



# Wadena Hockey Club

[www.WadenaHockey.com](http://www.WadenaHockey.com)

April 2010

## BANTAM A.....by Mary Krause

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Hello from the Bantams! I apologize for this being our only entry in the newsletter this season. It has been an interesting season for the Bantams. After having a successful Bantam B 2008-2009 season, we were challenged to play at the A level.

This proved to be a challenge. As the season progressed, winning was defined differently with each game. Sometimes it meant winning the face-off, more shots on net, executing plays, winning the period, etc.

This group of young men had to make several adjustments over the last season. Their record doesn't reflect a "winning" season; however, they won on many different levels.

As I read the article posted on the website entitled: "What is the Real Meaning of Winning?", I believe that we achieved the ultimate challenge of winning as pointed out in the article.

If we can impress on children that they are never "losers" if they commit themselves to doing their best and give maximum effort, we are giving them a priceless gift that will assist them in many of



life's tasks.

Earlier I referenced this team as a group of "young men". That is exactly how they represented themselves time and time again. The majority of this team moves up to the varsity level next year. We know that because of the challenges we faced this season, we are better prepared for next season.

**Congratulations Bantam A's on a "Winning Season"! We are proud of you!**

Wadena Bantam A (picture above)

**Front:** \*Shane Motschenbacher, \*Justin Masog, \*Cory McManigle, Blaine Cooper, Brekden Kovar  
**Middle:** Brandon Olson, \*Mitchell Swanson, Jared Luhning, \*Tyler Harthan, \*Mike Paavola, Hayden Sturdevant  
**Back:** \*Christian Berg, \*Jake Krause, \*Matt Stone

\*2nd year Bantams



10 Questions to Help Your Player Evaluate Last Season



combination of good and bad experiences with games, coaches, kids, and parents. The important thing now is to take a look back and focus on the positive before moving on.

Ask these questions:

1. What did you learn from the coaches?
2. What turned out to be the best way to communicate with the coaches?
3. What did you do well this year?
4. What did your team do well?
5. Did you get to try anything new? (Play a different position, learn a new shot?)
6. Was there one memorable play, game or tournament you'll never forget?
7. Did you make any new friends?
8. Did you learn any strategies for getting along with everyone?
9. What is your goal for next year?
10. Overall, did you have fun?

Once you identify and verbalize all the positives, you're more likely to remember those aspects of the season. If the negatives still stand out, just tell yourself: It's over and next season you get another chance.

–Thank you to Kelly Kordes Anton with advice from Steve Rarey and John Cruise.

MCHUMOR.com by T. McCracken



Most of the time, you're a great player on a mediocre team or a mediocre player on a great team. Only when the stars align are you a great player on a great team." A friend told me this when I described my son's losing hockey season one year, and I'll never forget it. When I described coach and locker room issues to another friend, he said, "Tell him this is just one coach and one team of the many coaches and teams he'll have through his life. Some are good and some are bad."

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What these friends have in common is age. Lifelong athletes nearing 60 and sports parents, they'd seen it all. I was gratified to see that Dr. Fred Neff, a sports psychologist, agrees with them in terms of hockey: "Hockey is not a sprint, it is a marathon. One season is a blip in the existence of your hockey career" ([www.proambitions.com](http://www.proambitions.com)).

As the season ends, how can your player get the most out of this blip in his or her career? You can learn a lot from a winning team with supportive players, well-informed and encouraging coaches, and great parents. But you can also learn a lot from a losing team with infighting and screaming coaches. And you can learn from the most likely scenario, a

MCHUMOR.com by T. McCracken



"Hold it! I dropped a contact lens."

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## Participate in the Schwan's Youth Hockey Fundraiser....Event #27731

Click on the link below to pre-order  
All order must be submitted online or to  
Mary by April 30th

[www.schwansfundraising.com/  
orderForm.aspx](http://www.schwansfundraising.com/orderForm.aspx)  
Place Your Order Online

Pick up day is scheduled for May 8, 2010.  
The Schwans truck will be parked in the  
Parking Lot next to Wadena Inn and Grill for  
easy access and extra traffic. Not at the  
Community Center

Any questions, call Mary @ 218.639.3629

You can also purchase gift certificates to  
support Wadena Youth Hockey and use  
them the next time the Schwans Customer  
Service Manager stops at your house. If  
Schwans does not currently stop by your  
house, you can call 1.888.724.9267 to ar-  
range for delivery.

It's as easy as 1 - 2 - 3! To order gift certi-  
ficates for yourself or for friends or family,  
simply:

1. Call 1.888.724.9267 prior to May 1st (7am  
-10pm Mon-Fri, 8am-7pm Sat, and 11am-  
7pm Sun)

2. Inform the Schwans representative that  
you would like to place a gift certificate or-  
der to support Wadena Youth Hockey fund-  
raiser and give them the following Event  
Number: 27731.

