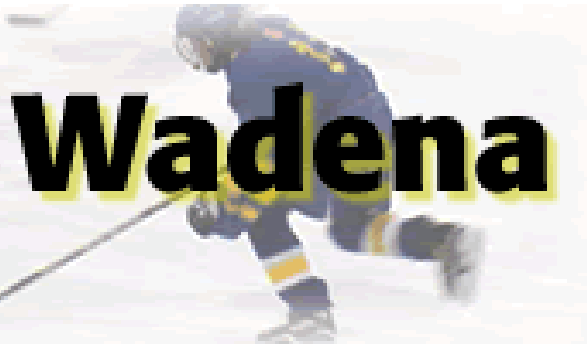




Wadena Hockey Club



February 2010

www.WadenaHockey.com

PeeWee B, The True Meaning of Winning...by Amy & Stacy

Special points of interest:

- Pg-1 PeeWee B's
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- Quotes/Cartoon

Home Tournament Dates.....

Mite Jamboree....
1st weekend in March



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The scoreboard can in no way reflect the true "wins" that our team has captured. Although the game wins are not what we anticipated, the team and personal wins have been numerous and abundant. At the core of this team is a tremendous amount of heart. It shows in how they have come together as a team and how they have connected as friends off the ice.

This team of kids has advanced significantly in their level of skill and

has bonded together as a **true** team. Whether it is taking a good slap shot, making a good pass, a good body play or a nice goalie save, standing up for a fellow teammate or holding their heads high when they know deep in their hearts that they gave it their all and are proud of it. These are all examples of "true wins". We have an amazing team of young adults with two dedicated coaches that are working very hard at advancing themselves on

a personal level and truly enjoy being a member of a tight knit team of players. They stay positive and work hard to advance each day.

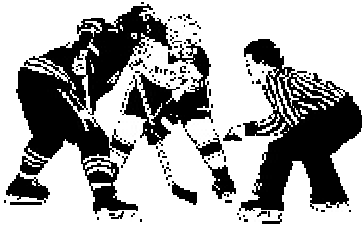
For all of this, we as a team of parents, coaches and players are extremely proud!

Great Job PeeWee's

I JUST WANTED TO DROP A NOTE SAYING THANKS FOR WELCOMING OUR BOYS TO COME TO YOUR COMMUNITY FOR THE RECENT PEEWEE GAME. OUR STAY INN WADENA WAS A VERY ENJOYABLE EXPERIENCE. YOU HAVE A WELL COACHED PROGRAM, A GREAT FACILITY FOR HOCKEY AND A VERY WELCOMING COMMUNITY. WE ARE LOOKING FORWARD TO THE YEARS TO COME IN THE JV AND VARSITY LEVELS. THANKS AGAIN.

KEITH J. KLEGSTAD
PEEWEE PARENT AND HALLOCK CITY COUNCILMAN

What is the Real Meaning of Winning.....by MN Hockey



The common notion in sports equates success with victory. This means scoring more points, runs, or goals than the opponent. Yet, in a youth sport model, the measure of success goes beyond records and standings. Success is a personal thing and is related to one's own standards and abilities.

In terms of the educational benefits of sport, children can learn from both winning and losing. But for this to occur, winning must be placed in a healthy perspective. We have, therefore, developed a four-part philosophy of winning designed to maximize young athletes' enjoyment of sport and their chances of receiving the positive outcomes of participation:

- **Winning isn't everything, nor is it the only thing** - Young athletes can't possibly learn from winning and losing if they think the only objective is to beat their opponents. Does this mean that children should not try to win? Definitely not! As a form of competition, sport involves a contest between opposing individuals or teams. It would be naive and unrealistic to believe that winning is not an important goal in sports. But it is not

the most important objective.

- **Failure is not the same thing as losing** – Athletes should not view losing as a sign of failure or as a threat to their personal value. They should be taught that losing a game is not a reflection of their own self-worth.
- **Success is not equivalent to winning** – Thus, neither success nor failure need depend on the outcome of a contest or on a win-loss record. Winning and losing apply to the outcome of a contest, whereas success and failure do not. How, then, can we define success in sports?
- **Athletes should be taught that success is found in striving for victory** – The important idea is that success is related to commitment and effort! Athletes have complete control over the amount of effort they give, but they have only limited control over the outcome that is achieved. 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.

