

THE INSIDE *EDGE*

SNO-KING'S MONTHLY NEWSLETTER



We are well into the rhythms of the season as the MHL has kicked off its schedule and the PCAHA is in the early stages of determining its flights. Thank you for your cooperation as we organized over 625 players into approximately 50 teams and also for your feedback as we learned how to best operate within the new Sportsengine platform. A special thanks to all the volunteers for stepping forward to coach, manage, help with game operations, organize and wash jerseys and socks, and otherwise keep things moving in the right direction. The season can't happen without all you do for the players.

It is very encouraging to see Sno-King players putting forth such exceptional effort on the ice in practice and games and to witness the camaraderie of the players as their teams grow and develop together. The dynamics involved in teamwork and being a good teammate are some of the key life lessons that our players can learn. Selflessness, reaching for common goals and facing the adversity and challenges of a season together are lessons taught by team sports that last when kids become adults. The coaches and managers are doing a great job as well so please offer them encouragement and support.

We have included some new sections in the newsletter this month. In addition to Kirton's Korner, the skills coaches will be providing some tips to help players improve their game, our Coaching Coordinator will be providing some tips for coaches and we also have a section focusing on wellness related topics for you to consider as your players go through the season. Please give us feedback about anything you would like to see included in future newsletters.



TRY HOCKEY FREE BEGINS NOVEMBER 10TH IN RENTON

This event is designed to provide kids, between the ages of 4 to 9, a completely free experience to try youth hockey. Your son or daughter does not need any previous skating or hockey experience. Go to www.Snokinghockey.com/tryhockeyfree for more information.

SNO-KING HOSTED TOURNAMENTS:

10U Thanksgiving Tournament

Dates: Friday, November 23rd to Sunday, November 25th

12U MLK Tournament

Dates: Saturday, January 19th and Monday, January 21st

14U President's Day

Dates: Saturday, February 16th and Monday, February 18th

8U Spring Jamboree

Dates: Saturday, March 2nd - Sunday, March 3rd



OTHER IMPORTANT DATES

10U/12U Skills Nights at both locations are cancelled on October 31st due to Halloween. Other teams with practice that night should check with your coach.

Team pictures in Renton on October 27th and November 4th. Players need to wear full gear (no helmets) and bring sticks for individual pictures.

Night at Showare is November 30th. See article.

Mid-Winter Break. Monday, December 24, 2018 through and including Sunday, January 6, 2019.

Safe Sport. At least one parent will be required to become Safesport qualified this season by December 31, 2018.

QUOTES OF THE MONTH

"Nobody whoever gave their best ever regretted it." -- George Halas

"I can accept failure, everyone fails at something. But I cannot accept not trying." --Michael Jordan

"Success is where preparation and opportunity meet." --Bobby Unser

HOLIDAY SPECIALTY CLINIC

KIRKLAND

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

December 26th to December 28th

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

For More Information go to snokinghockey.com/holidayhockey

RENTON

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

January 2nd to January 4th

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



THE NIGHT AT SHOWARE

Sno-King is excited to welcome all members and their families to participate in our annual night at the ShoWare event Friday, November 30 to watch the Seattle Thunderbirds take on Kootenay BC at 7:35 pm. All Sno-King members and their receive special discounted pricing on admission!

PRIZES!! Please read through all the prizes this year for those (click here) as we've added several exciting items, including some items we hope to encourage our teenage players and parents to participate in order to win this year!

All tickets for the game need to be purchased by 11/16/18 and will be distributed to team managers by 11/23/18. Winners of prizes will be announced no later than 11/23/18.

This year, we will also be allowing a team to participate in a 50/50 raffle at the TBird game. The team that sells the most tickets by 11/02/2018 will get to host and drive the 50/50 raffle at the Night at ShoWare and will receive 50% of the Sno-King winnings to benefit a team dinner or offset tournament fees for the season. The remainder of the funds will be split between the Sno-King Scholarship funds and Seattle Hockey Assist, a charity that helps youth hockey players throughout the Puget Sound area.