3. Select the denomination(s) and amount  
you would like to purchase. Gift certificates  
are available in \$5, \$10, and \$25 denomina-  
tions. You may pay by Visa, Mastercard, or  
Discover credit card.

## How to Tape Your Hockey Stick

A player's stick is often his most personal piece of equipment. Adding tape to your stick makes it uniquely yours. Taping a stick should be done with cloth hockey tape.

Taping a stick can help:

- Control the puck while stick handling
- Keep hands from slipping off the end of the stick
- Provide a better grip when shooting, stick handling, stick checking or picking the stick up off the ice.

The blade is taped to help cushion the puck and keep it on the blade while carrying the puck down the ice. Some players prefer white tape on the blade to help them see the puck better. Other players prefer black tape to try to hide the puck from their opponents. Players should stay with either white or black tape for their blade.

The handle is taped to provide a better grip and a knob is created that keeps the hand from slipping off the end of the shaft. It also makes it easier to pick up the stick when dropped on the

ice. The use of color here is strictly a personal preference. Some players like to tape down the shaft where they place their lower hand. Tape on the middle of the shaft can interfere with sliding the down hand up and down and should be used only if gripping is a problem.

### Key Points:

- Pick colors that you like or mix them to make it more personal. If your stick is in a big pile of sticks, your taping choice can help you quickly identify your stick.
- Take care of your stick and it will take care of you.

**Editor's Note:** Special thanks to [Sports Esteem](#) for the above article.

This article was brought to you by TotalHockey.net. For a limited time, visit TotalHockey.net and use the code "**growthegame10**" to receive **\$10 off any order** (Certain restrictions may



**Inner Peace: This is so cute.....Some food for thought!**

If you can start the day without caffeine,  
If you can always be cheerful, ignoring aches and pains,  
If you can resist complaining and boring people with your troubles,  
If you can eat the same food every day and be grateful for it,  
If you can understand when your loved ones are too busy to give you any time,  
If you can take criticism and blame without resentment ,  
If you can conquer tension without medical help,  
If you can relax without liquor ,  
If you can sleep without the aid of drugs,

..Then You Are Probably The Family Dog!



**Submit Your News.....by Anna Olson**

This newsletter is a great way to report news and highlights about your players. Lets keep this going all year around. Please share pictures and news about your players as they participate in summer leagues and camps.

Please forward all information and pictures with captions to [secretary@wadenahockey.com](mailto:secretary@wadenahockey.com)

If you have questions please call Anna at 218-631-1705

**New Website.....**

The new website is up and running. Please note: **the old site is no longer being updated.** Very shortly [www.wadenahockey.com](http://www.wadenahockey.com) will be transferred to the new site.

Check out Wadena Hockey facebook page. go to [www.facebook.com](http://www.facebook.com) and search for Wadena Hockey.....Become a Friend/Fan... A fan page for each team will also be available by Fall 2010.

**Registration News.....by Jill Boline**

## USA Hockey 2010-11 Season Registration Information

Register for USA Hockey online at  
<http://usahockeyregistration.com/>

The USA Hockey Registration fee is \$30 per person (exception, birth year 2004 and after) plus an Affiliate fee (if applicable) varies by Affiliate; State of Minnesota is \$10.00.

If a participant plays and coaches he/she pays only one registration fee.

Current membership will expire on August 31, 2010. Once you have registered for the 2010-2011 season, please print your registration form. You **will need** to bring the completed USA Hockey Registration form to Hockey Sign Up.

More information regarding Wadena Area Youth Hockey Sign Up Coming Soon!

**Easy and Health Take-Along Asparagus & Tomato Salad.... Jill Boline**

- |   |   |
|---|---|
| 1 lbs fresh asparagus, trimmed and cut into 1-inch pieces | Put asparagus and zucchini in a steamer basket and place in saucepan filled with 1 inch water.            |
| 1 small zucchini, halved & cut into ¼ inch slices         | Bring to boil, Cover and steam 2 min. Rinse in cold water.  |
| 1 cup cherry tomatoes, halved                             | 2. In Lg bowl combine asparagus, zucchini, tomatoes and onion.  |
| ¼ cup sliced green onions                                 | 3. In jar with tight lid, shake olive oil, vinegar, salt and mustard. Pour over veggies and toss to coat. |
| 2 TBS balsamic vinegar                                    | 4. Serve sprinkled with parmesan and pine nuts. Enjoy!  |
| 1tsp Dijon mustard  |   |
| ¼ tsp salt  |   |
| 3TBS olive oil  |   |
| ¼ cup shaved parmesan cheese                              |   |
| 2 TBS toasted pine nuts                                   |   |