

JANUARY 2011

**Bantam B1's
Win Again!**

2011



Westonka Hockey Association News

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Letter from the President

As the days begin to get a little longer, it's hard to believe that we're approaching the end of another hockey season already. We all hope you have had an enjoyable hockey experience this year.

Volunteer Program---Our hockey association would not be able to operate were it not for the hours and hours of volunteer time given by our coaches, parents and board members. Please familiarize yourself again with our Volunteer Policy Document, located on the web site under the Volunteer Program link, so there are no surprises as we wrap up this hockey season. Instructions on how to navigate through the on-line DIBS process are also located under the Volunteer Program link.

Jamboree Tournaments--Our youngest skaters enjoy their Jamboree weekends coming up in February; Mini-Mites Feb. 19th/20th and Mites Feb. 25th/26th & 27th. Lots of fun planned for all of our families and guests including a visit by Nordy, numerous vendors, games, a silent auction and of course, fun hockey.

There are some DIBS volunteer opportunities available on the web site if you're still looking to fulfill your hours. Please come and enjoy the fun and make sure you stop by the silent auction room.

Board Elections--We have 3 board seats available during this years elections, which will take place in February. We always need a variety of 'skill sets' and people who are willing to put in the time to make our association operate. Please consider running for the board and if you are interested, contact myself or our VP, Scott Ellingboe.

Year End Survey--Keep an eye out for our annual survey which will be sent out towards the end of the hockey season. We have had great participation during the last few years and have made changes based on what you, our membership, tell us. Thanks for taking the time to fill it out.

Thank you again for your support of Mound Westonka Hockey and enjoy the rest of the season.

Should you ever have any questions, compliments, or concerns, always feel free to contact myself or any other board member.

Randy Lee
MWA President



The outdoor ice rink is getting lots of use this year by our own teams and our community.

A HUGE thanks for all of the volunteers who have used the DIBS system to volunteer hours and keep the rink in great shape.

Did you know that the 'rink crew' has flooded the rink (via the fire hose or Zamboni) over 65 times since December 12th and we probably still have over 30 days left of the season??

That's a lot of water!!!

Hockey Against Hunger

Recently, our MWA players were treated to free admission to some of the High School Boys & Girls games. At the same time they encouraged fans, teams and hockey families to help donate food for the local food shelf.

Below is a note that the association received from the high school team parent - volunteer who helped with this event:



A big thank you to the youth hockey association for their generous donations to "hockey against hunger"!!! I know that some of the teams collected food items at practices and others came to the high school game with their donations.



It was great to see so many youth hockey players at the games last Saturday. We collected more than 1,250 pounds of food, very exciting to have everyone work together to reach this goal!

MWHA JAMBOREE



Please mark your calendars for our biggest event of the season, the MWA Youth Hockey Jamboree. The Termite Tournament will be February 19th & 20th, while the Mites will be the following weekend, February 25th, 26th & 27th. This is highlight of the season for most youth hockey players at this level.

What most people don't know is the amount of time, planning, organizing and scheduling that goes into pulling off one of the best youth tournaments in the Twin Cities. This tired less group of individuals participate in helping our association raise money that is used for equipment, skills, scholarships and general association costs.

Volunteer opportunities can be found on the DIBS system. Please take the time to help out with this event by being a volunteer, sponsor, or helping with a donation for this very worthwhile event.

Remember, you do not have to be a parent of a Termite/Mite to enjoy this event. The silent auction, food & vendors are enough to reason to check out the festivities.

Top 5 Reasons to Donate, Attend, Volunteer and Enjoy the 2011 Jamboree

1. Give our kids an amazing tournament to showcase their skills
2. Donate yourself as a Gift to our Mite, Mini Mite, and U8 hockey kids
3. Rite of Passage as parents of young hockey kids
4. Impress our new D3 district and show off MWA spirit and teams
5. Welcome our visiting D6 teams to our Arena

Top 5 Ways I Can Make The 2011 Jamboree A Success

1. Donate or gather great items to contribute to Silent Auction
2. Sign Up in Dibs to Volunteer At the Jamboree
3. Buy \$15 unlimited Action Game Wrist Band
4. Contribute approx \$8 to your team for team CD from Action Photography
5. Complete Team Basket

Chat with your team managers about all of the great opportunities to enjoy the 2011 Jamboree.

