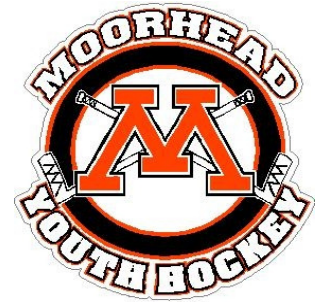


FACE OFF



VOLUME XIII
ISSUE 4
November 2010

The Official Scorecard of Moorhead Youth Hockey

MYHA BOARD OF DIRECTORS 2010-2011

Todd Beedy
President
Executive Committee

Chris Carey
Vice President, Gaming
Executive Committee

Aaron Erickson
Treasurer, Tournament Director
Executive Committee

Kathy Fischer-Thom
Gaming Manager

Joyce Hajostek
Board Secretary, Office Manager

Lori Borgen
Membership

Dennis Bushy
Arena Manager, Scheduler

Ralf Mehnert-Meland
Fundraising
Assistant Tournament Director

Randy Evavold
Membership

Brad Franklin
Hockey Director

Steve Iverson
Fundraising

Eric Johnson
Fundraising

Kaylee Black
Hockey Committee

Dave Morinville
Hockey Committee

Greg Krier
Equipment

Tony Kunka
In-House Hockey Director

Congratulations to our 2010 MYHA Puck Challenge Award Winners!



The following are the members who completed the required sessions. They have set and completed a personal goal to enhance shooting, stick handling and goaltending skill development during July/August of 2010.

Bantam

Will Borgen
Brady Butcher
David Carey
Trey Greene
Andrew Halbakken
Ben Halgrimson
Dominic Heazlett
Anthony Herbel
Alex Mehnert
Kole Moilanen
Nick Paulson
Justin Perreault
Chris Pink
Hunter Zbasnik

Peewee

Jamison Allen
Jake Beedy
Zach Boutain
Kody Chromey
Carter Czichotzki
Cooper Czichotzki
Parker Dronen
Ethan Erickson
Jack Fahrendorf
Joe Franklin
Luke Heinisch
Carter Howell
Zachary Olson
Ty Syverson
Joseph Thibert

14U

Tori Davis
Micaela Mjones

12U

Emilie Halbakken
Marissa Herdt

Pucks needed ...

We are looking for families to give pucks back to the rink. We have had pucks leave the arena and not returned. We have already gone through at least 500 pucks this season! If you have any pucks to return, or donate, please bring them in asap!

Office Hours

8:00 a.m.- 4:00 p.m.
Monday-Friday

Phone: 218.233.5021
Fax: 218.233.4504
Arena: 218.236.6650



*** Emergency Shortage***

In 2007 MYHA started a cell phone recycling program whereby the association receives a rebate check for the old/unused cell phones that we donate. The donated cell phones are refurbished and utilized for 911 purposes for women in crisis throughout the US and redeployed nationwide to developing countries to improve quality of life through communication. Please place your unused cell phones in the drop box located by the concession stand in the lobby, or bring them into the office to support this worthwhile cause.

BOARD MEETING NOTICE

The Board of Directors of Moorhead Youth Hockey meet on the third Wednesday of each month. At each meeting the financial records of the association and its gaming subsidiary are available for review by the members of the association. All members are invited to attend. The next scheduled meeting will be held on **Wednesday, December 15, 2010 @ 7pm, at Smokey's Garage, 2917 16th Avenue South, Moorhead MN.** If you would like to be added to the agenda please contact **Joyce Hajostek at 233-5021** at least one week prior to the meeting.

All MYHA Travel Goalie Equipment

Equipment Liaison needs all equipment accounted for...

If you have borrowed any goalie equipment from MYHA, such as: helmet, chest protector, blocker, glove, pads, breezers, or any other pieces of equipment, please contact Greg Krier to inform him of what equipment you have.

If you are no longer using some of the equipment, need to exchange any of the equipment, or have repair needs, please contact him as well.

Greg Krier
gregory.krier@usbank.com
701-238-1771

RECYCLING NOTICE:

You are welcome to bring your aluminum cans to Minnkota Recycling and tell them they are for Moorhead Youth Hockey. Moorhead Youth Hockey will receive the rebate check back from the cans.

Thank you!

RECYCLING USED INK CARTRIDGES

Please turn in your used printer ink cartridges in the drop off box located in the MYHA lobby. We earn cash for each one we turn in for recycling/refilling. It's an easy way for us to earn extra money for our association. Sp far we have earned close to \$400. We accept both small and large cartridges.



