

THE INSIDE **EDGE**

SNO-KING'S MONTHLY NEWSLETTER

V 1.4 March 2018



Hello - Thank you for being a part of the Sno-King community during the 2017-2018 season. With over 575 players in the competitive hockey programs, 50 teams and over 300 participants in the Beginner's programs we had a very vibrant and successful year. The Board and staff are very appreciative of everyone that contributed time and energy volunteering these past 6 months. The season could not have happened without you and the entire Sno-King community thanks you!

Looking forward, we continue to seek opportunities to secure additional sheets of ice. Land prices within our area of operation are extremely high. Land and buildings are in hyper demand by real estate developers so supply is very limited in our targeted area. We will continue to fervently pursue all possible scenarios to create additional ice facilities for the Sno-King community. If you know of any opportunities please contact us.

The new NHL team will certainly cause interest in hockey to grow significantly in the years to come and they have publicly indicated an interest in working with local youth hockey organizations. We will be looking for ways to work with the NHL team to grow the game and improve youth hockey in our region.

As we look ahead, we are very excited about the opportunities we have to continue to Build Players for Life. While there have been tremendous successes throughout all aspects of our programs, no organization is perfect. We will certainly be reviewing all aspects of our operations seeking ways to improve and to provide the best hockey experience possible for all our players.

The Board and staff hope that you have a wonderful spring and summer. For those leaving us, we wish you well and hope to see you again very soon. Please join our alumni group. For those returning, we are incredibly enthusiastic about the future of Sno-King and are excited that the best is yet to come. We look forward to seeing you next season!!

Dave Blanchard,
Executive Director



Thank You Volunteers!

Sno-King would like to thank all our volunteers this season- from coach to manager, to scorekeepers, clock runners, penalty box and safe sport monitors, snack organizers and party planners, carpool drivers- A heartfelt thank you!

Our program foundation is built on the spirit and dedication of our volunteers and Sno-King appreciates the countless hours of help that go into making our program a success for every player.

Enjoy your summer off, and we look forward to next season. Thank you!

MESSAGE FROM BOARD OF DIRECTORS>>

"The Annual Meeting of Members has been set for Sunday, May 6, 2018 at the Renton Ice Arena beginning at 1:30 PM. This means that that if you are a Member, (for a definition, please see the bylaws and look up "General" or "Supporting" Member) now is the time to throw your hat in the ring if you wish to serve as a Board Director.

The Board of Directors are volunteers and therefore they do not receive compensation. As the Board is responsible for setting the strategy of all aspects of the Association, they are called upon to take into account the interests of the Association as a whole and will deal with a multitude of issues involved with the financial, business and operational aspects of the Association. As a Board member, you should expect to contribute between 15 and 20 volunteer hours a month or more toward fulfilling the responsibilities of a Director. To that end, the Board recently established a Code of Conduct as a guide for the behavior of the Board.

Anyone interested in learning more should review Section 6.5.1 of the Bylaws located on the SKAHA website, and send your request to the Association Secretary at Brenda@snokinghockey.com. This year, due to some resignations and Board appointments, there will be two additional seats open for one-year terms as well as the normal "President's class" of Directors.

The other portion of the Annual Meeting is the ratification of changes to the bylaws which have been approved by the Board of Directors. These changes will be outlined in greater detail in upcoming emails, but the board feels that these changes are important to the future health of the association.

We appreciate and welcome anyone interested in volunteering to be a Member of the Board and look forward to receiving nominations.

Please feel free to contact me with any questions."

Doug Corley, President

WHAT'S HAPPENING>>



17UA1 Off To Nationals

Sno-King's 17U A1 team is the 18U PNAHA 2018 state champions, and will represent Sno-King at the 18U USA Hockey Tier II Nationals in Green Bay WI April 5-9. For the second year in a row, Sno-King has won both the league and state championship titles at the 18U Tier II division. Coach Darren Tmychshyn has lead the team to a great season this year- the trip to Nationals is a well-deserved finish after a season of hard work and solid effort- the team has an overall record of 37-14-3.