Anna Peterson would love to help you with your Silent Auction needs.

annacpeterson@yahoo.com

Contact Kelly Bergeson about Jamboree.

kkbergeson@yahoo.com

MWA Board - Randy Lee, Scott Ellingboe, Mark Peterson, Tom McGlynn, Cindy Lund, Todd Courneya, Mark Smith, Dave Goulet, Blake Smith & Jay Hopia.

The MWA Board meets every third Monday at the Mound Depot - 7:00 p.m.

MWHA Travel Team Scores & More

BOYS BANTAM B1'S CRACK THE TOP 20 IN THE LPH HOCKEY RANKINGS!

Check out their latest tournament win
The Anoka B1 Tournament Champs
January 23rd, 2011
**Picture on front cover.*



♥ They skated their hearts out and won all three games in the White Bear Lake, Moose Goheen Invitational Tournament. Way to go girls!



Mound Westonka U12B team took third place in the Litchfield Tournament January 14-16.

Evan Babekuhl - Squirt A



ZERO PATCH AWARD - GOALIE SHUT OUTS

Squirt A

12-05-10 Evan Babekuhl vs. Rochester
12-12-11 Evan Babekuhl vs. Arms/Cooper
01-04-11 Evan Babekuhl vs. Mpls. Storm

U12 A

12-11-10 Emma Polusny vs. South St. Paul
12-19-10 Emma Polusny vs. St. Michael
12-28-10 Emma Polusny vs. Buffalo

Squirt B

12-22-10 Joseph Olson vs. Wayzata Wht

U12B

12-4-10 Kayla Bebeau vs. OMG Black



HAT TRICK



Mark Hildahl Bantam B2 - Hat Trick vs Armstrong/Cooper in Laker Shootout Tournament(Prior Lake) on Sunday, 1-16-11

SELECTING THE RIGHT STICK FOR YOUR YOUTH PLAYER

When the great Gordie Howe was asked in an interview what was the most common error made by young hockey players today he said it was selecting the incorrect hockey stick.

A hockey stick must be selected on two main physical characteristics: size and flex. When speaking of size it is not only the length of the stick but also the size of the shaft, size of the blade and weight of the stick.

An incorrectly fitted hockey stick is more detrimental to the development of a hockey player than incorrectly fitted skates.

The 5 things to consider when purchasing the correct stick for your hockey player?

- * Flex
- * Blade
- * Shaft Size
- * Type - Wood or Composite
- * Length



Select one that fits your youth player in flex, weight and length. Do not let the marketing select the stick for you.

To read more about the specifics of selecting the correct stick go to;
www.thephysicsofhockey.com/documents/stick_selection.pdf

A helpful resource when understanding your youth players needs and requirements.

Green Biscuit - Hockey Product Review

One of the best ways to improve your stick handling can be done right in your own garage or basement. Many players use a variety of tools and methods when working on improving the quickness of your hands, they use tennis balls, weighted stick handling balls, plastic pucks and now the Green Biscuit.

While there are many pucks that use simple, and often flawed designs in an attempt to achieve an ice like feel, it appears that the green biscuit may actually achieve this. It definitely wins the award for most creative engineering and design. Only one question remains though....does it work? The short answer is yes. It moves well on pavement and concrete and moves like a real puck especially on shooting surfaces.

It is best used between players to improve passing and for individuals to work on hand skills, keeping your head up while learning to feel the puck from side to side. This is great for any variety of dryland skills except shooting. Leave that to the real puck. This product can be found at many hockey retailers like, Lettermen Sports a proud sponsor of Mound Westonka Hockey.