Lisa Schmidt
Ink Recycling Coordinator



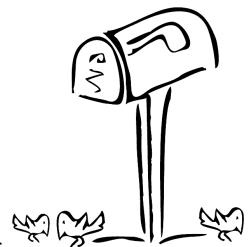
GAMING

Pull tab and bingo gaming help to support and reduce the costs of youth hockey for the Moorhead Youth Hockey Association. MYHA appreciates the partnerships we have with the following gaming sites. Please patronize our MYHA gaming sites:

CROWBAR ** DAVE'S SOUTHSIDE TAP
** JC CHUMLEY'S
JC CORRAL ** GALAXIE ** MAINLINE**
MICK'S OFFICE ** O'LEARY'S PUB
SPEAK EASY** VIC'S BAR & GRILL

Change of Address?

Please call or email the office at 218-233-5021 or admin@moorheadyouthhockey.com to notify us of any change of address to keep our information updated. This includes emails too! *Thanks.*



MOORHEAD YOUTH HOCKEY ASSOCIATION

2010-2011 INVITATIONAL TOURNAMENTS



- MAHA Sanctioned
- **3 Game Guarantee**
(8 Team Tournaments)
- **4 Game Guarantee**
(12/16 Team Tournaments)
- **Unique Team Trophy & Individual Medals**
(1st, 2nd, 3rd)
- **Early Registration Discounts**
(Registered and paid by October 1, 2010.)

| Classification | Dates | Days | Number of Teams |
|----------------|--------------------|------|-----------------|
| Bantam A | Dec. 3 – 5, 2010 | 3 | 16 teams |
| Peewee A | Dec. 10 – 12, 2010 | 3 | 12 teams |
| Peewee B2 | Dec. 18 – 19, 2010 | 2 | 8 teams |
| Bantam B2 | Dec. 18 – 19, 2010 | 2 | 8 teams |
| Junior Gold A | Jan. 1 – 2, 2011 | 2 | 8 teams |
| Peewee B1 | Jan. 1 – 2, 2011 | 3 | 12 teams |
| Squirt A | Jan. 15 – 16, 2011 | 2 | 8 teams |
| Squirt B1 | Jan. 15 – 16, 2011 | 2 | 8 teams |
| Bantam B1 | Jan. 21 - 23, 2011 | 3 | 16 teams |
| Girls 10U-A | Jan. 29 – 30, 2011 | 2 | 8 teams |
| Squirt B2 | Jan. 29 – 30, 2011 | 2 | 8 teams |
| Girls 12U-A | Feb. 5 – 6, 2011 | 2 | 8 teams |
| Girls 14U-A | Feb. 5 – 6, 2011 | 2 | 8 teams |

Team Assignments for working Home Tournaments

| | |
|-----------------------------|----------------------|
| PA, Rookie 2, Mite 2 | December 10-12, 2010 |
| PB2, BB2, Rookie 3, Mite 3 | December 18-19, 2010 |
| JG, PB1, Rookie 4, Mite 4 | January 1-2, 2011 |
| SQA, SQB1, Rookie 5, Mite 5 | January 15-16, 2011 |
| BB1, Rookie 6, Mite 6 | January 21-23, 2011 |
| 10U, SQB2, Rookie 7, Mite 7 | January 29-30, 2011 |
| 12U, 14U, Rookie 8, Mite 8 | February 5-6, 2011 |

TATOR TOTS

Tuesdays 11am-1pm
Thursdays 1pm-2pm

Tator tots is for children of pre-K age. There is no charge for Tator Tots; however, we do ask that a parent/guardian be present to supervise. Please note that we will not have Tator Tot sessions during the Christmas holidays due to Open Hockey at the older age levels.

Hockey Stick Bags For Sale

MYHA has a limited amount of stick bags for sale. **Some** of the bags have Moorhead Youth Hockey embroidered on the side. For the low price of \$10 you can protect your investment while promoting Moorhead Youth Hockey during your travel time. If you are interested in purchasing a stick bag, please stop by the Moorhead Youth Hockey office during business hours.

2010 Raffle Prizes

MYHA
\$5,000 Cash

MYHA
\$3,000 Cash

MYHA
\$2,000 Cash

ByteSpeed
Laptop

Food Services of America
10lbs ea. of fresh-cut Choice NY
Strip & Ribeye steaks

M&M Curb Appeal
50 ft. Concrete Edging

Oxbow Country Club
4 Rounds of golf with 2 carts

Wimmer's
Women's Watch

Home Depot
Gas Grill
Gas Grill
Gas Grill

& MUCH MORE!

For a complete list of prizes, please check the MYHA website.

