



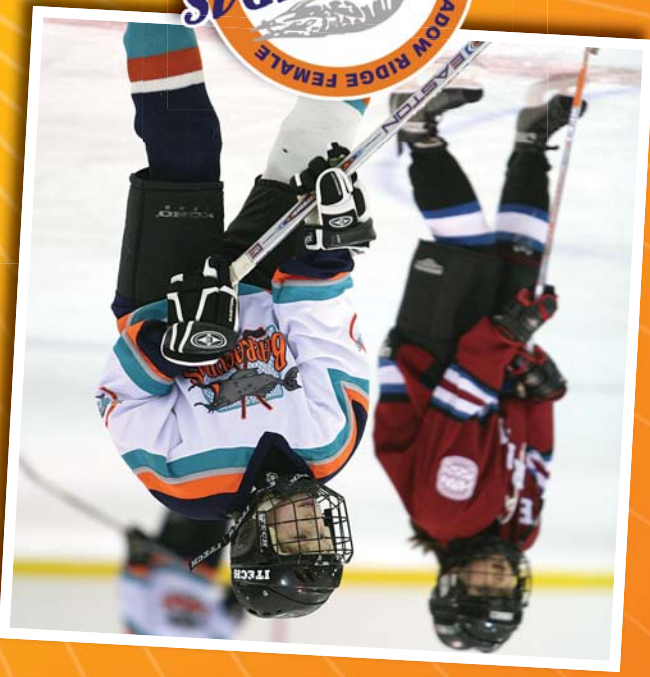
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Or write to us at:
 Meadow Ridge Female Hockey Association
 (Barracudas)
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To find out more about becoming a Barracuda, call, email or visit us at



The barracuda is a sleek, spiky-toothed fish that lives in the ocean. Clever hunters, they use surprise and sharp bursts of speed to catch their prey. They are known for having a ferocious bite.

The Meadow Ridge Barracudas play with the same bite and quickness in their all-girl hockey league. It's a safe, fun non-contact game where girls from all ages and skill levels learn to improve their skills and challenge themselves, but most importantly, make new friends.

You can glide like a hummingbird, or sprint like a cheetah. But you can't beat the bite of a barracuda.

The Cuda Call

The Barracuda - One Sharp Fish



PLAY LIKE A GIRL!
 Just for the fun of it.



What's the best part of being a Barracuda?

That's easy. It's the friends you make. Just ask Jennifer Gilligan, age 15, a former Barracuda who is now playing with the Midget AAA Richmond Pacific Steelers:

"Hockey has given me many great experiences: traveling, playing in big arenas and in front of scouts. But the thing I love most is the great friendships and great memories that will last a lifetime."



Barracudas play together both on and off the ice. They hang out. They go on road trips. They have holidays together. Even their parents make close friends. It's like one big family. Once you become a Barracuda, you become part of something special.

"My daughters started playing at five and six-years-old," says Hockey mom, Audrey Cockrill. "Now they're 14 and 17-years-old, and their best friends are their teammates. I've literally watched them grow up together."

BARRACUDAS FRIENDS FOREVER

Upcoming Events

The Great Skate

The Barracudas are hosting an upcoming open ice day for new skaters to come out and give girl's hockey a try. There's no need to pre-register and there's no cost. You can invite friends if you want, and get some free instruction on learning how to skate and play the game. Check our website for details.

Cool Off on Hot Ice

Drop-in ice times are reserved for girls throughout the summer. Any girl can come out and play, regardless of skill level. Training sessions taught by certified coaches are also available. Check our website for dates, prices and locations.



"I like playing hockey because it's fast, fun and keeps me fit and strong."
 Rachael Comeault, Age 11, Meadow Ridge Barracudas

"When I play hockey I can feel the energy in both my mind and body. I feel it even when I am sore, tired and think that I can't push it anymore. It's an incredible feeling to test my limits and then push past them."
 Lauren Mallo, Age 17, Fraser Valley Phantoms



"I've seen an amazing transformation in my daughters, largely because of hockey. They have developed confidence and leadership skills that have positively impacted all aspects of their life."
 Todd Langston, Maple Ridge, BC

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