



# MJHC NEWS



WINTER 2009

## MJHC Board of Directors

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### Tim McIntosh

*Director*

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MJHC REGULAR OFFICE HOURS

9/28/09 - 3/21/10

Mon. - Thurs. 2 pm - 9:30 pm

Fri. - 3:00 pm - 6:00 pm

Sat. & Sun. - 1 hour prior to first scheduled ice

time until the end of the last scheduled game.

## MJHC Board Elections

Elections for positions on the MJHC Board of Directors will be held after the Regular Meeting on February 3, 2010. To be eligible to vote, you must have attended at least 4 MJHC Board Meetings. Persons who need 1 more meeting to qualify will be notified by Cathy Starret.

## Last Chance for Coaching Certification

Last chance to get a Level 2 or Level 3 Coaching certification will be Dec. 12-13 in Houghton. The closest Level 1 clinics remaining are Dec. 6, in Midland, and Dec. 12 in Mackinaw City. For registration info go to: [www.USAHockey.com](http://www.USAHockey.com)

## FUNDRAISING EVENTS!

### MARQUETTE ELECTRICIANS

### Pancake Breakfast

Sunday Dec. 20th, 2009

9:00 AM - 1:00 PM

Masonic Lodge

128 W. Washington

Marquette, MI 49855

Adults \$5.00

Children 5-12 \$3.00

Under 5 Free

### Employee Benefits Agency Bantam A

### Spaghetti Dinner

4:30 - 7:30

### American Legion

January 23, 2010

## We're the Host of these future tournaments!

At the last Board meeting there was discussion about our (teams/coaches/parents/players) responsibilities as hosts of upcoming tournaments in Marquette. As hosts, we should "be at our own party" so to speak. In other words it was stressed how important it is for teams to attend the tournament we are hosting. It was pointed out that tournament dates are set early on to give home teams the opportunity to have a tournament at "home." Be prepared to volunteer some time for one or all of these upcoming tournaments. The benefits of hosting a tournament include a little boost to our local economy... restaurants, hotels, gas stations, etc.

**21st Annual  
MARQUETTE HOLIDAY  
TOURNAMENT  
BANTAM "B",  
Pee Wee - B, Squirt - B  
DECEMBER 18-20, 2009**

**PRESENTING THE  
INAUGURAL  
GIRLS GO PINK 2010  
*All Girls Tournament*  
FEBRUARY 12 - 14, 2010**

### 25th Annual Marquette Mite Invitational

February 26-28, 2010

MAHA Pee Wee - AA

### STATE TOURNAMENT

March 5 - 7

**Lets be the "Hostess with the Mostess" and show our guests  
what Marquette can do!**

*MJHC is a non-profit organization. Our mission is: To provide*

*instruction and recreation through organized team play in the sport of ice hockey, and help all participants grow socially, physically, and emotionally to their utmost potential both as hockey players and as citizens of our community*

Marquette Junior Hockey, 401 E. Fair Ave. Suite 103, Marquette MI 49855 • 906/228-9193 • [www.Mqthockey.org](http://www.Mqthockey.org)

## —CONTEST— Receipts for Cash Econo Foods

## ATTENTION

### MJHC Teams Econo Food Receipts Contest!

What team can produce the biggest total in receipts by January 8th?

The Winning team will get a **Pizza/Pool Party** at the

## Ramada Inn!

### GAME ON!

Place your receipts in an envelope. Include your team name, phone number & email address on the outside of the envelope. Include receipt total inside envelope.

Place your envelope with receipts in the box with green bow

(in Mac's office) marked:

**"Econo Receipt Contest"**

Deadline: Fri., January 8th

## 2009 - 2010

### MJHC Division Directors

INITIATION MITES - Russ Modell

MITES - Scott Guidebeck

SQUIRTS - Eric Bordson

PEEWEEES - Scott Smith

BANTAMS - Dean McAuliffe

MIDGETS - Chip Duquette

GIRLS DIVISION - Rodney

Riesland

### BOARD MEETINGS

Four meetings will get you voting rights! Meetings take place at the Citizen's Forum, 7pm on the following Wednesday evenings:

1st Wednesday of each month

(with occasional exceptions)

2009-2010

January 2, 2010

February 3, 2010

March 3, 2010

HOLIDAY Office Schedule:

Lakeview Arena Closed Dec. 24 & 25

Closed early, Dec. 31 at 6pm

Closed Jan. 1st

# USA Hockey, American Development Model

If you haven't read about the mission of USA Hockey's new American Development Model, check it out. The full review can be found at [www.admkids.com](http://www.admkids.com). You can also get to this link directly from [USAHockey.com](http://USAHockey.com).

