



DISTRICT NEWSLETTER

Evaluating Your Child's Hockey Season

By Mike Doyle,

As youth hockey seasons around the State of Hockey draw to a conclusion, many parents will begin to look back and try to assess their child's year. Navigating an end-of-season evaluation is tricky business from the parent's perspective.

How many goals, assists and points did my kid score?

Did my kid get as much ice as the other kids on the team?

How much better did my kid get?

What does he need to work on in the summer to make the team next year?

These are all queries that might come to mind. However, parents should be focusing on two questions.

"It's not their win-loss record, it's not going to be the scoreboard that determines whether or not the season truly was a success," said Katie Hanneman, a trainer with the Positive Coaching Alliance (PCA). "It's going to be: Are these kids having fun and are they going to play again next year? Those questions have to be answered by the parent first."

Hanneman knows this is easier said than done. She leads PCA workshops in Minnesota and has two children, 7 and 9, in competitive sports.

"It's difficult," Hanneman said. "Keeping perspective and taking it down a notch even as you go through all this training. I tell parents all the time, you have to check yourself daily walking into that arena."

Measuring Growth

One of the hardest things for a parent to ignore is their child's teammates and friends. Every kid matures mentally, physically and emotionally at different rates so it's unfair to compare kids to one another when evaluating a season. What's more important is how much each individual improved, on and off the ice, compared to themselves.

"We start this competitive race the minute that they're born. How early does your kid walk? How early does your kid talk?" Hanneman said. "Really it has to be about that individual kid and staying true to yourself [as a parent]."

She suggests keeping in mind the family values away from the rink and applying those values to your child's year-end evaluation. Did he or she make friends? Did they learn sportsmanship? Did they learn how to be a good teammate?

Test Kitchen for Life

“Keep the big picture in mind,” Hanneman said. “If you look at the percentages of kids that actually do go on, even to play at the high school level, let alone play at the collegiate or professional level, the numbers are not going to support going beyond today and tomorrow.”

PCA calls sports the test kitchen for life because they bring a mixed bag of experiences young athletes will encounter, outside of the playing field, as they grow older. Parents can look at how their child dealt with the different experiences the season offered.

“Giving them opportunities to focus on bouncing back from mistakes and learning how to take coaching from multiple people or dealing with teammates,” Hanneman said. “Focus on the real-life aspects that kids are going to get from sports.”

When Does It Turn into More Than Just Fun?

“I think it depends on the kid,” Hanneman said. “Every kid is going to be so different in how they transition through the stages of development. Some kids are going to be ready at the 8 to 10-year-old range. Some kids are never going to leave, what we call, the Romantic Stage, of why they're playing sports for the sheer fun of it.”

PCA calls the second phase the Technical Stage, where kids start to crave the interworking of the sport. Some kids never hit that point and it's OK.

“It really is about knowing their own child and making that assessment based upon the individual,” Hanneman said.

Passion and Ignition

Parents can also evaluate themselves and how they handled the season. Did they help ignite a passion for the game?

“Maybe this year's win-loss record wasn't fantastic,” Hanneman said. “But a year from now, if these kids love the game, they're going to continue to want to work hard, they're going to have that passion, the ignition and the drive to want to work harder and to be better.”

The key for any parent is finding a balance for their child. Burnout is a real thing and oversaturation of hockey for a child who doesn't want it can have a negative impact on their experience. If a child is not having fun, the likelihood that they'll want to work on improving decreases.

“The number one thing I think that parents need to do a better job of is taking the time frame down,” Hanneman said. “Have them leave before they're ready to go, so they're dying to come back the next day.”

And remember, when evaluating the season, it's your kid underneath all that hockey gear.

“Sometimes it's hard not to get caught up in, ‘This is my child versus this is my child the athlete,’” Hanneman said. “All the kid wants from the parent is that support and love and to differentiate between, ‘This is what I am versus this is what I do.’”

ROGER SHARRER "GROW HOCKEY" AWARD



Attention All Programs:

The 2019 application and program information for the Roger Sharrer award is NOW available on the Mid-Am web site! www.midamhockey.com

Application are due by Friday, April 26th.



The Indy Fusion 14U team competed in the South Bend Irish cup the weekend of February 8, 9, and 10. The team came away with a championship in the 14U red division. Congratulations girls!



