



Santa Clara Valley Hockey Association

BLACKHAWKS

September, 2014
www.blackhawks.org

Tahoe Recap

Ten teams. Thirty-five hours of ice time across twenty-eight ice slots. All Blackhawks teams, from Mites to Midgets, participated in the annual Skate-at-the-Lake training camp and retreat over Labor Day Weekend. Weekend itineraries included dryland workouts, video review, classroom sessions, parent meetings, team building, and beach BBQs. Coaches new to the club caught the Blackhawks spirit. As one stated, "Tahoe was great. The overall experience was instrumental in allowing the kids to build relationships with each other that will only continue to develop as the season progresses." What did this coach enjoy the most? "Seeing how new families and players came into the first practice not knowing each other very well and leaving on Monday together as a group! I also enjoyed watching everyone having fun at the beach during the fireworks." One veteran Blackhawks coach took advantage of the Tahoe environment and had a great weekend of team activities. "We started with a skate on Friday evening. Woke up early on Saturday and went out to the lake for some stand-up paddle boarding. All weekend long the Bantams participated in intra-squad competitions on and off the ice. Sunday morning the families were treated to a great breakfast that was prepared by the players. We concluded our weekend with a big hike up on Heavenly. In addition to the player activities, we had some great family meals throughout the weekend."



Club families, veterans and rookies, will be showing their Blackhawk's pride as the season gets under way. Soft goods sales were very brisk in Tahoe! Cinch sacks, car decals, hats, and pajama pants were all new items that completely sold out! In response to our great sales, the Board is planning a winter time sale near the holidays. We will have more of the items that sold out plus a few new items such as club pucks. We will also be re-ordering the Classic Club Black Hoodies and team shorts. More information regarding the Holiday Sale will be distributed through Team Managers as we get closer to December. Questions and Suggestions can be directed to Amber Baer, SCVAH Club Secretary: baerftn@aol.com



Hockey Talk

Q&A with the Blackhawks Director of Hockey Operations



Q: Why do we go to Lake Tahoe over Labor Day Weekend instead of playing in a tournament like a lot of other clubs?

A: We want our seasons to be approached like marathons, not sprints. The Tahoe retreat is the perfect way to start off a long 7 month campaign, focusing on skill building on the ice, and incredibly important early-season team bonding off the ice. In Tahoe, we're investing in the long-term facets of hockey training that will pay off in early March, as teams finish up their NorCal schedules, or (hopefully!) in late March as our teams tackle the NorCal playoffs, or (hopefully!) in mid-April as our teams compete in State championships. Scrambling to put together the polish to compete in a Labor Day tournament gives you a good sense of how your team looks in August. This is equivalent to sprinting the first 300 yards of the San Francisco marathon at full-speed, and looking around to see if you're winning! Preparing for a tournament in August forces you to practice game systems to a much greater extent than we like to do so early in the season. We'd much prefer to work extensively on skating and individual hockey skills at this point and transition to game systems later in the season when individual player skill is higher, and games results start to mean more.

This same long-term approach applies to our pre-season games, where your Blackhawk coaches are focusing heavily on individual player performance early in the marathon, and not as concerned with the outcome.



SCVHA Development Philosophy

Development. What is it, specifically? All clubs say they do it, but what exactly does it mean for the Blackhawks, and what can you expect your child to develop as a player in our club? We take a long-term, multi-year approach to development, with specific details important at each age class.

Mites First and foremost, we develop skating ability. We work on practice “habits”, such as listening, focusing, and following rules carefully. We also work on contact comfort (e.g. being comfortable running into and being run into), and competitiveness. We develop skating in an atmosphere of fun and competitive games with a goal to develop players who know how to try hard and stick with something to try to succeed.

Squirts We develop everything you see at Mites, with basic skating fundamentals still being first and foremost. Its critical that incorrect skating is corrected at this age, no matter what the context. Practice habits include the essentials of proper drill execution by each player. Contact comfort evolves into learning how to use your body to your advantage. Competitiveness in a full ice game mode becomes important, as do very basic game strategies.

PeeWee Everything at Mites and Squirts, with focus on addressing any weaknesses in fundamental skating skill. The ability to occasionally make solid body contact and receive solid contact becomes essential, as does the ability to control and protect the puck. Consistent, high-level effort in practice and dryland must be developed to succeed at PeeWees. A handful of advanced team strategies will be developed, as well as details regarding positional play.

Bantam Everything at Mites, Squirts, and PeeWees, plus the new element of pure physicality. Players learn to manage intimidation of and by opponents while not sacrificing the quality of their game. Puck control at all costs is essential, and we strive to develop an attitude of consistently pushing yourself through adversity in all practice, dryland, and game situations. Skate instruction focuses almost exclusively on addressing weaknesses in fundamental skill. Each player must develop the ability to contribute valuably to all team tactics. Proper positional play must be developed to prevent players from being exposed and exploited in game situations.



Lake Tahoe Retreat Team BBQ

One Timers

Parents--as the season ramps up, now is the time to get involved with your team! We are a volunteer non-profit organization dependent on family involvement. Learn how to **run the clock** or **fill out a score sheet**! Want something a little less intimidating? Approach your team manager and volunteer to be a **penalty box monitor**. All that is required is the ability to open and close a door (at the younger ages, grief counseling experience is helpful but not required). Your reward is a unique field-level view of the game; you get to hear the coaches coaching the game and interacting with the kids and the officials. From a Zen perspective, it's also a bit peaceful - if the other teams' nut ball parents (or ours) make you crazy then the penalty box can provide a quiet cone-of-silence...

Where are they headed? **16AAs** are headed to Chicago for a tournament within weeks...**18AAs** are going to Boston later this month...

Annual Blackhawks **Poinsettia Sale Fundraiser** will begin in November...

Calling **Club Foodies**! If you have discovered a uniquely cool place to eat at one of our hockey destinations please share! Send to mserverian@gmail.com ...

What's the Call

Q: At the game today a kid ran into another kid from behind. The Ref put his arm up and took 2 kids to the penalty box... Why 2 kids? One of those kids didn't do anything! How long are they in the box? What just happened?

A: There are 3 penalties that require a 10 min misconduct in addition to the 2 min minor penalty: charging, boarding and hitting from behind. A non-penalized player has to serve the first 2 minutes and can return after the 2 minutes is up. The penalized player has to serve 12 minutes (10 + 2) for the major penalty and cannot come out of the box until the full 12 minutes is served.