



Spokane American
Youth Hockey
Association
SAYHA
Newsletter

October 2015

Issue 3: 2015-16

SPokane JR. CHIEFS

Midget Select Team Tryouts

Based on pre-registered player interest (and interest expressed during this past weekend's Rate Skate), SAYHA will be holding a Midget Select tryout for all players wanting to play Midget Select. The skate will be **Thursday, October 15th from 6:15 -7:30 PM on Eagles Rink 1**. The cost is \$15 payable at the tryout. Should you have questions, please email [Coach Tracy Evans](#). [Click Here](#) to register your player.

Peewee B Team Gives Back To The Community

On Thursday, October 8th the Peewee B Team & Parents volunteered at the Second Harvest Food Bank in Spokane. They packed 10,400lbs of bread products to feed over 8000 families in only 2 hours. Awesome Job Team!!



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TRY HOCKEY FOR FREE



We need your help to promote Try Hockey For Free.

In conjunction with Eagles Ice-a-Rena, Spokane Youth Hockey will be hosting USA Hockey's Try Hockey for Free on November 7, 2015 from 3:00-5:00 PM at Eagles Ice-a-Rena (Rink 2) - 6321 North Addison (the skate is from 3:30-4:30PM).

Interested community members can sign up their children (ages 4-9) at

www.tryhockeyforfree.com.



A Note From The Player Safety Director....

So, we are off to a nice start. Rep teams are up and running and rate skate is complete. Good fun, hard work, and lots to look forward to! Go Jr. Chiefs!

We have had a number of minor and not so minor injuries so far. Our new processes and contacts for medical care seem to be working well; early feedback is good. As player safety coordinator, my hope is to connect with each injured player's family and be a resource as needed. Nicole Adams is tracking injuries as they are reported, as well as "return to practice" releases. Over time, we will develop a data base to trend, which will help us determine any preventable root causes. If preventable root cause of injury is determined, then, as an association, we can make adjustments. End product = fewer injuries and more kids on the ice.

On another note, with background as a physical therapist and certified strength and conditioning specialist, I have developed a dry land workout that is focused on explosive power, flexibility and balance—specific for hockey players. There are flexibility issues that hinder speed, stride length, and can lead to injury. When addressed or minimized, improved quickness to the puck and reduced risk of overuse injury results. The program is being beta tested with one of the teams now with the intent that it can be done independently or as a team during "off ice" days. More to come on how this will be made available for all coaches and players.

Thanks everyone. Go Jr. Chiefs!
Neil Wahlstrom
Player Safety Coordinator

Fundraising Program

Fundraising for the 2015-16 hockey season is underway!!!

This year we will be selling hockey calendars. Fundraising tools for these calendars can be located at hockeyspirit.com, under fundraising. You can also share the link or create an event on Facebook to reach all of your friends and family. The calendar deadline will be November 1st.

The other fundraiser will be holiday wreaths. The deadline for these is November 7th.

If you have questions please contact [Shannon McGehee](#).



Share & Sell(TM) - LogoSportswear.com

New for this year, SAYHA has an online store through Logo Sportswear. Items can be ordered year round and will be shipped directly to you. You can visit the store at:

<http://spokanejrchiefs.logosportswear.com/>

Jr. Chiefs Strideline Socks

We are excited to announce that Jr. Chiefs Socks will be available to purchase in youth and adult sizes. They are \$16 per pair. Watch for ordering info either on the [website](#) or from your team manager.



Spokane Chiefs Ticket Vouchers

If you are interested in selling ticket vouchers for the Spokane Chiefs Games you can pick up ticket books at the SAYHA office or at the Chiefs Ticket Office during normal business hours. For every voucher you sell, you will get \$3 back at the end of the season. The vouchers are \$11 for upper level and can be upgraded at the ticket office for an additional \$3-\$5 per ticket. Please contact sayha.manager@gmail.com or stop by during business hours.

Rep Team Records

As of 10-9-15

Squirt A 2 – 2 – 0
Peewee AA 1 – 2 – 1
Bantam B 0 – 1 – 0
Bantam AA 4 – 0 – 2



WIN 2 SEASON TICKETS TO THE
SPOKANE CHIEFS!!