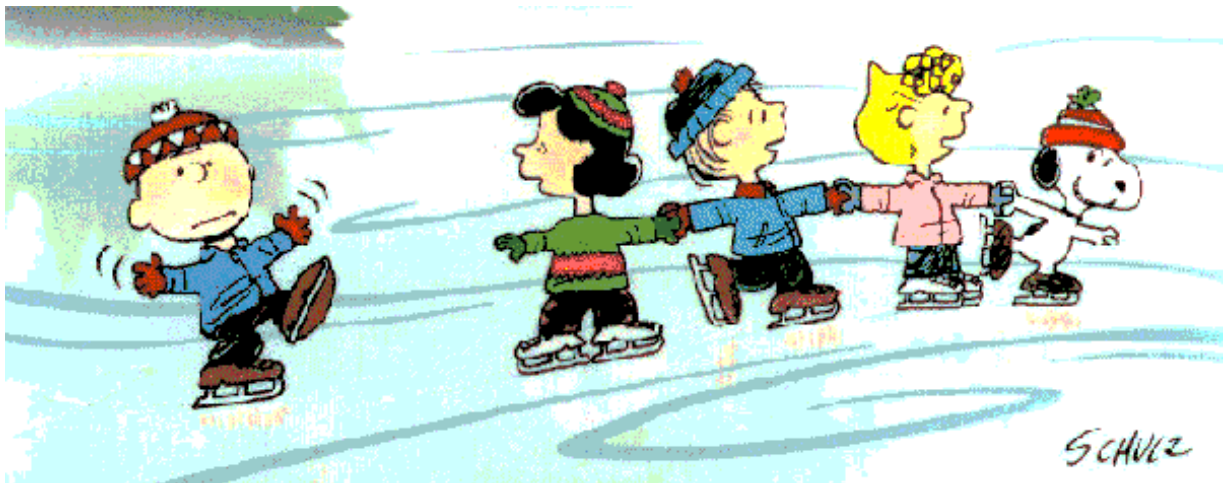
WINNERS

practice til they get it right...

CHAMPIONS

practice til they can't get it wrong!

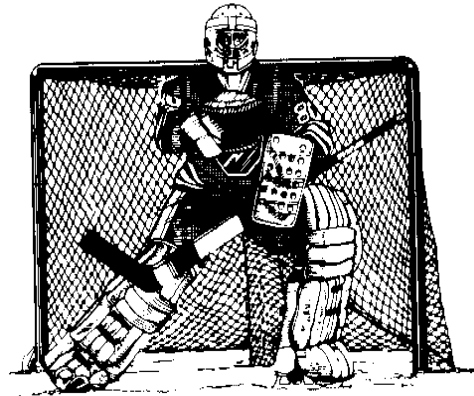
Fall seven times, stand up eight.....Japanese Proverb



6 Ways to Teach Sportsmanship

Here are six things you can do to show your child (and other parents) what being 'a good sport' means:

- Cheer for all the players, even those on the other team. What a surprising difference it can make around the edge of the rink and in the stands when parents make an effort to applaud a good effort or a fine play – no matter which child makes it.
- Talk to parents of the other team – they are not the enemy.
- Be a parent, not a coach: Resist the urge to critique. Children dread their parent going over their performance in detail, pointing out all their mistakes. Sometimes just being there shows your children what being a good parent is all about. Leave the coaching to the coaches: this includes motivating, psyching your child for practice, after game critiquing, setting goals, requiring additional training, etc.
- Thank the officials when you are able. Find a few moments to compliment the officials for their hard work after a game (especially if your child's team loses) you will be rewarded with the pleasure of seeing a surprised smile in return.
- Keep hockey in its proper perspective: Hockey should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them. Remember your relationship will continue with your child long after their youth hockey days are over. Keep your goals and needs separate from your child's experience.
- Have fun: That is what the children are trying to do! 'One reason kids love video



games so much is that they can each pick their own level of challenge'.