When: Friday, November 30th

Time: 7:35 PM

Cost per ticket: \$23

For more information go to www.Snokinghockey.com/nightatshoware

WELLNESS: SLEEP, NUTRITION AND MINDSET

As we all know daylight savings is fast approaching, and working into a new consistent sleep schedule is essential for optimal health and performance. Research shows that 1-2 nights of poor sleep will not have huge impacts on athletic achievement, however consistent inadequate sleep will have a negative outcome with overall health and athletic performance.

The National Sleep Foundation has released new data highlighting the recommended sleep expectations for optimal rest in children ages ranging from 6-17 years old. These findings are broken down into two age groups and between non-athletes and athletes. Children 6-13 years old should receive at least 9 hours of sleep per night and athletes should get at least one more hour of sleep (10-12 hours total). Teens ranging in ages 14-17 are expected to get at least 8 hours sleep per night while athletes should again get at least one more hour of sleep (9-11 hours total). For info on individual age groups visit: www.admkids.com.

Performance isn't the only thing impacted by sleep inadequacy. Behavior, mood, concentration, muscle recovery, and brain clarity are all significantly affected by sleep deprivation. It's believed that sleep deprivation can increase cortisol (stress hormone) levels and decreases the production of human growth hormones which is what our athletes need to perform at their highest level. In addition to sleeping sufficiently, keeping a positive growth mindset will cohesively maintain the optimal health needed for a successful athletic experience. Athletes concerned with maintaining and advancing their physical growth should always monitor their healthy food and fluid intake, as well as when the right time is to consume these foods.

As always, wishing all of you good health and performance.

Athletic Health and Wellness Coach - Coach Kelley



Sno-King Amateur Hockey Association is a certified USA Hockey Model Association. The club is one of only 19 associations in the nation to receive this designation. With the designation, Sno-King is committed to follow the American Development Model (ADM) in full at the 8-and-under, 10-and-under, and 12-and-under age groups. USA hockey has recently developed a program that includes all levels from 8 to 18 years of age, which has been well received by our older aged coaches. The ADM is based on age-appropriate training

to fully benefit children in their development, regardless of ability level.

As a benefit of their model program designation, Sno-King receives added support from USA Hockey to assist in implementing the ADM throughout their programs, including equipment, signage, and educational materials. Further, they will receive on-going staff support from USA Hockey's national office, including in-depth coach training. For more information I urge you to click on www.admkids.com and read about the benefits of LTAD otherwise know as Long Term Athlete Development

-Doug Kirton,
Hockey Director

SNO-KING SKILLS TIPS AND UPDATES

The beginning of the season has kicked off with a bang - we have been very encouraged by the great attendance and efforts put forth by the players and coaches at the skills sessions as well as at the practices we have been fortunate to participate in as we support the coaches. We have been focusing a lot on skating based drills and stick handling and have seen quick improvements with individual skill sets. For a sample of the activity taking place at the skills sessions see the accompanying video to the left. While we will continue to focus a lot on skating this season we are looking forward to progressing into a variety of other drills that we had planned for the future but can now do earlier then expected.

The following has been one of the favorite drills so far (see the video in the bottom right of this section). It includes many skating elements that could be done in a short amount of time. Players will be challenged to control their weight and body position then quickly burst into strides, at the same time you will have to react on the whistle to change direction.

The drill involves edge holds that turn into quick acceleration, transitions, and being ready to one touch pass while moving with speed. As your team gets better, replace edge holds and whistle commands (i.e. outside edge holds, three turns, mohawks, tight turns, two foot slaloms, power pulls, etc.)

Whistle 1 - Begin skating; Whistle 2 - Edge hold (Right after your edge hold you will sprint); Whistle 3 - Quick transition forward to backwards (continue skating backwards); Whistle 4 - Using only one foot to quickly stop and accelerate into a sprint One Touch pass to finish.

We would like to thank all the coaches and players for their commitment and efforts during the 1st month of the season and we are looking forward to watching the players develop.

To watch some Skills Session videos go to www.snokinghockey.com/insideedge



COACH SPOTLIGHT:

We are highlighting one of our key division reps, 8U leaders Mark Falconi (Renton). Mark works tirelessly organizing and assisting our youngest players, both on the ice and off- coordinating coaches and practice plans, helping parents and getting Sno-King's newest players off to good start!

Congratulations to all the Sno-King coaches that were certified in Renton at the USA Hockey Coaching Clinics organized by Sno-King's Hockey Director, Doug Kirton. All reports indicate it was a great success.