14U and 16U Joint Team Tryouts for 2018-2019

We are pleased to announce that Seattle Junior Hockey Association and Sno-King Amateur Hockey Association will jointly host 14U and 16U teams for the 2018-2019 season. This collaboration between the two associations will help develop players to the highest levels. 14U Player's registration is done with SJHA. Go to www.SnoKingHockey.com for more information.

WHAT'S HAPPENING>>



MHL Playoffs

We had a very successful playoff season across all divisions with five champions and five runner ups. The Gold and Silver divisions in 10U had all SKAHA Championships with Team Lehman and Team Longfellow taking the Gold and Silver Championships and Team Levin and Team Guthrie claiming runner up spots, respectively. Team Van Zelm claimed the runner up spot in the Bronze Division falling 4-5. The 12Us had similar success with Team Wilkinson winning 4-1 over

Team Levin in the Gold Division Championship. Team York came away with the Silver Division Championship with a 4-3 victory over Kent. Two of our 14U teams made it to the Silver Division Championship with Team Leung defeating Haxby 2-1 for the win. Congratulations to all of our teams that competed in the MHL Playoffs.



12U State Festival

From March 23rd to March 25th we hosted the 12U State Festival in conjunction with Seattle Junior. With 18 teams, 39 games across 4 rinks it was quite the busy weekend. The highlight of the weekend for Sno-King was our 12U A1 team winning the Gold Division State Championship 4-2 against the Spokane A1 team after splitting the two round robin games. The two 12U A2 teams had good showings and both barely missed out on making it to the Championship Game for both the Silver and Copper divisions. Our 12U State B team comprised of some



SKAHA Cup

The SKAHA Cup was played in the first week of March to determine the division champions at each REC level. This saw the champion from Kirkland go head to head with the champion from Renton. Our division winners were Team White at 10U, Team Colar at 12U, Team Haxby at 14U and Team Runchel at 18U. Congratulations to all our champions!



Spokane 4X4 Ice Classic & 8U Annual Jamboree

Two Sno-King teams in the Championship game: 8U Green v 8U Blue. Green won the gold. Intermediate Division: 8U Gallagher won Silver.

The 8U Mite's had a blast at the Annual Jamboree in Renton. Major Blue led by Coach Ort hosted the Canadian's (BWC), everyone had fun on and off the ice. There were lots of goals by both teams and great goaltending by two fantastic goalies!



Presidents Day Challenge

12U A1 brings home the hardware in LA at the annual Presidents Day Challenge!! Way to go boys!

WHAT'S HAPPENING>>



Spring and Summer Activities

We have set up several camps and clinics for everyone to stay on the ice over break. These programs are sponsored or run by talented professional coaches and they will be held locally at the Kirkland and/or Renton Ice Arena's.

There is something for almost all age groups and skill levels and each program provides the opportunity for a player to take a big step forward in their level of play while having fun. Please check out a brief outline of the programs at www.SnoKingHockey.com.

COMMUNITY>>



SK8 to Eliminate Cancer

Sno-King Hockey is proud- and excited- to support the Kingsgate Figure Skating Club in their cancer fundraiser, SK8 to Eliminate Cancer.

On March 10th our very own Elliot McIntosh, who plays on 10U Hall participated in the frozen 5K at Kirkland. Thank you Elliot for taking the time to come and support!

All proceeds benefit the Ben Towne Center for Childhood Cancer Research at Seattle Children's Hospital. The SK8 to Eliminate Cancer benefit ends with an on-ice celebration 'Believe' on July 27th, featuring figure skating routines, a silent auction, and perhaps opportunity to

spot Hockey Director Doug Kirton skating in a tutu. For more information please email Maria at MariaSkates@msn.com of our recreation players competed very well against stiff competition from the REP teams from around the state. Thank you to all the parents that helped over the weekend with the scorekeeping and clock duties.

ALUMNI>>



Sno-King Alumni Matt Shaw coaches men's hockey at the University of North Dakota, Shaw coaching UND's power play and defense. Coach Shaw has a diverse coaching background- at the professional, collegiate and junior levels.

