

## PRACTICES BEFORE & AFTER CHRISTMAS

(Note: No practices on Monday, January 3)

**MITES & TYKES** - Last practice Thursday, Dec. 9 with a Parents vs the Kids Game. First practice Tuesday, Jan. 4.  
**NOVICE** - Last Practice Wednesday, Dec. 15 with a Parents vs the Kids Game - Full gear required. First Practice Wednesday, Jan. 5.  
**ATOM** - Last Practice Tuesday, Dec. 14 with a Parents vs the Kids Game - Full gear required. First Practice Tuesday, January 4.  
**PEEWEE/BANTAM/MIDGET** - Last Practice Tuesday, Dec. 14. First Practice Tuesday, January 4.  
**FEMALE** - Last Practice Wednesday, December 15. First Practice Wednesday, January 5.  
**MIXING BOWL** - Last Game Saturday, Dec. 18. First game on Saturday, January 8



Spend the Winter Solstice at a  
**GOALIE CLINIC**  
 with  
 Ian Perrier of the Dryden Ontario Ice Dogs  
**Tuesday, Dec. 21**  
**Bill Brewster Arena**  
 9:30 am Arena Opens  
 10 am-12 Noon - Part I  
 1 pm-3 pm - Part II  
 \$10 by Sunday, Dec. 19,  
 \$20 after Dec. 19.  
 Register with Claudia  
 634-3881

## SKATE WITH SANTA



1-3 pm  
**Friday, Dec. 24**  
**Bill Brewster Arena**  
*Everyone Welcome!*  
 Info: Val 634-2683

## HOMECOMING TOURNEY

**Tuesday, Dec. 28**  
 10:30 am - 6 pm  
 Ages 14 & up  
 \$20 per player  
 Register with arena staff before Dec. 18  
 Info: Val 634-2683

## HAINES JUNCTION ATOMS

VS  
**WHITEHORSE NOVICES**

Takhini Arena  
**Sunday, Jan. 2**  
 8:30 am Meet at Bill Brewster Arena to carpool  
 10:30 am Meet at Takhini Arena  
 11 am Game 1 start  
 1 pm Game 2 start  
 Info: Claudia 634-3881

Congratulations to the following recently certified referees:

- Melanie Eckervogt-Brewster
  - Dave Heath
  - Emma Morin
  - Maya Oakley
  - Logan Pauls
  - Sarina Primozic
  - Christopher Ritchie
- THANK YOU* to Jeremy Kovac for coming out from Whitehorse to teach this clinic!



Here is your HJMHA executive for 2010/11:  
 President - Mark Ritchie  
 Vice-President - Val Drummond  
 Treasurer - Trish George  
 Registrar - Sue Desjardins

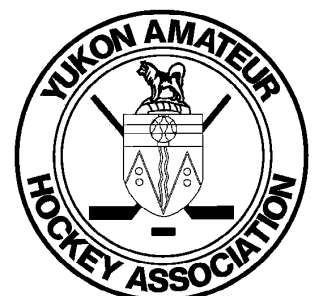
**THANK YOU** to Champagne & Aishihik First Nations and Kluane Ridin' Adventure Tours for your contribution to our new jerseys!



*Haines Junction Minor Hockey, the Youth Investment Fund & Yukon Amateur Hockey Association present:*

## FEMALE HIGH PERFORMANCE CAMP

with  
 Tamara Statchook of Extreme Ice, Yellowknife, NWT  
**December 10-12**  
**Bill Brewster Arena**  
 Open to Females 10 years & up  
 \$50 by Friday, Dec. 3  
 \$60 after Dec. 3  
 Registration Forms at Arena  
 Info: Mark 634-2943



# MINOR HOCKEY NEWS

DEC 2010

**CONGRATULATIONS** to our own Savannah Van Vliet for being named Captain of the Yukon's Canada Winter Games Female Hockey team and to Dana Van Vliet for being named Assistant Captain! (They were also named Most Valuable Players in one game during their successful run for the Gold Medal at the recent Haley Wickheiser Tournament in Burnaby.) And congrats to Britney Brown, Maya Oakley and Sierra Oakley for being named to the team!

**THANK YOU** to the Culture, Parks & Recreation Committee; Lotteries Yukon and the Village of Haines Junction for your \$6,125 recreation grant towards ice time.

Please keep these dates in mind:

- February 5 & 6 - Haines Junction Female Jamboree
- Thursday, February 10 - Elementary Schools Tourney in Whitehorse for players in Grades 4-7.
- Feb. 11-12 - Whitehorse hosts CBC's Hockey Day in Canada!
- Thursday February 17 - Hockey Canada Skills Camp Part I - After school and in the evening
- February 18-20 Yukon Atom Championships in Haines Junction
- Tuesday, February 22 - Hockey Canada Skills Camp Part II - After School and in the evening
- February 25-27 Yukon Novice Championships in Teslin



## ARENA NEWS

Minor Hockey worked with the Village of Haines Junction to submit an application to Lotteries Yukon for a grant for a new Zamboni. Unfortunately, we were not successful. However, the Village of Haines Junction was successful in obtaining a Community Development Fund grant of \$68,000 towards designing renovations to the Bill Brewster Arena.

**COACHING MANUALS?**  
If you have any hockey coaching manuals from past seasons, please return them to Mark

## EQUIPMENT TIP #18 GOALTENDING EQUIPMENT



### Upper Body Protection

The upper body protection padding for a goaltender is designed to protect the collarbone, entire chest and abdominal areas and down the arms to the wrists. Speak with a qualified representative to assist with fitting this specialized equipment.

#### **FITTING**

Ensure that all straps are utilized and fastened properly. Elbow padding must be properly positioned over the elbow. Arm padding should extend down to the wrist. The body pad should tuck into the pants about 2" below the navel.

### **PROTECTIVE QUALITY**

The arm pads should overlap slightly with the gloves while allowing movement of the wrists and hands.

### **PANTS & Athletic SUPPORTS**

Goaltenders wear a specially designed athletic support and cup which has extra padding and protection. The athletic support should be fitted with the same principles as a regular player's equipment, but is specifically designed for a goaltender.

As with regular pants, goaltender pants are designed to absorb and disperse impact from pucks. Padding is positioned to protect hips, waist, lower back (kidney area), tailbone, thighs and the groin area.

The same principles apply for fitting, protective quality and maintenance with goaltender pants as for players' pants except:

- Ensure the goalie pants are loose enough around the waist to allow the belly pad to tuck into the pants.
- Remember, these pants have several additional protective pieces. Padding is heavier than regular pants and may require suspenders to help the pants from falling out of position.