

**WHITEHORSE
ATOMS
VS.
HAINES JUNCTION
ATOMS & 1ST YEAR
PEEWEEES**

**1 PM & 2:30 pm
Saturday, Jan. 26
Bill Brewster Arena**
Players: Be at arena at
12:30 pm to get dressed.
If you want to play goal, let
Megan or Haley know.
Parents: Please bring a
snack to share.

THANKS to
Dan & Val Drummond and
their team of volunteers
for organizing Skate with
Santa and the
Homecoming Tournament!

Novices & Atoms now
have a combined
practice 6 pm-7:30
pm on Wednesdays!

**OLDTIMERS
TOURNAMENT
Friday-Sunday,
Feb. 1-3**

HJMHA will be running
the concession, so if you
are asked to work a
shift or prepare some
food for it, please say
YES! To volunteer for a
shift, please call 634-
2943.

Do you have the
NOVICE goalie chest
protector, a goalie
mask and any other
goalie gear around
your house? If yes,
please return it to
the arena.

**TRIP TO TESLIN
FOR NOVICE, ATOM,
PEEWEE, BANTAM,
MIDGET & ADULT
PLAYERS**

**Friday-Sunday,
February 1-3**
• Depart 1 pm Friday
from school parking lot
• Dorm accommodation in
Long House
• Games on Friday night
& Saturday.
• Novice/Atom/Pee wee
Hockey Canada Skills
Camp on Sunday 8 am -
4:15 pm. \$60 Fee
includes jersey & water
bottle (Info below)
• Deadline to sign up:
5 pm Thurs. Jan. 31
Want to go? Email Mark

**ATOM & PEEWEE
HOCKEY CANADA
SKILLS CAMP**

**Saturday, Feb. 2
7:30 am-4:00 pm
Canada Games Centre
Whitehorse**

Bring full gear & lunch
Info: 867-393-4501
yaha@sportyukon.com

www.yukonhockey.ca



**DAWSON &
TESLIN VISIT &
FEMALE SKILLS
CAMP WEEKEND
Friday-Sunday,
February 8-10**
Novice, Atom, Pee wee,
Bantam, Midget &
Adult Games
Bill Brewster Arena
(Tentative schedule below)

**YUKON PEEWEE
CHAMPIONSHIPS
IN TESLIN**

**Friday-Sunday,
February 15-17**

- Depart 1 pm Friday
from school parking lot
- Dorm accommodation in
TTC Training Centre
or Long House
- Deadline to sign up:
5 pm Wednesday
Please tell Graham or
Mike if you plan to go.



**FEMALE
JAMBOREE**

**Saturday & Sunday,
February 16-17
Bill Brewster Arena
Deadline to register:
Saturday, Feb. 9
Info: Val 634-2683**

CALLING ALL JERSEYS!
If you have one of the
new numbered green,
red, yellow, blue or
maroon jerseys, return
them to your coach!
They are needed for
the Female Jamboree.

**YUKON ATOM
CHAMPIONSHIPS
IN WATSON LAKE
Friday-Sunday,
February 22-24**
Depart 8:30 am from
school parking lot.
Please tell Rob Moore if
you plan to go.

**YUKON NOVICE
SPIRIT OF 2010
HOCKEY
TOURNAMENT**

Friday-Sunday,
February 29-March 2
HJMHA will be running
the concession at the
tournament, so if you are
asked to work a shift or
prepare some food for it,
please say YES! To
volunteer for a shift,
please call 634-2943.



**TOK BANTAM
TOURNEY
Friday-Sunday,
March 7-9**

Please tell Geoff if
you want to go.

TOK VISIT

Friday-Sunday,
March 14-16

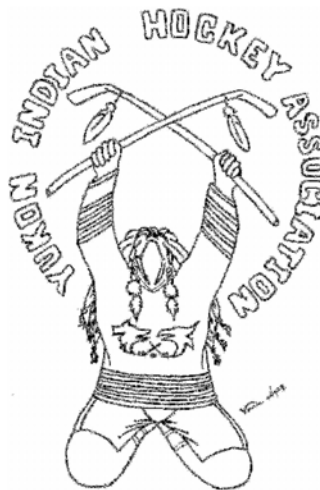
Bill Brewster Arena
Games for Novices, Atoms,
Peewees, Bantams,
Midgets & Adults

**YUKON NATIVE
YOUTH TOURNEY**

Friday-Sunday,
March 28-30

Whitehorse

Info: Rose 634-2088



**PLAY FAIR &
PLAY CLEAN
online contest**

Submit an essay of 250
- 500 words outlining
what playing clean and
fair hockey means to
you and win a chance to
go a World Championship
Hockey Game in Quebec
City or a Henkel MP3
player! Deadline to
enter is March 31,
2008. For details, go
to:

www.henkelpowerplayers.ca

**BC HOCKEY
SCHOLARSHIPS**

Open to players,
officials, coaches and
volunteers in Grade 12
Application Deadline:
April 30, 2008
Info: www.bchockey.net


Skills Development Camp
 CHALLENGE, LEARN, IMPROVE

Teslin Camp Schedule
 Sunday, Feb. 3, 2008
 Fee: \$60. Participants get jersey & water bottle.

