



Eye on the Puck

December 2009



A Message from the President

Phone 682-2098

OPEN SKATE

Tues. - Fri. 11 am - 2 pm

Saturday 2:15 - 4:15 pm

Sundays 2:45 - 4:45 pm

REIMBURSEMENT PROCEDURE REMINDER:

Prior authorization from the board is a MUST before requesting reimbursement. Once approval is acquired, a "Reimbursement Request Form" needs to be filled out. This form can be found at www.manitowochockey.org under the Registration and Other Forms tab. It does not matter what position you hold within the organization, ALL financial transactions MUST go through our Treasurer, Brian Kiley. Requests that do not follow this procedure will be denied.

Brian Kiley

3611 Briarwood Lane.
Manitowoc, WI 54220

920-682-3904

920-242-9886

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Happy Holidays!

I just came home from an incredible varsity game pitting Manitowoc United against Marinette, and the United team won in a hard fought overtime victory. The hockey was fast paced, well played and good sportsmanship was evident throughout. It was a very proud night for Manitowoc County hockey, and I want to thank everyone involved for making such an event possible. Way to go!

Many teams have continued to add players and every team has experienced some success this season. More importantly, our players, coaches and parents have been living our Association's values this season, and this is another thing to be proud of. I would like to remind everyone that if they have any questions or would like to see something addressed, please contact your team parent, the coaching committee chairman, or any board member. Our contact information is on the website, so please let us know if communication is needed.

Please take a moment this month to thank the coaches and team parents/schedulers for doing what they do to make this all possible.

See you at the Rink!

Mark Herzog
MCHC President

A good coach will make his players see what they can be rather than what they are. – *Ara Parasheghian*

The achievements of an organization are the results of the combined effort of each individual. – *Vince Lombardi*

Ability is what you're capable of doing.
Motivation determines what you do.
Attitude determines how well you do it. – *Lou Holtz*

NOMINATE YOUR COACH

Wisconsin Amateur Hockey Association and Milwaukee Admirals are partnering to honor youth hockey "Coach of the Month" Each month October thru March, a youth hockey coach from each of the (6) WAHA regions will be honored. One coach per region, per month. They will receive a certificate along with being recognized on the WAHA web-site. Nominations close on the last day of each month. This is not a popularity contest. Please supply a 5-8 sentence paragraph as to why your coach should be selected as the "Coach of the Month" and years of service with the association. **These must be included for the coach to be considered.** Coaches can be re-nominated each month if they are not selected. Does your coach run creative and fun practices? Has your coach been in the game a long time and should be honored? Is he/she a good person and deserves recognition? If you know a coach who you feel should be recognized go the WAHA website and click on Coach of the Month and nominate him or her.

There is an Opening available on Manitowoc County Ice Center Board....MICYHA would love to have a representative sit on the board for the Ice Center and serve as our liaison between MCIC and MICYHA.

Contact any MICYHA Board Member for more information.

Next Blade Bash committee meeting: Thursday, December 17th @ 6:30P at MCIC upstairs room. If you are interested in being a part of the planning process, please join us!!!

2009-2010 MICYHA Board Members

	<u>PHONE</u>	<u>TERM</u>
Mark Herzog-President	652-0183	2011
Carmen Persaud -VP	682-1130	2012
Missy Christensen-Secretary	682-4413	2010
Brian Kiley-Treasurer	682-3094	2011
Theresa Smoter	683-2273	2010
Jennifer Rogler	726-4183	2011
Ken Deschene	684-1976	2012
Angie Morelle	473-7654	2012
Catherine Livingston	793-5733	2013
Josh Heimerl	684-7888	2013
Nathan Abbey	860-4152	2013

MICYHA BOARD MEETINGS

The MICYHA Board meets the first Monday of each month at 7:00 pm at the Ice Center. Board meetings are open to all Association members. If you have something you would like placed on the agenda, contact Mark Herzog at least 5 days prior to the meeting. The next meeting is Jan. 4th.

