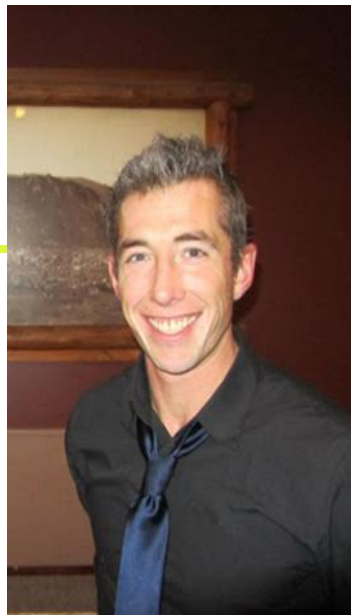




Spokane American
Youth Hockey
Association

SPokane JR. CHIEFS

Welcome Coach Jasicki,
Assistant Hockey Director



Spokane Youth Hockey is pleased to welcome Andy Jasicki, who will serve as our Assistant Director of Hockey Operations and Tournament Director. We're extremely fortunate to have Andy join the Spokane Jr. Chiefs staff. He's a proven skill development teacher with years of experience working with players from House to AAA. We look forward to utilizing Andy's background in playing, teaching, and programming from all around the world to grow our program in a positive direction.

Please welcome Andy to our Spokane Jr. Chiefs family!

December 2016



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You shop. Amazon gives.

**Support the Jr.
Chiefs Hockey
Association....
While YOU
Shop!!**



Happy
Holidays
& Safe
Travels
From
SAYHA
To You!
Wishing
Each Of
You A
Happy
2017!



Long-Term Athlete Development & Windows of Trainability

Happy Holidays everyone! This is the unofficial halfway point of our 2016-17 hockey season. It's a chance to take a break, enjoy the company of our family and friends, and fill our hearts with the holiday spirit. As we move into the second half of the hockey season, I'd like to touch base on Long-Term Athlete Development. We take player development very seriously, and we try to use as much scientific childhood development research as possible when designing our program.

Long-Term Athletic Development is a step-by-step process that describes the things athletes need to be doing at specific ages and stages. (<http://canadiansportforlife.ca/learn-about-canadian-sport-life/ltad-stages>) Window of trainability refers to the point in age or stage when training a specific capacity has the optimal effect. (<http://www.admkids.com/page/show/990393-w-windows-of-trainability>) Below you will find a very brief summary of each stage as it relates to youth hockey.

8U - Optimal windows of trainability are Speed-1 and Suppleness. Speed-1 is stopping, starting, changing of direction, and quickness. Suppleness is focusing on a wide range of motion and flexibility. Additional areas of emphasis should be Agility, Balance, and Coordination. For Character Development players need to: learn the rules of the team; respect their coaches, parents, and teammates; begin building the foundation of a strong work ethic. Practices should be 85% individual skill development (skating, passing, stick handling, shooting, and body contact) and 15% hockey sense (teaching concepts through small area games).

10U - Optimal windows of trainability are Speed-1, Suppleness, and Skill Acquisition. This is the beginning of the "Golden Age of Skill Development". There is no better time in the player's life to acquire and develop sport skills. For Character Development players need to: demonstrate high levels of sportsmanship; respect for their coaches, teammates, officials, and parents; start learning the balance of family, school, and activities; learn how to be on time for practices and games. Practices should be 75% individual skill improvement, 15% hockey sense, and 10% team-play (working with teammates inside a system).

12U - Optimal windows of trainability are Skill Acquisition, Speed-2 for girls (high velocity training for top-end speed), and Stamina for girls (endurance and recovery). 12U is all about skill, skill, skill! This age sets the bar for how agile, balanced, and coordinated the player will be as an adult. For Character Development players need to: understand the benefits of positive comments as it relates to reduced stress levels, enhanced self-image, and enjoyment in the game; learn the importance of balancing family, school, and activities; learn how to be on time for practices and games; take responsibility for their performances and actions. Practices should be 65% individual skill improvement (including body contact), 25% hockey sense, and 10% team-play.