Group #1 - Novice/Atoms

Event	Time	Location
Registration	8:00 - 8:45am	Lobby
Intros - Video	8:45 - 9:15	Meeting Rm.
Dress for On - Ice	9:15 - 9:45	Dressing Rm.
On - Ice Session	9:45 - 11:00	On - Ice
Team Building	11:30 - 12:30	Meeting Rm.
Bag Lunch Play Videos	12:30 - 1:00	TBD
Dress for On - Ice	1:00 - 1:30	Dressing Rm.
On - Ice Session	1:30 - 2:45	On - Ice
Off Ice Training	3:00- 4:00	Meeting Rm.

Group#2 - Peewees

Event	Time	Location
Registration	8:30 - 9:15	Lobby
Intros - Video	9:15 - 9:45	Meeting Rm.
Team Building	9:45 - 10:45	Meeting Rm.
Dress for On-Ice	10:45 - 11:15	Dressing Rm.
On - Ice Session	11:15 - 12:30	On - Ice
Bag Lunch Play Videos	1:00 - 1:30	TBD
Off Ice Training	1:30 - 2:30	Meeting Rm.
Dress for On-Ice	2:30 - 3:00	Dressing Rm.
On - Ice Session	3:00 - 4:15	On - Ice

Here's the tentative schedule for the Dawson, Teslin and Female Skills Camp visit on Feb.8-10

Friday

4:30 Novice/Atom game
 5:45 Peewee Game
 7:00 Girls 11 & under On Ice Session
 8:15 Girls 12 & up On Ice Session
 9:30 Bantam/Midget Game

Saturday

8 am Girls 12 & up On Ice Session
 9:45 Novice/Atom game
 11:00 Peewee Game
 12:15 Bantam/Midget Game
 1:30 Girls 11 & under On Ice Session
 3:15 Peewee Game
 4:30 Novice/Atom Game
 5:45 Bantam Midget Game
 7:00 Adult Game

Sunday

8 am Girls 12 & up On Ice Session
 9:45 Novice/Atom game
 11:00 Peewee Game
 12:15 Bantam/Midget Game
 1:30 Girls 11 & under On Ice Session

SPIRIT of 2010

HOCKEY TOURNAMENT 2008



Hockey Equipment Tip #6

ELBOW PADS

Fitting

Most introductory and intermediate quality elbow pads can be used on either elbow. Note that some elbow pads are made specifically for left and right arms. Ensure pads are on the appropriate arms.

Place the donut inside the elbow pad on the point of the elbow. Snugly fasten all the straps of the elbow pad so that it does not slide when the arm is fully extended.

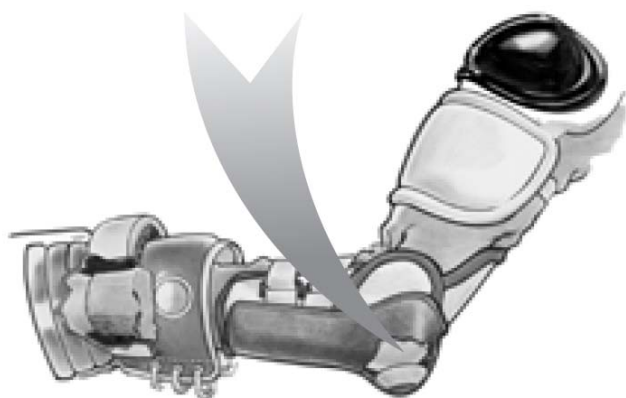
The top of the elbow pad should meet the bottom of the shoulder pads' arm pad and extend down the forearm to where the top of the glove starts. The forearm padding should wrap around the entire forearm to offer maximum protection.

The elbow pad should not restrict movement of the elbow. With the elbow pads on, test the range of motion by bending the arm at the elbow and watching for any constriction or restriction of movement. If you wear short cuff gloves, ensure that your elbow pads are long enough to meet the cuff of the glove.

Protective Quality

Ensure that the elbow pad contains a donut pad or pocket where the point of the elbow rests. The elbow pad should have a plastic cup which protects the elbow point. Several models may have this plastic shell on the exterior of the pad or it may form an integral part of the pad. Generally, this cup is not removable.

Slash guards are rigid plastic pads which protect the forearm area. The slash guard should be on the outside of the elbow pad.



Maintenance

Occasionally check the straps to ensure that they provide comfortable attachment to the arms. Straps should not be substituted with tape as this can cause loss of circulation, discomfort and decreased protection. Proper drying, in a well ventilated area, will help the donut pad from breaking down prematurely. Elbow pads may be washed in the same manner as shin pads.

Helpful Hints

Frequently test the donut pad by pressing down with your fingers. If any cracks appear, or if the padding is hard or brittle, the pad must be replaced to avoid potential injury.