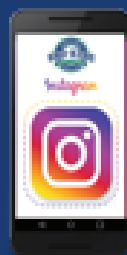
MARK FALCONI: 8U RENTON

Before coming to Sno-King, Mark began his coaching career in Toronto with 8Us and spent a year coaching at Chicago Mission, and was the Renton 8U Minor coordinator last season.

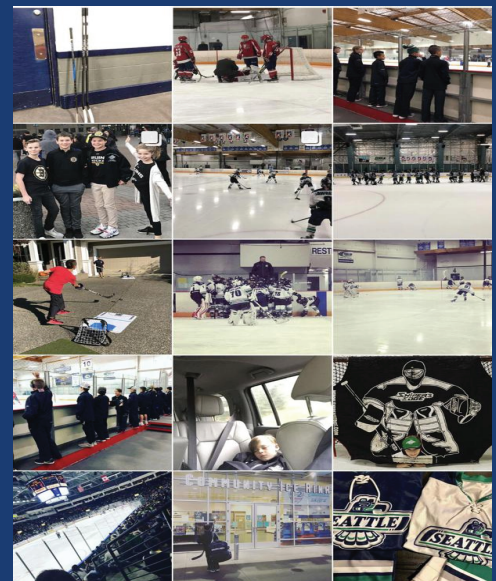
From Mark, "I love watching all the players learn, grow and make new friends... some of which will last a life time, playing a small part in their development makes it all worthwhile. Many of the 8U players I have seen right through their time with the beginners program. There is nothing better than watching someone skate for the first time, score their first goal, make their first save. Everyone is busy and coaching gives me the opportunity to spend additional quality time with my kids in the car and in the rinks which is time well spent."



Mark grew up in Toronto Canada, and played the majority of his youth hockey with the Mississauga Reps. He played Jr Hockey with the Mississauga Chargers in the Ontario Jr League, and played NCAA Div III at Lake Forest College. When not at the rink, Mark is the VP Sales for Oberto Snacks and can be found spending time with the wife Alex, and his two hockey players, Bryce (6) and Brayden (4), two dogs, one horse and a fish named 'Mason' after Beginner Hockey coach Mason McTaggart. Mark's best coaching days were watching his players skate on their own for the first time.



For more information go to
www.Snokinghockey.com/instagramcontest



PRE-ICING YOUR TEAM AND USING HOCKEY SHARE



Share

Coaches are always looking for ways to maximize their use of their ice time. Pre-icing your team before practice is an important component to insure you are getting the most use of your practice ice. "Pre-Icing" is the modern day term use for the act of going over your practice plan with your group, prior to stepping onto the ice. Some have referred to it as "Chalk Talk." Explaining your plan to your players is an effective way to cut down on cumbersome board talks on the ice. Familiarize your players with the drills and concepts you want to implement in your practice through the use of the tools you have provided to you.

TIPS FOR PRE-ICING YOUR TEAM

The best time to go over your practice is 10 minutes before taking to the ice. Make sure your players have all their gear on and are ready to go. Introduce your drills to them on a whiteboard and go over the assignments with your group. This will give your players the opportunity to ask questions and better understand the drill before hitting the ice.

While you shouldn't expect your group to remember every drill, they will understand the general ideas of the drills. With the 12U & older players, there is little need to spend time on the board on the ice, thus giving them more time to partake in the drill. Over time, this means more reps, puck touches and hands on opportunities for them over the course of the year. This will directly lead to their advanced development. Pre-icing your team can also be a good way to communicate with your group. Make it light and fun and, in time, you will see your players appreciate you giving them additional ice time by going over your plan prior to getting on the ice.

HOCKEY SHARE - SKAHA has insured that coaches have access to a Hockey Share license. The Hockey Share app allows coaches to formulate their practice plan and email it to whom they wish to see it. Coaches can draw their own drills, animate them and also have access to hundreds of drills supplied by Hockey Share. They also have the ability to share their drills with fellow SKAHA coaches. Any coaches at 12U and above who have not yet received their Hockey Share license, can email SKAHA Coaching Coordinator, Mike Butters: mike.butters@snokinghockey.com.

See you around the rink!

Mike Butters,