

MINOR HOCKEY NEWS - DEC 2009

HAINES JUNCTION

VS

WHITEHORSE

Sunday, Dec. 13

2:00 pm Peewees & 1st Year
Bantams meet at
Takhini Arena
2:30 pm Peewees & 1st Year
Bantams vs Wolverines

Info: Mark 634-2943

HAINES JUNCTION

NOVICES

VS

WHITEHORSE

NOVICES

Time: TBD

Sunday, December 20

Bill Brewster Arena

Info: Claudia 634-3881

SKATE WITH SANTA!



1 - 3 pm

Christmas Eve

Bill Brewster Arena

Info: Marilyn 634-2422

LAST PRACTICES BEFORE CHRISTMAS

- Last practice for Mites/Tykes, Novice & Bantam/Midget/Juvenile will be Tuesday, Dec. 15.
- Last practice for Atom/Peewee & Female practice will be Wednesday, December 16.
- Last Novice, Atom & Peewee Mixing Bowl will be Saturday, December 19.
- Practices resume Monday, January 4, 2010.

SPECIAL FEMALE OPEN PRACTICES in Whitehorse

(To keep you in shape
for the AWG Tryouts)

December 23, 7:00-8:15 pm

December 30, 7:00-8:15 pm

January 2, 5:30-6:30 pm

All Practices are on the Atco Ice at the Canada Games Centre. They are open to all Peewee to Midget female hockey players. The cost is \$20 per player and ALL players must be registered with a minor hockey association or the Women's league for insurance purposes prior to these practices. Info: Kelly Eby 633-5948

THANK YOU to the organizers of the 1st Ever International Whitehorse Women's Jamboree held on November 28 & 29. The Haines Junction women had tons of fun! And CONGRATULATIONS to Team Dynamite for winning the coveted Gold Bra trophy!

ARCTIC WINTER GAMES TRYOUTS January 8-10 Takhini Arena Whitehorse

Open To:

FEMALES born 1990-1998
BANTAMS born 1995-1996
MIDGETS born 1992-1994
Attendance is mandatory unless you are attending post-secondary school or playing hockey outside the territory. Registration forms are at the Bill Brewster Arena.

Info: yaha@sportyukon.com
393-4501 www.yaha.yk.net

Come and see the YUKON ATOM HOCKEY CHAMPIONSHIPS

January 22-24

Bill Brewster Arena

Info: Mark 634-2943 or
mmritchie at yknet dot ca

Haines Junction Minor Hockey, Yukon Aboriginal Sport Circle & Yukon Amateur Hockey Association invite you to a:

FEMALE HIGH PERFORMANCE CAMP

February 5-7

Bill Brewster Arena

with

Natalie Christensen

- Natalie is currently Coach of the BC Breakers in the Western Women's Hockey League
 - She was Head Coach of the BC Team at the 2008 U18 Nationals
 - Women coaching at this level are very rare and this is a great opportunity for Yukon female hockey!
- Info: Mark 634-2943 or
mmritchie at yknet dot ca

Give HOCKEY a Try!



YUKON BANTAM CHAMPIONSHIPS February 19-21 Dawson City

If you would like to go, let
Dane or Mike know.

The Novice Championships will be in Watson Lake and the Pee wee Championships will be in Teslin. Dates are yet to be determined.

THANK YOU to the Kids Rec Fund for the very generous donation of hockey gear. Much appreciated!



CONGRATULATIONS! to these local referees who were certified on November 8:

- Matthew Brown - Level I
 - Claudia Heath - Level I
 - Sierra Oakley - Level I
 - Anthony Primozic - I
 - Christopher Ritchie - I
 - Geoff Scherer - Level II
- THANK YOU** to Dustin Wentzell for coming out from Whitehorse to teach this course.

SOME PEOPLE ENJOY OUR VISITS . . .

Thanks to you all for coming in this weekend; speaking for Coldwell Banker - the kids just had a ton of fun! - Marylynn Crane, Coldwell-Banker Convenor

. . . WHILE OTHERS ENJOY VISITING US!

I want to give a "big" thank you for hosting our team on Saturday - the kids had 2 great games and enjoyed the lunch that was provided. Please let the cooking staff know that we appreciated being fed that day.
- Corinne Mackay, Atom Wolverines Convenor

ANOTHER GREAT YEAR!

Here are the registration numbers for minor hockey so far this year:

Mites/Tykes	19
Novice	15
Atoms	12
Pee wees	10
Bantams	11
Midgets	7
Juvenile	4
Female	17
Coaches	10
Officials	6
Total	111

That means that over 12% of our population is directly involved in minor hockey. Awesome!

CONGRATULATIONS to the following who successfully completed the Hockey Canada Safety Program on November 20 & 21:

- Dave Heath
- Megan Moore
- Dave Morin
- Richard Smith

Thanks to Cindy Underhill of Yukon Amateur Hockey Association for coming out from Whitehorse to teach this course.

If you ever have a safety concern, don't hesitate to bring it to the attention of a coach, a member of the executive or arena staff. By working together, we can all ensure the safety of everyone at hockey.