Prior to coaching at UND, Shaw coached two seasons as head coach and general manager of the USHL Dubuque Fighting Saints. Coach Shaw has more than 20 years of coaching experience, including stints with three different NHL franchises- the New Jersey Devils (2012-13), San Jose Sharks (2009-12) and Minnesota Wild (2007-09). Shaw's coaching background also include stops in the American Hockey League, International Hockey League, United Hockey League, East Coast Hockey League and Colonial Hockey League.

Coach Shaw played three seasons as a defenseman at United States International University (1985-88) and one season at Colorado College (1988-89). Shaw graduated from Colorado College with a bachelor's degree in economics. Originally from Seattle, Shaw's family includes wife Carolyn, daughter Clare, and son Hayden, a junior defenseman for the Fighting Hawks.

While attending Colorado College, Coach Shaw was a team mate of Sno-King's Hockey Director Doug Kirton.

Spring and Summer "The Off Season"

Phew!! It has been a long hockey season. Congratulations to all teams. We trust all players had FUN and made great strides in their individual skill development, and team play while solidifying some great friendships. At Sno-King we follow the Long-Term Athlete Development principles taught to us through the ADM philosophies and believe that players should take some time off and play other sports in the off-season. That said our ice arenas do operate year-round and offer many camps, clinics and stick and puck sessions.

Each player should take some time to reflect on their development and decide if 3 on 3 or an instructional clinic might help them improve in any areas of their game that may be lagging behind, but don't forget that all important active rest that is so important both physically and mentally.

"Periodization is the systematic planning of athletic or physical training. The aim is to reach the best possible performance in the most important competition of the year. It involves progressive cycling of various aspects of a training program during a specific period. Conditioning programs can use periodization to break up the training program into the off-season, preseason, in season, and the postseason. Periodization divides the year-round condition program into phases of training which focus on different goals."

The most important goal is to come back for the 2018-19 season re-energized and excited to have the best season ever!

Julie Chu Talks About the Importance of Playing Multiple Sports

<http://www.admkids.com/page/show/1262834-m-multiple-sports>

5-Things A Hockey Player Needs in the Off-Season

<http://next-level-athletics.com/5-things-hockey-player-needs-season/>

Sno-King Camps and Clinics

<https://leagueathletics.com/Page.asp?n=57352&org=SNOKINGHOCKEY.COM>

Have a great summer and see you at the rink!

Doug Kirton, Sno-King Hockey Director



Visit Our Online Store at www.SnoKingHockey.com

COACHES SPOTLIGHT>>



Mike Butlers

A successful first year at Sno-King for Coach Mike Butters, the head coach of the 16U A1 team!

Coach Butters led the 16U A1 team through Flight 1 play in the PCAHA league, and several Tier 1 Elite tournaments. Coach Butters is looking forward to continuing the successful growth of the team in 2018-19 season.

As a former professional player, coach and general manager, Coach Butters is one of the most experienced coaches in Washington. Mike is a USA Hockey Level IV coach with over 20 years of high level coaching from youth to juniors to the pro ranks. Mike has also coached four national teams during this time in international play. He has assisted hundreds of student-athletes elevate their game to the NCAA, AHL and NHL. Prior to joining Sno-King, Mike worked for the Tampa Bay Lightning where he served in many capacities, from professional and college scout to General Manager of their top affiliate in the American Hockey League.

Mike's coaching philosophy places an emphasis on family, education and hockey: "Creating a hockey player is more than skills on the ice. It's about teaching and mentoring players to be the best they can be in all aspects of life."

In addition to coaching, Mike is an owner of the Seattle Hockey Academy, Preferred Promotional Products and is a Managing Partner of Players Capital Group, a mergers and acquisitions firm solely comprised of former NHL, NFL, PGA and NASCAR athletes. When away from the rink, spends his time with his wife and two daughters, one of whom started her hockey career at Sno-King.

Message to Players: "If you respect the game of hockey, the people involved in it, and what it truly means to be a hockey player, then you will have attained the attitude and character to achieve greatness in life."

Coach, thanks for a great first year at Sno-King!