**Date of the drawing is
SATURDAY, DECEMBER 11,
2010 3:00PM at the
MYHArena.**

**Reminder...raffle tickets are due in
the MYHA office by December 1,
2010. If office is closed, please feel
free to place the tickets in our locked
drop-off box on the MYHA office
door.**

With the season fully underway, I hope that all our players have a fun and successful experience this season. This time of year provides our players the opportunity to enjoy and learn the game of hockey by spending time on the outdoor rinks playing “shinny” with their friends. Because of the demanding schedules of our players, we don’t provide enough unstructured time for them to work on their skills, to create a better understanding of hockey, and to instill a passion for the game.

MYHA does an outstanding job maintaining a strong emphasis on skill development during the season. It comes as no surprise that most of the successful past and current MYHA players spent countless hours on the outdoor rinks with their friends and in their basements or garages or driveways honing their skating, shooting, and stickhandling skills. Researchers Frank L. Smoll and Ronald E. Smith found that “at all ages the variable that determined the skilled players from the lesser skilled players was the amount of time spent practicing/playing with a friend(s) a player spent outside of the organized practice and game sessions. In fact, the skilled players reported nearly **twice** as much time practicing with a friend than the non-skilled players.”

I encourage all players at all levels to take advantage of the outdoor rinks, open skating/hockey, and the MYHA shooting and stickhandling room. Practice fundamental skating and stick techniques until they become instinctive. Individual mastery of the “little things” can help each player achieve their individual goals and increase their enjoyment of the game.

The following are important dates and information for the months of December and January:

- ◆ In-house teams will be off December 23rd through January 3rd. Open hockey will be scheduled for players to attend.
- ◆ Traveling teams will be off December 22nd through December 26th. Open hockey will be scheduled for players to attend.
- ◆ The In-house mid-season tournament is the weekend of January 7 – 8th.
- ◆ Visit the District 15 website, www.district15hockey.org, for up to date travel team standings.

Brad Franklin

Reserved Parking Signs

Parking signs were installed in 2003 in the front of the building to reserve parking spaces for the Arena Manager, the Gaming Manager, the Office Manager and for the handicap. Our employees are coming to the rink seven days a week at all different times to deal with hockey, concessions or gaming related issues. Please respect the signs and do not park in these spots.



Also, we have four signs posted for private parking. These families have paid for the ability to come to the rink and park in the front row. Again, please respect the signs and do not park in these spots.

Betting a Childhood on Sports

Ask children to draw pictures of themselves as adults and the odds are that you will get back a picture of someone in a sports uniform. Sports and the people who play them are powerful influences in the lives of children. The focus on sports as a recreational past time and as an adult profession is often encouraged by parent involvement at games and by the presents that kids ask for and receive at birthdays and holidays. Jerseys, equipment and trading cards often top many gift lists.

Though these fantasies and activities are normal, too much focus on sports can leave kids with a singular identity and at risk of serious difficulties in high school or college when their sports goals do not materialize. Kids who find acceptance and purpose with sports at young ages may find themselves completely lost and adrift when they, like 99.9% of all other student athletes, fail to find employment as a sports professional.

Dr. Shawn Byler, a sport psychology consultant in Atlanta, Georgia, often works with kids (9 and up) whose lives have become too entangled with sports activities. She observes, "Kids want approval from their parents. If early on they struggle with schoolwork but excel in sports, they will naturally spend more time in sports related activities and less in academic efforts. Unfortunately, many of these kids are then poorly prepared for life after high school."

Kids who identify themselves as athletes will have a difficult time when their time in sports comes to an end. Like adults who have a singular identity, the end of that identity can have disastrous consequences. Dr. Byler warns: "Like an adult who has spent a fair amount of his/her life saying 'I am a (fill in the blank)', a child who has grown up saying 'I am a baseball player' will have no clear sense of identity or self worth when that chapter comes to a close. Adults and kids are then at their most vulnerable when they lose their identity with much higher risks of problems with depression, drugs, alcohol and a whole host of other challenges."

How do parents know if their child is at risk of these problems later on? Dr. Byler counsels "Parents should be alert for kids whose lives are out of balance. Focusing on sports to the detriment of academics, family and other diversified activities are clear danger signs. If a child's friends and social standing derive in large part from their sports activities, then that child is at risk. Parents can ask themselves how often they are inquiring about their child's sport outside of practice or competition time. Allowing the child to leave the sport at the gym or field is a step in the right direction"

Some warning signs parent should be alert to are:

- ◆ Family schedules that are dominated by sports events
- ◆ College discussions focused on sports programs or possible athletic scholarships
- ◆ Academics and homework have a lower priority than athletic training
- ◆ All of a child's friends are also teammates
- ◆ Kids who focus on just one sport prior to the age of 14
- ◆ Kids who answer "I am a _____ player" to a question of who they are.