– Lenny Wiersma, Center for the Advancement of Responsible Youth Sports

Calling All Parent Directors by President Boline

Set a date for equipment turn in and forward to Patrick as soon as possible. I am asking that you be there (**with help**) to collect, help check in and put away the equipment. In the past this works best if done on the teams last practice date. We will also collect all the jerseys (with name plates removed) and the students in the HS special education dept will do the laundering for us! Your help is greatly appreciated. Thank you!

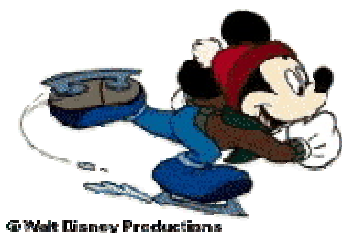
Concessions Reminder.....by Terri Muehler

Remember to check the calendar by the water fountain for openings in the concession schedule. Thanks to everyone who has already been working their hours this is greatly appreciated. We need your help and you are doing a great job! Questions please call Terri Muehler at 631-7088 or cell 218-343-9191 or Tim Muehler at 631-7088 or cell 320-290-1765.

Chuck-A-Puck.....by Terri Muehler

This is a fund raiser for Wadena Hockey that we try to have at each Boy's Varsity game. There is a sign up sheet on the Boy's Varsity bulletin board for each game. Work hours are available for this, it does not have to be a boy's varsity parent. Terri Muehler has been doing it at the games just so we can have it. She has been doing it in the arena but normally it is set up by the ticket table.

Chuck-A-Puck is a great fund raiser for our association, it is a 100% profit. If we sell 50 pucks at \$1.00 a puck, the winner gets \$25.00 and the association gets \$25.00. The 2nd night of our holiday tournament we sold out all the pucks so that was a \$50.00 profit for the association. If there is interest in this it would be nice to have this at the girl's varsity games as well. If you have any questions please call Terri Muehler at 631-7088 or 218-343-9191.



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"The achievements of an organization are the results of the combined effort of each individual." ---

Vince Lombardi

Submit Your News.....by Anna Olson

This newsletter is a great way to report news and highlights about your teams. Have some pictures to share with all?

Please forward all information and pictures with captions to secretary@wadenahockey.com

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

Calling all Parent Directors:

If you have not already submitted information about your team to this newsletter, please prepare something for next month. We want to hear from all teams within a season.

Squirt A's & a Few Hockey Sisters visit Fair Oak Lodge....by Jill Boline

On Saturday February 5th the Squirt A hockey team and a few hockey sisters went to Fair Oaks Lodge to Play Wii with the residence and Beach Ball Games.

Fair Oaks has had an invitation in the WDC HS announcements for the past month asking for groups to come out



and spend time with the residence as part of their activities program. Our Coaches had been wanting to teach the team not only how to become better hockey players, but how to give to our community, to build a good character as well.

When I called Michelle Simpson, the activities director, she informed me that they had purchased a Wii system for the residence, but that no one knew how to run it! WOW what more could a group of young boys ask for, right?? Wearing their team jerseys and Wii hockey games in hand they took on the challenge.

Half of the team played Wii hockey on the main floor while the other half went down stairs to play beach ball games. The hockey players and the residence laughed and had an amazing time together. Our boys asked to come back in two weeks!

The players handed out popcorn and sugar free candy at the end and said good bye to their new friends.

Michelle Simpson told the boys they were one of the best groups to visit, they were not

shy with the residence, were polite and made the morning a lot of fun.

Squirt A news: From Coach Patrick Boline

This team has just finished a tournament in Thief River Falls MN, playing Thief River Falls, Morden, and St. Boniface.

As the 2009-2010 season is drawing near and only a handful of games left to play, their improvement is continuing to be seen. They are getting lots of ice time with four practices a week, and pick up games on the outside rink in their free time.

The squirt A's will be playing games against Brainerd, Hutchinson, and Pequot Lakes in the coming weeks.

This group of young men have been fantastic to coach, their desire to learn the game, improve their play and understand their positions has been outstanding. The parents of these boys should be proud, they are raising not only good athletes and teammates, but good people.