14U - Optimal windows of trainability are Speed-2, Stamina, and Strength for girls. There should be an added emphasis on stride length, stride frequency, form, and top-end effort. For Character Development players need to: understand the importance of honesty and integrity; accept responsibility for their performance and actions; learn coping strategies to deal with adversity; balance family, school, and activities; develop a sense of team commitment. Practices should be 50% individual skill improvement, 35% hockey sense, and 15% team-play.

Continued.....

16/18U - Optimal windows of trainability are Speed-2, Stamina for boys, and Strength. There should be an added emphasis on learning to compete and off-ice strength building. For Character Development players need to: understand the importance of honesty and integrity; accept responsibility for their performance and actions; learn coping strategies to deal with adversity; balance family, school, and activities; and develop a sense of team commitment. Players should also develop a pre-game routine, focus on things they can control, give maximum effort, understand the benefits of self-talk, relaxation exercises, basic visualization skills, and goal setting. Practices should be 50% individual skill improvement, 25-30% hockey sense, and 20-25% team-play.

Our goal is to provide an atmosphere that takes all this information into account when training our athletes. Sacrificing windows of trainability for short-term goals is a huge injustice to the player's full potential. We hope to see beyond the wins and losses, and instead focus on key stages and ages to develop our players both physically and mentally.

Happy Holidays!

Neil Runbeck, Director of Hockey Operations
Nicole Adams, Business Manager
Andrew Jasicki, Assistant Hockey Director
Kyle Knudsen, Director of Goaltending Development

Support the Bantam AA Hockey Team

Remember you can pre-order gift certificates through FlipGive to
double the team profits!
Thank you for your support!!



**BUFFALO
WILD
WINGS**

EAT WINGS. RAISE FUNDS.

On the day listed below, present this ticket to your server and Buffalo Wild Wings® will donate 10%* of your total bill (not including tax, gratuity or promotional discounts) to our organization.

Buffalo Wild Wings strives to support our community and the organizations and sports teams within it. Together we can make a positive impact and help keep our community working and playing together.

(Show this ticket to your server on the date & time listed below.)

SPOKANE JR. CHIEFS (BANTAM AA)
December 26, 2016 • 11:00 AM
4750 N Division St.Ste. 1320Northtown Mall • Spokane, WA • 509-484-7062

*The 10% donation is contingent on the organization raising at least \$300 of pre-tax sales during the promotion (subject to change in our discretion).
Other restrictions may apply. Please see participating location for details. ©2015 Buffalo Wild Wings, Inc.

ADMIT ONE



Spokane Jr Chiefs Non-Profit# 87673

YOU CAN HELP (NON-PROFIT) EARN DONATIONS JUST BY SHOPPING WITH YOUR FRED MEYER REWARDS CARD!

Fred Meyer is donating \$2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here's how the program works:

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to (non-profit) at www.fredmeyer.com/communityrewards. You can search for us by our name or by our non-profit number (insert NPO# here).
- Then, every time you shop and use your Rewards Card, you are helping (non- profit) earn a donation!
- You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.
- If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.
- For more information, please visit www.fredmeyer.com/communityrewards.