Drawing will be held on November 1st.
Contact [Shannon McGehee](#) to buy your
drawing tickets for only \$5 each.

Looking To Get Involved In SAYHA??

SAYHA is looking
for Divisional
Coordinators For
Sr. Mites, PeeWee
& Bantam ages.
Please email
[Terri Hutton](#) for
more information.

Grant Resources
Available
-[Spokane Old Timers
Hockey](#)

HELP WANTED

Eagles Ice Arena
Snack bar is looking
for quality
candidates to work
part time. Must be
available on
Saturdays.
If interested, please
send resume and
cover letter to
tbladesrobin@yahoo.com
or drop them off
at the rink. For
questions, please
call Robin at
509-489-9303



SAYHA Contacts & Coaches

President: [Casey Lund](#)

Vice President: [Alex Morris](#)

Secretary: [Andrew Buell](#)

Treasurer: [Eric Inabinet](#)

Disciplinary Director: [Tyson Fay](#)

Tournament Director: [Terri Hutton](#)

Sponsorship Director:
[Shannon McGehee](#)

Equipment Director: [Kelli Jones](#)

Player Safety: [Neil Wahlstrom](#)

Hotel Coordinator: [Kari Hennessey](#)

Rep Coaching Director: [Dr. Kevin Dow](#)

House Coaching Director: [Frank Lucas](#)

PNAHA Representative: [Brad Moon](#)

SAYHA Office: [Nicole Adams](#)

SAYHA Newsletter: [Amy Stolz](#)

SAYHA Website: [Paul Schimpf](#)

Mite Select/ADM Director: [Terry Picicci](#)

Squirt B: [Dmitri Leonov](#)

Squirt A: [Norm Lichten](#)

PeeWee B: [Leon Henry](#)

PeeWee A: [Derek Hennessey](#)

Bantam B: [Eric Steven](#)

Bantam AA: [Steve Ketola](#)

Bantam Select: [Curt Nelson](#)

Midget AA: [Brad Baker](#)

Midget Select: [Tracy Evans](#)

Cognitive Development For Players

By Andrea Schell

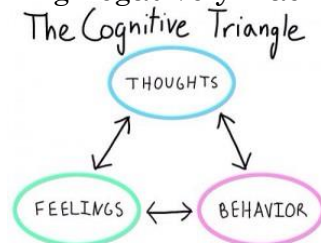
Welcome to another exciting season hockey families!

Ever wonder why teams listen to upbeat music that pumps them up before games? And how about that big HOOAH (meaning everything and anything except 'no') cheer right before taking the ice? The answer is simple; to have the players excited and ready to take on the task at hand. How many of us have seen or experienced players running out of steam when the other team is up? I think we all have and that is the purpose of this article – to talk about keeping your head in the game!

In Cognitive-Behavioral therapy there is a concept we use called the “cognitive triangle”. The concept is really quite basic; implementing it, however, is not so simple... It goes like this: our thinking affects how we feel and how we feel affects what we do. For example: If I have a test tomorrow and I've studied and prepared well yet continue to think that I'm going to fail, the negative thought pattern perpetuates itself. Soon I've talked myself into the idea that I'm going to fail not only the test but also the whole class. One can assume I'm going to be feeling pretty stressed out and upset. As a result, the likelihood of me performing well on the test has just diminished. The same goes for a player's thoughts on the ice. If the other team is up and a player starts to think to them self we are going to get creamed (thought), he or she feels defeated (feeling) and thus runs out of steam and determination on the ice (do) decreasing one's ability to perform to their full potential.

So what to do about this you ask? Well, there is another concept cognitive behaviorists use called “thought stopping”. (Remember I said the concepts are easier to understand than implement!)

First I have to recognize that I'm thinking negatively – acknowledge it. Own it. And then...tweak it.



Now this does not mean that if I tell myself I'm as brilliant as Einstein and I shall ace this test that I will. However, if I can think more positively it can change the whole trajectory of the task I am about to take on. Continuing with the test example – if I was able to recognize my negative thought pattern and turn it around into positive energy I will be better off. If instead I begin telling myself that I am prepared to the best of my ability and I'm okay I will then feel more relaxed and confident. Once the negativity is eliminated and I begin to rebuild confidence, I can then really focus on doing my best and will be much more likely to earn a good grade. Same goes on the ice. If a player can recognize their negative thinking, they could then shift their thoughts to something more helpful like this team is really good, I'm going to give it my all and work to get better (thought). Again, the change in thoughts doesn't turn a player into Gretzky overnight but it does provide that bit of relief from feeling so anxious and defeated (feeling). Thus, the player is much more likely to be able to truly give it their all (do).