WAHA News Article for Hockey Parents

By Dan Bauer

It is official, all youth athletics are nuts. Hockey may have earned the right of getting there first, but every other sport has now fallen in place. They are all too organized, travel too much, too expensive and too time consuming. We place put too much emphasis on keeping score and winning and too little emphasis on having fun.

As another youth hockey season descends upon us I have some simple advice for parents to help make your hockey experience more enjoyable.

Skip tryouts. Leave the rink, go to a movie, have dinner with your spouse, just stay away. If your child makes the A team, be happy and humble. If your child makes the B team, be happy and calm. Next to skill, the most important quality of a good athlete is confidence. Benefit: Stress Reduction.

Every rink has a water fountain. Save time and money on the Gatorade, because I'm not certain that 10 year-olds even have electrolytes. And if they do, I bet they have a lot of them. We only start losing things when we get older. Savings: 80+ games & practices @ \$2.00 = \$160.

They can carry their own bag and if they can't it's too big. You don't carry your kid's backpack to school for them; you shouldn't have to carry their hockey bag either. Donate your wheelie bag to a stewardess and get one that has to be carried. Benefit: Increased leg strength.

Kids can dress and undress themselves—go get a cup of coffee and relax. Once they have been through it a few times they can figure it out. And if they can't, that is why they have teammates. Eventually they will get it on or off. Be patient. Benefit: Team Unity. (PS: Coffee is cheaper than Gatorade)

Teach them to tie their own skates as soon as possible—good skaters have loose skates, so let them get use to it early. As long as you keep tying them they are going to let you. Haven't we learned this "helpless" lesson before? Benefit: Ankle strength.

New equipment is for Christmas, maybe a birthday—but should not be a birthright of every new season. Buy used equipment—a 58lb squirt doesn't need the support of a \$300 pair of skates. A \$300 pair of skates could be worn by a 58lb squirt for ten years and still not be worn out—it's basic physics. Today's skates are as rigid as marine core training. Savings: \$200+.

On the subject of skates, as soon as they are old enough to drive, they are old enough to get their own skates sharpened. If they tell you they don't have time, compare your schedule to theirs, then hand the skates back to them. Benefit: Time for you & responsibility for them.

Buy wooden sticks. Force dealers to put them back on the stick rack; it is supply & demand economics. A 9 year old doesn't need a composite stick unless he is 6' and 200lbs, or you can buy a 10 flex. A wooden stick will do fine. Save me the sales pitch on response and feel. Until they can feel the difference between clean and dirty hair save your money. And like tying skates, they can learn to tape their stick much sooner than they would like you to believe. Savings: \$200+. Benefit: Wrist strength & eye-hand coordination.

Kids believe that the concession stand is an essential part of hockey—like their skates. If they go out and skate well, have fun and come off with a smile on their face—they don't need a reward, except maybe a pat on the back. Walk past the concession stand a few times—I know we need to support the rink, but it shouldn't be the place where you eat most of your meals.

They also don't need breakfast at Perkins or lunch at McDonalds after every game or practice. Let them learn that the reward is hockey! It is a privilege to be able to play and if they don't make their bed and feed the dog you will take it away. Benefit: Discipline, help around the house, more money for coffee.

Herb Brooks said it best, “The name on the front of the jersey is a heck of a lot more important than the name on the back”. This is a team sport; the sooner kids learn that, the better. Names on the back of jerseys are for when you get to the NHL. You should be able to figure out which one is yours without that visual aide. If you can’t, remember that is why we put numbers on the jerseys—those numbers aren’t a ranking system—they are for identification. Nobody wears two nametags at work, right? Benefit: Team Unity & Humility.

Don’t watch every practice—let them tell you about a few—they’ll enjoy it. Send them the message that you have more important things to do than watch the practice. This is not neglect, but common sense. If parents spent as much time helping kids with their homework as they do watching practice, our kids would all be getting straight A’s. This is their experience—not yours. Turn them loose. Benefit: Time.