MISSING: One XL and one XXL Referee Sweater. If you have one, please return it to the Referee's Room at the 'Rena.

THANK YOU!

to Lotteries Yukon, Mayor & Council and the Culture, Parks & Recreation Committee for your very generous grant of \$8,500 towards minor hockey ice time this year!

Thanks to Barb & Madison Allen, Haines Junction has been nominated for this year's Kraft Hockeyville award! Check out the posting by cutting and pasting this link into your browser:

<http://www.cbc.ca/sports/hockey/hockeyville/community/317/en/>

Now we need to get out there and rally up support from our community. You are welcome to post stories and photos and start using the campaign materials to promote our community. Good Luck!

HEAD'S UP!

Starting next year, if you want your child to come out for Mites and Tykes, and you need to accompany them on the ice because they can't get up on their own when they fall, then our insurer will require YOU to wear a helmet as well when you are on the ice.

BUDDY, CAN YOU SPARE SOME GEAR?

Linda Thompson (the family that bought Mackintosh Lodge) is looking to buy the following small or medium gear for herself:

- Hockey stick
- Jersey
- Helmet
- Socks
- Skates - size 9.5 ladies.
- Neck guard
- Gloves (medium or large preferred)

If you can help Linda out, please call her at 634-7007

Fundraising Opportunity . . . A Better Way

All across North America, non-profit organizations fundraise with chocolate and cookies. Even sports teams! Have you ever wondered, "Why?" On Wednesday, November 18th, Mark and I sat down to explore the possibility of fundraising for Minor Hockey with optimal nutrition and residual income for the teams.

By investing in optimal nutrition, players and their families would begin to enjoy increased health, faster recovery from workouts, stronger immune function, and resources to combat chronic, degenerative diseases.

Many teams are discovering the joy of sustainable fundraising! As supporters of Minor Hockey order their nutritionals on-line throughout the year, the hockey league would have cheques deposited directly into their account. Our teams would have a competitive edge and more money for travel, etc.

There is a company that offers all this, is listed on the NASDAQ and is highly rated by Forbes and Business Week. Its founder received the Albert Einstein Award for Outstanding Achievement in the Life Sciences. Its supplements are used by Olympians (including both US and Canadian speed skaters), the Sony Ericsson Women's Tennis Association Tour, and many other world class athletes. They are the best dietary supplements in the world!

With Mark's permission, I am looking for someone who is passionate about fundraising for Minor Hockey, who would love to learn about optimal nutrition and who would love to see Haines Junction hockey be its very best. Please contact me at 634-7007 or email lvandereerden@hotmail.com

Sincerely,
Linda Thompson

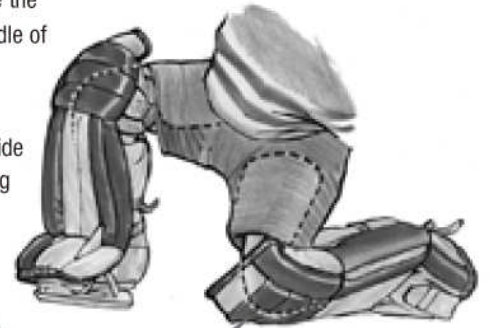


EQUIPMENT TIP #16 – GOALTENDING EQUIPMENT

Leg Pads Fitting

Always fit goal pads while wearing skates. Kneel down into each pad making sure the kneecap is in the middle of the knee roll.

The large vertical roll should be on the outside of each leg. After doing up all the straps, the pad should extend from the toe of the skate to 4" above the knee.



Knee pads add additional protection when the goalie is in a position where the pads do not protect a certain area of the knee.

The leg pads should have padding at the back of the leg which fits under the straps. The top of the pads should extend approximately 3" above the bottom of the pants. Remember, a proper fit is essential for good protective quality and comfort.

Maintenance

Always store pads standing to prevent flattening of the padding. Air dry to prevent mildew as the pads dry out. Remember, do not dry over an open heat source.

Straps should be checked regularly and replaced if needed. Any cuts in the leather should be repaired immediately. Gently rub a leather conditioner over all leather areas to prevent premature breakdown.

WHAT RECREATION CAN DO . . .

It costs approximately \$110,000 to incarcerate a juvenile offender in a Canadian federal penitentiary for one year. If that money were available for recreation, we could do the following:

*Take him or her swimming twice a week for 24 weeks,
And give them four tours of the Yukon Wildlife Preserve, plus lunch,
And enrol them in 50 programs at the Canada Games Centre,
And visit Kluane National Park twice,
And let them play slow-pitch for a season,
And take a free guided walk with the Yukon Conservation Society twice,
And give them two weeks of tennis lessons,
And enrol them in two weeks of day camp,
And let them play three rounds of golf,
And act in one play,
And participate in one fishing clinic,
And take a four week pottery class,
And play hockey six hours a week for 30 weeks,*

After which we could return to you \$106,790 and one much happier kid.

Adapted from Parks & Recreation, National Recreation and Park Association, Ashburn, Virginia