The power of positive thinking is a valuable tool and by using these skills you will be able to keep your head in the game!

Andrea graduated with a masters degree in “counseling education developmental psychology” in 2002. Started working for non-profit agencies after graduating and has been at Trent Elementary for the last 9 years doing play therapy with children who struggle with emotional and behavioral issues. Also mom of Kolbi Schell- Peewee AA Team



GROUP DISCOUNTED TICKETS!

**FOR GROUPS OF 10 OR MORE TICKETS ARE ONLY:
\$14.00 LOWER LEVEL, \$11 UPPER LEVEL**

OCTOBER GAMES

FRI, OCT. 16 vs. PRINCE ALBERT– MAGNET SCHEDULE GIVEAWAY

SAT, OCT. 17 vs. KAMLOOPS– LEINENKUGEL'S HOCKTOBERFEST AND LEAVENWORTH WEEKEND GIVEAWAY

WED, OCT. 21 vs. BRANDON– TICKETSWEST PLAYER MAGNET GIVEAWAY

FRI, OCT. 23 vs. VICTORIA– DAIRY FOR LIFE NIGHT

SAT, OCT. 24 vs. VICTORIA– AVISTA GLOW STICKS GIVEAWAY AND ENERGY EFFICIENCY NIGHT

**CALL NATE HOPKINS @ 328-0450 EXT 311 OR E-MAIL
nhopkins@spokanechiefs.com TO ORDER YOUR GROUP TICKETS!**

CHIEFS BIRTHDAY PARTIES!

Lower Level Package \$195 (includes 10 tickets)

Upper Level Package \$165 (includes 10 tickets)

-Coupon for Village Center Cinemas

-Team autographed t-shirt

-Visit from Boomer

-\$50 in arena bucks and much more

-Team Store coupon

Optional Pre-game Party from 4:45p.m. to 5:45p.m. (Additional \$50)

-Birthday boy or girl will high five the Chiefs players before pre-game warm-ups

-A place to bring presents and cake

-Inflatable Puck Shoot

**CALL BRI JOSEPH @ (509) 328-0450 EXT 318 OR
E-MAIL bjoseph@spokanechiefs.com TO BOOK YOUR PARTY TODAY!**

2015

USA HOCKEY OFFICIALS SEMINARS

**SUNDAY SEPTEMBER 13TH &
SUNDAY OCTOBER 18TH**

@ THE EAGLES ICE ARENA

****NEW FORMAT THIS YEAR****

LEVELS 1 & 2 WILL BE 8:30am TO 1:00pm

LEVEL 3's WILL BE 1:00 TO 3:00pm

ICE TIME IS 12:00-1:00PM FOR EVERYONE

**ALL ATTENDEES *MUST* BE REGISTERED WITH USA HOCKEY
BEFORE THE SEMINAR AT:
WWW.USAHOCKEY.COM, THEN CLICK ON THE OFFICIAL'S TAB**

VERY IMPORTANT,

***YOU MUST REGISTER FOR A SEMINAR AT THE
SAME TIME YOU REGISTER ONLINE***

CHECK IN IS AT 8:30am (1&2's) AND 1:15pm (3's)

**NEW OFFICIALS SHOULD BE *2ND YR PEEWEE* OR HIGHER
AND HAVE A PARENT PLAN TO ATTEND FOR THE 1st 30 MIN.**

***BE SURE TO BRING YOUR GEAR, YOU MUST ATTEND THE ON-ICE
SESSION OR YOU WILL NOT GET CREDIT FOR THE SEMINAR***

**NEW AND LEVEL 2 OFFICIALS, DO NOT SUBMIT
YOUR OPEN BOOK TESTS BEFORE THE SEMINAR
SIGN UP WITH A MENTOR SO BOTH OF YOU
CAN GO OVER THE TEST**