Parents can get ahead of the problem if they understand it and catch it early enough. Dr. Byler tells parents to help their child separate roles from identity. For example, kids always have several roles such as athlete, student, son/daughter, sibling, friend and citizen. Parents can help their child identify each of these roles and understand their plans for success in each. Then if their actions in one role are not successful, kids will still have other areas in which to feel positive. Parents can help kids transition to multiple roles by:

- ◆ Stressing schoolwork
- ◆ Exposing their child to more than just sports activities
- ◆ Encouraging friendships with non-athletes
- ◆ Helping children see themselves as successful in other areas

It is not necessary that parents crush the pro-athlete dreams of kids. However, it is important that parents talk to their children about how they would be proud of their child in other careers as well.

Helping kids identify their multiple roles can have immediate benefits Dr. Byler states. "When kids identify themselves in only one role, a failure can seem more catastrophic than it really is. For example, if children see themselves as a baseball player but then fail to catch a fly ball that costs the game, that error may hurt more than it should, impacting not only their non-baseball life but also interfering with their performance in future games. Failure is an important learning tool, but only if kids can get past those failures, and use them as building blocks to success"

Dr Byler goes on: "It is important with kids that they stay in the present. Too often, kids will punish themselves for days or weeks for a bad play. They may live in the memory of that mistake or the fear of making another one. Only when kids' lives are balanced are they able to handle mistakes and put them in the proper perspective."

Though youth sports offer tremendous advantages for kids, an overemphasis of sports can put kids at serious risk as they transition to adulthood. The odds are extremely slim that a child plays college or professional sports. When parents or kids bet a childhood on this unlikely outcome, they risk not only the loss of a career but also they lose the opportunity to develop a skill set for dealing with life.



MOORHEAD YOUTH HOCKEY ASSOCIATION

707 SE MAIN AVENUE
MOORHEAD, MN 56560
PHONE:(218)233-5021

Hockey Day Minnesota 2011 February 12, 2011 – Moorhead, Minnesota Advertising Rates – Commemorative Program

Take the opportunity to reach the expected 5,000+ fans on-site in Moorhead and hockey enthusiasts across the entire region through Fox Sports North televised coverage.

The Fifth Annual Hockey Day Minnesota will showcase a number of teams from around the State of Minnesota. MYHA will host two outdoor varsity hockey games to be broadcast by Fox Sports North: Roseau vs. Wayzata and Moorhead vs. Hill Murray.

Moorhead Youth Hockey will publish a full-color commemorative program for the event. The program will also be used as official “tournament” program for all MYHA-sponsored tournaments for the remainder of the 2010/2011 season.

If you are interested in placing an advertisement, please complete the information below and mail to Moorhead Youth Hockey Association, Hockey Day Minnesota 2011, 707 SE Main Avenue, Moorhead, MN 56560 (or fax to 610 661 0723 – no cover page needed).

We will invoice you and contact your for your content information. If you have any questions, please call Ralf Mehnert-Meland at 218 233 4689.

Advertising Package Selected (please circle)

| | |
|-----------|---------|
| Full-page | \$1,000 |
| 1/2-page | \$650 |
| 1/4-page | \$350 |
| 1/8-page | \$200 |

Business Name: _____

Contact/Title: _____

Address: _____

Telephone: _____

Email Address: _____

Signature: _____

MYTEAM Ceremony set for March 29, 2011

Speaker will be Terry Horan, Head Football coach at Concordia College



The MYTEAM Achievement Award is a program established to encourage, support and reward youth hockey players who commit themselves to their schoolwork while enjoying the sport of hockey.

The ceremony for the 2010-11 season will be held at the Moorhead High School Auditorium, March 29 with guest speaker Coach Terry Horan.

All award recipients and family members are invited to attend this ceremony. There will be achievement certificates, camp giveaways, door prizes, awards and more.

As an association, we feel it is important to stress education and acknowledge those who do well in school while participating in our hockey season.

CRITERIA:

Skaters must maintain a minimum 3.0 grade point average throughout their hockey season.

This is a voluntary program and participation is the responsibility of the skaters' family.

All letter grades, in all subjects will be used to calculate grade point average.

The program is for all players in grades 1 and up who are in the Moorhead Youth Hockey Program.

Elementary school report cards will be converted to a point system to determine eligibility.

Applications will be available online March 1, 2011. Report cards are due by March 15, 2011.

Any questions, call Karla Swenson at 218-236-5167 or 218-790-2612. PLEASE DO NOT CALL MYHA OFFICE.

Moorhead Youth Hockey
707 SE Main Avenue
Moorhead MN 56560

www.moorheadyouthhockey.com

RETURN SERVICE REQUESTED