



Socials

Lessons

Culture

# July Newsletter



## Shoutouts



Thanks to all the players, parents, and coaches who traveled to Hershey, PA to participate in the Chocolate Meltdown in early June. Girls from our 14U and 12U teams joined forces to compete against some very talented, northern teams. They ate plenty of chocolate and enjoyed coasters at Hersheypark!





Special shoutout to the 14U Lady Thunderbirds' Assistant Coach and Learn to Play extraordinaire, Coach Audra, who is expecting a baby girl (and future hockey player) in Fall 2025. Congratulations!



## New Item



Hockey Her Way wristbands are here! There are two ways to get your hands on these! First - Participate in one of our upcoming socials - "Body Confident Sport" in September or "Building Habits, Breaking Habits" in October. OR second - \$3 donation (per wristband) to Hockey Her Way!



Black & Pink: Hockey Her Way "Play My Way"  
White & Teal: Hockey Her Way "Play Like a Girl"



# Upcoming Events



Coach Ashley will be leading a 3 week session on “Body Confident Sport.” This event will be the first Hockey Her Way gathering of the 2025-26 hockey season - in early September. This initiative was created to help girls and young people feel more comfortable being active and participating in sport. The aim is to empower coaches and athletes around the world to celebrate the truly awesome things active bodies can do. Watch your email and Instagram for more information.



# MUDDY KIDS

## FAMILY OBSTACLE MUD RUN



Benefitting



Muddy Kids is hosting a mud run in Concord on **September 20<sup>th</sup> at 9am.** Hockey Her Way will gather a large group of girls and their families (all are welcomed) to participate in team building activities. All participants receive a finisher's medal, wrist band, and head band. Registration is \$45 per person. Please contact Coach Ashley before August 16 to reserve your spot to run with our hockey girls!

# High Fives & Fist Bumps



## Monday Night Football Fundraising

Just like our hockey season, NFL football is right around the corner! We will be offering our annual Monday Night Football squares (very similar to Super Bowl Squares) again this season. Blocks are \$50 each. 20 total games - \$2.50 per game - chances to win up to \$125 per game. Different numbers drawn for each game!!

Half of money raised goes to prizes; the other half goes to in-season activities for the Lady Thunderbirds!  
Blocks will be for sale in August! Spread the word!



## USA Hockey Registration

It's never too early to get your daughter's USA Hockey registration completed. Don't procrastinate. Rosters take time to approve, and we would hate for anyone to miss games due to last minute paperwork. Get Registered!

<https://membership.usahockey.com/>



# Involvement & Contact



## Get Involved!

[Interest Form](#)

Want to help Hockey Her Way? We'd love to have you! We are always looking to welcome female on-ice coaches, empowering influencers, and men who model positive masculinity into our organization!

We can use help with fundraising, [donations](#), graphic design, event volunteers, and brainstormers! If interested, fill out the form above, or reach out to Coach Ashley directly via the information below!

## Coach Ashley, Founder

ash.zambotti@gmail.com

570-956-4141

Winston Salem, NC



Thank you for being a part of this incredible journey. We can't wait get back on the ice together!



# \*\*\* Threads \*\*\*

Order Merchandise: [ORDER HERE](#)

We still have plenty of apparel in stock to fill your swag needs! We have everything from shirts to hoodies to beanies, stickers, and wristbands! Youth and Adult sizes available!

# \*\*\* Follow Us \*\*\*



Hockey Her Way's mission is to develop and preserve female ice hockey players' capability, commitment, and confidence at developmental and/or competitive levels of play. HHW is dedicated to enhancing exposure and acceptance of female athleticism while providing belonging and empowerment for girls becoming women both on and off the ice.