Potluck Recipes...by Anna Olson

Cowboy Caviar

1 can each: black beans, pinto beans, kidney beans.
 chopped veggies: 1 med red onion, 1 red, yellow, green pepper and 3-4 celery stalks.
 Marinade: 1/2 cup sugar, 1/2 cup cider vinegar and 1 cup oil.
 Heat the marinade ingredients together on stove until sugar dissolves. Cool, pour over other ingredients. Let sit 4-6 hours or overnight. Drain and serve with scoop chips.



Spinach Lasagna.... By Mary Freeman

Cook 3 pkg frozen spinach as directed or pkg drain and cool.
 Boil 12 lasagna noodles- Drain and rinse with warm water.

Combine 1 1/2 cup 22 oz fat free cottage cheese

1/3 cup soft margarine

1/4 cup egg beaters

2-3 T. dried parsley

Layers: Spray pan (9x13) with PAM

Cottage cheese mixture

noodles (4)

Cottage cheese mixture

spinach (squeeze out extra water)

Mozarella (shredded)

Parmesan (to taste)

Repeat x2

bake at 350 degrees uncovered

about 30-40 min until bubbly around edges.

serve with fresh tomatoes or warmed diced canned tomatoes.

Potluck
 Recipes
 by
 Hockey
 Moms

Mack Jones' Mom's chocolate Chip Cookies ...by Alicia Jones

4 eggs

2 cups brown sugar

1 cup of white sugar

2 cups of oil

2 teaspoons of vanilla

Mix well then add

5 cups of flour

1 teaspoon of salt

2 teaspoons of baking soda

12 oz of chocolate chips

Bake at 375 till lightly browned!! (Makes a lot, and they freeze great!)

The following Code of Conduct was prepared by USA Hockey's Youth Council.

Coaches Code of Conduct

- ◆ Winning is a consideration, but not the only one, nor the most important one. Care more about the child than the winning of the game. Remember players are involved in hockey for fun and enjoyment.
- ◆ Be a positive role model to your players, display emotional maturity and be alert to the physical safety of players.
- ◆ Be generous with your praise when it is deserved; be consistent, honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach, don't yell at players.
- ◆ Adjust to personal needs and problems of players, be a good listener, never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach them the basics.
- ◆ Organize practices that are fun and challenging for your players. Familiarize yourself with the rules, techniques and strategies of hockey; encourage all your players to be team players.
- ◆ Maintain an open line of communication with your players' parents. Explain the goals and objectives of your association.
- ◆ Be concerned with the overall development of your players. Stress good health habits and clean living.
- ◆ To play the game is great, to love the game is greater.

Parents Code of Conduct

- ◆ Do not force your children to participate in sports, but support their desires to play their chosen sport. Children are involved in organized sports for their enjoyment. Make it fun.
- ◆ Encourage your child to play by the rules. Remember, children learn best by example, so applaud the good plays of both teams.
- ◆ Do not embarrass your child by yelling at players,

coaches, or officials. By showing a positive attitude toward the game and all of its participants, your child will benefit.

- ◆ Emphasize skill development and practices and how they benefit your young athlete. De-emphasize games and competition in the lower age groups.
- ◆ Know and study the rules of the game, and support the officials on and off the ice. This approach will help in the development and support of the game. Any criticism of the officials only hurts the game.
- ◆ Applaud a good effort in victory and in defeat and enforce the positive points of the game. Never yell or physically abuse your child after a game or practice - it is destructive. Work toward removing the physical and verbal abuse in youth sports.
- ◆ Recognize the importance of volunteer coaches. They are very important to the development of your child and the sport. Communicate with them and support them.
- ◆ If you enjoy the game, learn all you can about the game, and volunteer!

Players Code of Conduct

- ◆ Play for FUN!
- ◆ Work hard to improve your skills.
- ◆ Be a team player - get along with your teammates.
- ◆ Learn teamwork, sportsmanship and discipline.
- ◆ Be on time for practices and games.
- ◆ Learn the rules, and play by them. Always be a good sport.
- ◆ Respect your coach, your teammates, your parents, opponents and officials.
- ◆ Never argue with the official's decision.

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