*"The American Development Model (ADM) provides age-appropriate guidelines and curriculum to hockey associations across America to help more kids play, love and excel in hockey. Brought to you by USA Hockey, in partnership with the NHL."\**

Basically, this model was developed after extensive research was done looking at the statistics of player development with kids during games and during practices. They have looked at and put into place principles from the Long-Term Athletic Development, LTAD, which was developed by "internationally renowned coach educator Istvan Balyi, and adapted to ice hockey by USA Hockey."

*"...the principles of LTAD are rooted in successful programs throughout the world."\**

They found that too much emphasis on winning rather than performance, hurts the "big picture." The win-all attitude leads to a 60% dropout rate by the time the kids reach the Pee Wee Level. With this high dropout rate, they wanted to take a look at the direction we are going in with youth hockey and change it.

The research shows that kids who do multiple sports rather than one sport year round, tend to be the better athletes and perform better. The ADM model encourages multiple sports. It also values "practices and proper training above all else." \* This model emphasizes the importance of kids having fun and warns against early specialization. And for an organization like USA hockey to recommend multiple sports... not year-round hockey, you know these findings are pretty significant!

*"The ADM, through utilization of LTAD principles, allows us to integrate training, competition and recovery programming with relation to biological development so that we can fully get at a kid's potential. To make an athlete out of a kid. Make a hockey player out of an athlete. The ADM offers equal opportunity for recreation and competition – a key to retaining younger players."\**

Some of the ADM suggestions may seem radical to what we are used to, but the research is there and the findings are not based on opinions but rather facts. I encourage you to read up on the ADM Model. It makes a lot of sense!

**"No Fun, No Future"\***

\* [http://admkids.com/parents\\_ABC.php](http://admkids.com/parents_ABC.php)

## Western Hemisphere Travel Initiative\*

**U.S. Border Crossing Requirements Have Changed- Make sure you are compliant today!**

Simplify your travel checklist!

Starting June 1, 2009, U.S. citizens returning home from Canada, Mexico, the Caribbean or Bermuda, by land or sea, are required to present one of the travel documents listed below.

**U.S. Passport** – This is an internationally recognized travel document that verifies a person's identity and nationality. It is accepted for travel by air, land and sea.

**U.S. Passport Card** – This is a new, limited-use travel document that fits in your wallet and costs less than a U.S. Passport. It is only valid for travel by land and sea.

**Enhanced Driver's License (EDL)** – Several states and Canadian provinces are issuing this driver's license or identification document that denotes identity and citizenship. It is specifically designed for cross-border travel into the U.S. by land or sea.

**Trusted Traveler Program Cards** – NEXUS, SENTRI or FAST enrollment cards can speed your entry into the U.S. and are issued only to pre-approved, low-risk travelers. The cards are valid for use at land or sea; the NEXUS card can be used in airports with a NEXUS kiosk.

**Special Groups** – Information for Children, Groups of Children, Native Americans, "Closed Loop" Cruises, U.S. Lawful Permanent Residents, U.S. Military, Merchant Mariners, Ferries and Small Boats, and Boaters.

Knowing what documents are required and having them ready when you return home will help streamline the entry process and ensure your return to the U.S. is as smooth as possible.

\*[http://www.getyouhome.gov/html/lang\\_eng/index.html](http://www.getyouhome.gov/html/lang_eng/index.html)

## S.T.A.R. Video

Remember to watch the S.T.A.R. video if you have not already done so. MAHA Expects it!  
Video can be signed out from the MJHC office.

**Tune in to  
Sunny 101.9 - WKQS**

for the

The NEW Marquette Junior Hockey Report

–Weekend Preview–  
Fridays at 8:15 AM

–Weekend Wrap-up –  
Mondays at 8:15 AM