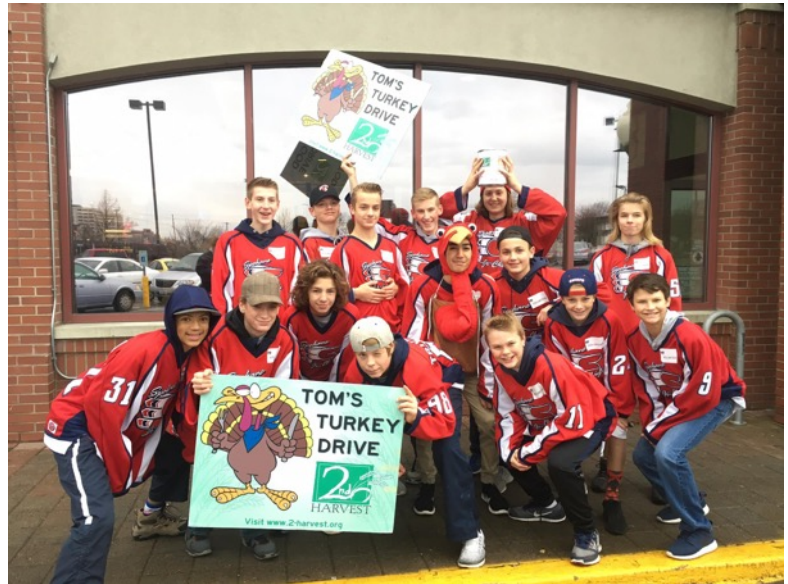
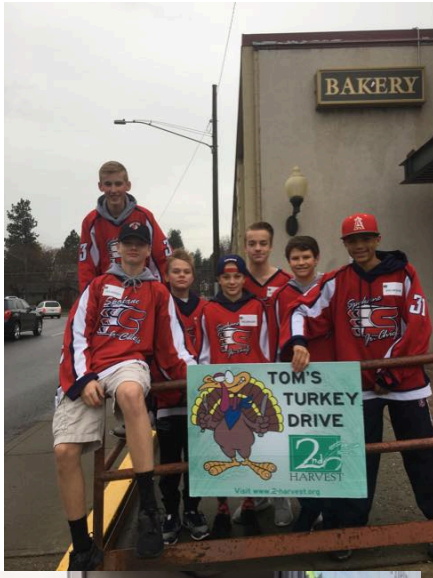
This event is to help Amanda with her medical and other related expenses during her battle with breast cancer. We have put together an all-star line up of professional comedians who are not just knock down funny but also longtime friends. Amanda's hubby Justin Tyme will be returning to the stage with his friends; Harry J. Riley, Lance Paullin and Adam Lee. There will also be an auction with your chance to take home some great packages and memorabilia. Get an epic comedy show and support a great person for a great cause! Social hour and auction 6:00-8:00 comedy show starts at 8:15. All proceeds will go to Amanda's family to help with medical costs associated with her breast cancer treatment. Tickets are available for purchase at <http://www.brownpapertickets.com/event/2707906>. Tickets are \$15.00 in advance or \$20.00 at the door.



Congratulations To Meg Baker
Winner of The Squirt B
Cord Of Wood Raffle!!
Thank YOU To Everyone Who
Supported The Team!! We Greatly
Appreciate YOU!



SAYHA Fan Page



**Bantam AA Team Giving
Back To The Community!!**



**Awesome
Job
Team!**



If you have any hockey pictures from games, trips, practices or stories you would like to share please email them to me, amystolz@yahoo.com

TOURNAMENTS

SAYHA | 6321 North Addison Spokane, WA 99208 | 509.327.7383

Rep Tournaments

Bantam/Midget Rep Jamboree

September 23-25, 2016

Midget U16 Tier II - \$975.00

Midget U18 Tier II - \$975.00

Bantam Tier II - \$950.00

Bantam Tier III - \$950.00

*4 teams per division - register early!

Squirt Winterfest

December 2-4, 2016

Squirt Tier II - \$1,150.00

Squirt Tier III - \$1,150.00

Pee Wee Challenge

February 24-26, 2017

Pee Wee Tier II - \$1,150.00

Pee Wee Tier III - \$1,150.00

House Tournaments

Young American Days

Squirt|Atom - Nov. 11-13, 2016

\$850.00

Midget - January 6-8, 2017

\$1,000.00

Bantam - January 20-22, 2017

\$950.00

Pee Wee - Feb. 10-12, 2017

\$900.00

Mite 4 on 4 Cross Ice Classic

March 10-12, 2017

Sr. Mite|Novice 8U - \$550.00

Jr. Mite|Initiation 6U - \$500.00



Tournament Information

The Spokane Americans Youth Hockey Association is pleased to host a number of tournaments for both rep and house teams for the upcoming 2016-17 season. If you have tournament questions, please contact our SAYHA Business Manager, Nicole Adams, at SAYHA.manager@gmail.com. Please see our website at spokaneyouthhockey.com for registration information. Register early - space is limited! We look forward to hosting you!

Traveling Teams

We appreciate how busy coaches and team managers are these days. That's why we are pleased to partner with Traveling Teams. Upon registering for a Spokane Youth Hockey tournament, Traveling Teams will contact your team management and take care of everything related to your team's hotel stay here in Spokane from beginning to end! No more calling around - you'll get the best rates from our Spokane Youth Hockey host hotels through Traveling Teams.

