday October 22, 2024 at their 100 Kellogg Lane office with the course starting at 10:30 AM
 - ii. Captains will be asked to poll their team members for attendance numbers
 - iii. Spouses are once again welcome to attend.

 - e. WFD Restaurant: The restaurant in the rink will be open on Wednesdays and may add other game days if successful.

 - f. Sweater Protocol and Ordering
 - i. According to our bylaws, everyone must have home and away LSH sweaters (or older versions) to participate in our league.
 - ii. Sweaters and socks can be purchased at the Source for Sports “Teamworks” store, one block south of the Source for Sports store on Wharnccliffe Rd.
 - iii. There is a “drop dead date” of September 22 for orders to be placed for a guaranteed four-week turnaround pick up date.
 - iv. Costs are still the same at \$174.99 all in, for the two jerseys with matching socks.

 - g. Lockers: there are lots of cage lockers still available for rental this year. See whoever is on the reception desk when you arrive and they will be glad to help you.

 - h. Annual General Meeting: The season-ending AGM will be held at 10:00 AM, April 15, 2025 at the BMO Centre

 - i. Christmas Luncheon
 - i. Will be held once again at the Ukrainian Club on Adelaide St.
 - ii. Thursday, December 19th
9. Adjournment at 11:00 AM: Moved by John Molica, seconded by Vern Eldridge.