



## WE'RE OFF TO A GREAT START

The 2018-2019 season hockey is officially under way with the conclusion of tryouts and evaluations. The players are excited to start games and competition. It is a goal of mine to have a great competitive and fun season. We want players to be as excited for practice as they are for games, and to come to the rink with plenty of enthusiasm and excitement.

Seahawks quarterback Russell Wilson says "the separation is in the preparation."

Tips for a great practice:

Be on time. Ask your parents to get you to the rink on time!

Check your gear before arriving at the rink. Do you have everything? Including your water bottle! Are your skates sharp?

Arrive at practice prepared.

Wear your sneakers and be ready for dryland.

Take these lessons away from the rink. When at home, get in some shooting practice or stick handling. Go for a run or exercise. USA Hockey has created fun, age-appropriate dryland (off-ice) exercises that help deliver the agility, balance, coordination, strength and skill training that young players need to complement their on-ice play.

Check out these great dryland exercises to do at home. <https://www.usahockey.com/dryland>

Whether it's practice, dryland, or a game, players should always arrive at the rink ready to compete, play hard and have fun. A little extra effort at home pays off on the ice!

### Quote of the Month:

"We recommend developing a mistake ritual, something you do or say, that communicates to yourself and your teammates and coaches that you recognize the mistake, and you're moving on. Some common mistake ritual words are: 'Flush it,' 'No sweat,' 'Let it go,' and 'Brush it off.' Mistake rituals will help build mental toughness and encourage recovery. Bouncing back from mistakes is so important, because refocusing on the next play will help you perform your best. The most important play is always the next play."

--"Elevating Your Game" by Jim Thompson

## IMPORTANT DATES

Here are some key dates and reminders to place on your calendars.

**Mid-Winter Break** The mid-season break this year is based on the times that school will be recessed for the Christmas and winter holidays and is also based on discussions with the MHL member teams. We will begin our break Monday, December 24, 2018 and it will end Sunday, January 6, 2019. Given those dates, games will be scheduled and played on the weekend of December 22nd and 23rd and the normal practice schedule will start up again on Monday, January 7, 2019. There are two excellent hockey clinics that will be going on during this break. Click here for more information

**Team pictures** will be done in Renton on October 27th and November 4th. Team Managers will be letting teams know time and date for each team.

**Night at Showare** The Sno-King night at the Showare Center (Thunderbird game) is always a fun team-building event for players and parents that we do as a community and it is always well attended. This year, the event will be held on November 30, 2018. More info to come but mark your calendar.

**Safe Sport** As we indicated in the registration process, at least one parent will be required to become Safesport qualified this season by December 31, 2018. It takes about 75 to 90 minutes and is an excellent summary of some preventative measures that can be taken to help our players stay safe. For a link to take the course and more information click here.

**Order Tracksuits** It's time to order tracksuits! And gloves and bags, if your player is looking for new logo items. The Sno-King tracksuits, bags and gloves are from Bauer- the same as last season- but through a new vendor. To order please visit <https://www.hockeywolf.com>. You must create an account using the code SK18 and find the Sno-King page under 'Hockey Programs'. For free shipping, please follow the instructions on the hockeywolf.com site!

Keep in mind custom items take a few weeks to arrive: tracksuits are 3-4 weeks to ship, and include player's last name on the sleeve. Sno-King gloves and bags will available now- while supplies last. Bauer helmets are available with a two-three week shipping time. Remember, Sno-King players are encouraged to wear a navy blue helmet. We also have logo wear and dry land gear available on the site.

**Parent Communications** Reminder to Parents to make sure your notifications are set correctly in your Sports Engines Accounts. Please review our Essential Parent How To's Guide by going to [www.SnokingHockey.com](http://www.SnokingHockey.com)





## POSITIVE COACHING ALLIANCE

We have reemphasized our commitment to provide guidance to coaches through the Positive Coaching Alliance (PCA). Our coaches will be taking an online course that discusses the principles of being a Double-Goal Coach® this season. This year, we also provided an opportunity for coaches and 8U parents to hear a presentation on some of the programs insights and we had a great turn out!

The PCA program develops BETTER ATHLETES, BETTER PEOPLE through resources for youth and high school sports coaches and parents. Their workshops and courses have reached over 7.5 million youth by trying to transform high school and youth sports into a

Development Zone culture. They provide a multitude of resources for coaches, parents and players and they have an excellent resource site called PCADevZone.org. We encourage everyone to explore the site.



The 2018-2019 season hockey is officially under way with the conclusion of tryouts and evaluations. The players are excited to start games and competition. It is a goal of mine to have a great competitive and fun season. We want players to be as excited for practice as they are for games, and to come to the rink with plenty of enthusiasm and excitement.

Seahawks quarterback Russell Wilson says “the separation is in the preparation.”

Tips for a great practice:

Be on time. Ask your parents to get you to the rink on time!

Check your gear before arriving at the rink. Do you have everything? Including your water bottle! Are your skates sharp?

Arrive at practice prepared.

Wear your sneakers and be ready for dryland.

Take these lessons away from the rink. When at home, get in some shooting practice or stick handling. Go for a run or exercise. USA Hockey has created fun, age-appropriate dryland (off-ice) exercises that help deliver the agility, balance, coordination, strength and skill training that young players need to complement their on-ice play.

Check out these great dryland exercises to do at home. <https://www.usahockey.com/dryland>

Whether it's practice, dryland, or a game, players should always arrive at the rink ready to compete, play hard and have fun. A little extra effort at home pays off on the ice!

## HOLIDAY SPECIALTY CLINICS IN KIRKLAND AND RENTON

The focus of these clinics is to work on improving your skills well having some FUN! Instructors will focus on checking and attacking, power skating, shooting and stick handling skills.

**Kirkland Dates:** Dec 26th to Dec 28th

**Renton Dates:** Jan 2nd to 4th

**Times:** 10:30am-11:45am (75 Min)

**Levels:** 8u- 10u -12u -14u

**Instructors:** Doug Kirton and Jamie Huscroft

**Costs:** \$149 per location

For more information go to <http://snokinghockey.com/holidayhockey>