Register your team at www.spokaneyouthhockey.com

Thank You! We'll see you at the rink!

We trust that this season will be a great one! Our volunteer Board of Directors meets on the second Thursday of the month at 6 PM at Eagles Ice-A-Rena (the Conference Room above Rink 2 if not otherwise posted). If you have any questions or concerns, please don't hesitate to contact us.



President – **Casey Lund**
Vice President – **Brad Moon**
Secretary – **Andy Buell**
Treasurer – **Eric Inabinet**
Disciplinary Director – **Darwin Bleth**
Tournament Director – **Vacant**
Sponsorship Director - **Shannon McGehee**
Equipment Director - **Alex Morris**
Player Safety Coordinator - **Neil Wahlstrom**
SafeSport Coordinator – **Darwin Bleth**
Rep Coaching Director – **Kevin Dow**
House Coaching Director – **Frank Lukas**
PNAHA Representative - **Brad Moon**
SAYHA Newsletter Editor - **Amy Stolz**
SAYHA Public Relations - **Katie Powell**

SAYHA STAFF:

SAYHA Director of Hockey Operations and Coach-in-Chief: **Neil Runbeck**
SAYHA Business Manager/Registrar: **Nicole Adams**

Please direct any registration questions directly to Nicole Adams via email.
If you have questions for a board member, volunteer or SAYHA staff member, please allow 24 hours for a response during the regular business week.

Spokane Jr Chiefs



@JrChiefsHockey





GROUP DISCOUNTED TICKETS!

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

DECEMBER GAMES

FRI, DEC. 2 vs. KELOWNA— COEUR D'ALENE CASINO NIGHT

WED, DEC. 7 vs. VICTORIA— TICKETSWEST PLAYER MAGNET GIVEAWAY

FRI, DEC. 9 vs. KOOTENAY— TEDDY BEAR TOSS PRESENTED BY SPOKESMAN REVIEW CHRISTMAS FUND

SAT, DEC. 17 vs. PRINCE GEORGE— FRED MEYER WALL CALENDAR GIVEAWAY

WED, DEC. 28 vs. SEATTLE— TICKETSWEST PLAYER MAGNET GIVEAWAY

FRI, DEC. 30 vs. TRI-CITY— COEUR D'ALENE CASINO BUCK 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 -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!**



SPOKANE BRAVES

2016 HOME SCHEDULE

ALL GAMES PLAYED AT EAGLES ICE ARENA



Saturday, September 10th - 7:00pm vs Nelson (regular)
 Sunday, September 11th - 2:00pm vs Grand Forks
 Saturday, September 17 - 7:00pm vs Beaver Valley
 Friday, September 30 - 7:00pm vs Col Valley

Friday, October 7 - 7:00pm vs Fernie
 Saturday, October 8 - 7:00pm vs Beaver Valley
 Friday, October 14 - 7:00pm vs Kimberley
 Friday, October 28 - 7:00pm vs Golden

Sunday, November 6 - 2:00pm vs Grand Forks
 Friday, November 11 - 7:00pm vs Creston
 Sunday, November 13 - 2:00pm vs Nelson
 Saturday, November 19 - 7:00pm vs Beaver Valley
 Friday, November 25 - 7:00pm vs Nelson
 Saturday, November 26 - 7:00pm vs Creston

Friday, December 9 - 7:00pm vs Golden
 Sunday, December 11 - 2:00pm vs Grand Forks
 Friday, December 16 - 7:00pm vs Nelson

Sunday, January 22 - 2:00pm vs Castlegar
 Saturday, January 28 - 7:00pm vs Castlegar
 Sunday, January 29 - 2:00pm vs Beaver Valley

Friday, February 3 - 7:00pm vs Col Valley
 Saturday, February 4 - 7:00pm vs Castlegar
 Friday, February 17 - 7:00pm vs Nelson
 Saturday, February 18 - 7:00pm vs Castlegar



Kids FREE with each paid adult

\$5 at the door for Adults— Just \$4 for Seniors and Students with ID

Lots of Tunes

Beer Garden

Chuck a Puck

50 / 50

Great Hockey