Let your kids have fun. If their best friend calls on a Friday night and wants them to: a) go to a movie, b) go to the outdoor rink, c) go sledding, don’t say no because they have a game tomorrow, or in most cases three games. They are kids, if you haven’t noticed they don’t get tired. Do you ever remember being too tired as a kid? Let them go swimming at the motel, play football in the snow. AJ Hawk might need to sleep in a hyper baric oxygen chamber, but your kid doesn’t. Benefit: Balance, & a Happier Child.

Don’t try to coach—your team already has one. Pat them on the back after a tough loss and thank them for their time and effort. Buy them a cup of coffee and talk about anything, but hockey. Benefit: Respect.

Last, but not least, at an athletic contest you can be a player, a coach, a fan or an official—but you can only be one. For those parents who are confused, you are a fan. Cheer when your team does something well. Drink coffee the rest of the time, it tastes better than your foot. Benefit: More friends, fewer enemies.

Enjoy your season!

Total Hockey Training Centers www.totalhockeynew.com

Total Hockey Training Centers are THE premier hockey training facilities in North America with over a dozen centers open or planning to open in the next year. Our hockey training sessions, hockey camps and hockey clinics are known throughout North America as being the best way to learn and improve skating, shooting, puck-handling, vision and total ice hockey skills. No other hockey training program features a program designer with NHL playing and Division I coaching experience combined with unmatched off-ice skill development training facilities.

Team and Association Training - In Season

- Team training sessions in our state-of-the-art centers allow for quality skill development in a more conducive environment for individual skills training. Total Hockey is the perfect compliment to a team’s practice and game schedule.
- Teams, Associations & AAA Organizations can supplement a lack of ice time with a high quality skill development program at approximately the same cost per hour as ice time, if not cheaper.
- Teams can bring up to 16 skaters and two goalies.
- Each program has been designed and tested by Dean Talafous (former NHL player and 20-year college coach). Dean constantly updates the training protocols to stay on the leading edge of skill development to insure the very best training.
- Each Training Session is 75 Minutes

For more information check out the MCYHA bulletin board in the MCIC lobby.

Saturday, March 27, 2010
Holiday Inn, Manitowoc
featuring
BOO THE BAND – Milwaukee Brewers House band

The countdown is on! Only 120 days until our biggest fundraiser of the year!! We need your help to make it successful. The evening will consist of casino night gambling with funny money, live entertainment, food and beverages and lots of raffles and prizes.

WE NEED YOU.... TO HELP OUT!

1. Sponsor a casino table. We need approximately 25 table sponsors. Cost is \$200. Sponsors will have sign/info placement at the casino table and a projector Power Point logo presentation all evening long. Sponsor a table yourself (for fundraising hours) or ask your employer!!
2. Grand prizes are needed! An IPOD, TV, GPS, jewelry, weekend getaway packages, golf packages, snow blower, gas grill or a trip to a sunny destination.... Let your imagination run wild!
3. Smaller prizes are also needed. Valued up to \$100. Sports memorabilia, electronics, gift certificates, anything you would like to win for yourself. Donate items or ask...
4. A basket to raffle is asked of each team. Your team parent will notify you of the theme. Basket donation will be \$10.00 per family.
5. Volunteer your time! This is a fun way to get in your fundraising hours.

Questions? Contact Carmen at persaudcarmen@yahoo.com or
920-645-1411.

DON'T MISS THE BIGGEST EVENT OF THE SEASON!!

Upcoming Games

December 19th: 6:30PM JV vs. Sheboygan South
8:30PM Varsity vs. Sheboygan

December 26th: 12PM Bantam vs. Green Bay
6PM Bantam vs. Green Bay

December 27th: 10:15AM Bantam vs. Waupun

December 31st: 1:00PM Varsity vs. Oshkosh

January 2nd: 4:30PM JV vs. Ice Force

Here's wishing
everyone a
safe and very
Merry
Christmas and
a Prosperous
and Happy
New Year!!