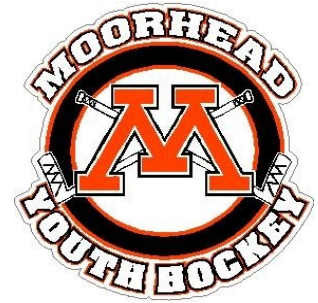


# FACE OFF



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 Chal- lenge 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



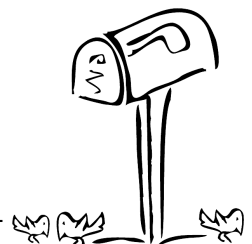
### **GAMING**

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

## 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 23<sup>rd</sup> through January 3<sup>rd</sup>. Open hockey will be scheduled for players to attend.
- ◆ Traveling teams will be off December 22<sup>nd</sup> through December 26<sup>th</sup>. Open hockey will be scheduled for players to attend.
- ◆ The In-house mid-season tournament is the weekend of January 7 – 8<sup>th</sup>.
- ◆ Visit the District 15 website, [www.district15hockey.org](http://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

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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](http://www.moorheadyouthhockey.com)

**RETURN SERVICE REQUESTED**