Community News from The Columbus Blue Jackets

The Columbus Blue Jackets are proud to host the



SEMI-FINALS
Friday, March 8
at 10 AM & 1 PM

CHAMPIONSHIP
Saturday, March 9
at 11 AM

ohsaa.org

OHSAA Final Four State Tournament, Tickets on Sale

Nationwide Arena will host the OHSAA High School Hockey State Championships March 8-9, 2019. Semi-finals will be held on Friday at 10am and 1pm, and championship game will be held on Saturday at 11am. The Sr. All-Star Game will be played prior to the championship game Saturday morning. Single Day Pass (\$10) and All Tournament Pass (\$15) are on sale now at <https://www.ohsaa.org/sports/icehockey/tournamentinfo> or can be purchased day of at the Big Lots Box Office.



2009 Elites Volunteer with The Red Door

02/14/2019, 9:15pm EST

By Alex Roessler

Community service is an important aspect of being a member of the **Pittsburgh Penguins Elite organization**. All Pittsburgh Penguins Elite teams complete a service project each season and this year, the **2009 Elite team** decided to donate their time to help The Red Door.

The Red Door is a lunch program started by St. Mary of Mercy Church during the Great Depression. The program continues to this day in downtown Pittsburgh as those in need line up to receive a free meal from 10:30 am to 11:30 am every Monday through Friday. The 09's packed 120 brown bag lunches earlier this week and delivered them to The Red Door for distribution.

After taking home the trophy from their victory over the weekend at the Burning River Shootout in Cleveland, the team took time to help out those less fortunate in their community. This encapsulates what it means to be in the Penguins Elite organization – success on the ice and positive contributions to the community.



Gilmour Academy Lancers Girls Prep Host Successful Senior Day

The Gilmour Academy Lancers Girls Prep team recently hosted the Culver Academy Eagles to celebrate their Senior Day. Celebrations of each of the Seniors took place before the game while both teams skated to a tight end to end 1-0 game. Gilmour was the victors. Gilmour will travel to Culver on Feb 22 and 23rd to help them celebrate their Senior Day.



Salute To Officials Day



As part of Salute To Officials Day. Mid-Am Director John Karolcik, Mid-Am High School Rep Kathy Santora, and Jim Weaver Mid-Am Referee In Chief visited with Referee Paul Plinta. **He is 90** years young and has **60 years** of Registration history. It is safe to say that Paul is one of the most dedicated officials we have.

Also, a big salute on this day to all of our officials in the Mid-Am District. We thank you for your service and all you do for the game of hockey!

(Far Right) John Karolcik (Middle) Kathy Santora (Left) Jim Weaver
(In Chair) Paul Plinta



There will be a free girls hockey skate on 3/9 from 2:30-3:35 at tam o shanter 7060 Sylvania Ave Sylvania, OH. Open to all girls ages 4 – 12. Come, have fun and learn more about hockey or meet and girls' team. Fun includes on ice, then snacks and crafts as well as a parent info session.

West Virginia State High School Championships

Middle School Championships

Congratulation to the **Martinsburg team** on winning the **first annual middle school championship**.

Mid-Am Director John Karolcik would like to thank Zach Hill and Keith Allen for all the hard work setting up and hosting this event in Charleston.

Game Results

Friday

Martinsburg 6, Charleston 3

Saturday

Morgantown 1, Martinsburg 3 (open net goal)

Charleston 3, Morgantown 1



Lady Barons U14 Team Brings Home Bronze from Lake Placid, NY

The Lady Barons U14 Team recently competed in the International Children's Winter Games in Lake Placid, NY. The team competed against four Canadian teams finishing with a record of 2-2 before moving onto the Bronze Medal Game. The teams only loss came to the eventual Gold and Silver medalists. In the Bronze Medal Game, the Lady Barons edged the host team of Lake Placid.

It was a once and a lifetime opportunity with the players making friends with other athletes from around the world.



Lady Barons U10 and U12 Teams are Successful in South Bend, IN

The Lady Barons U10 and U12 teams both travelled to South Bend, IN recently and came back the 2019 Irish South Bend Cup Champions!!!! Great Job ladies!





TEAM INDIANA 2019- 2020 HOCKEY TRYOUTS



IMPORTANT: All players need to send in completed Player Profile form (available on state website) along with copies of birth certificate and USA Hockey registration. Please include \$80 tryout fee check, payable to "Team Indiana" **NO LATER THAN MARCH 23, 2019.**

Send all info and tryout fee to:

*Team Indiana Hockey
2256 Moon Shadow Lane
Indianapolis, IN 46280*

U16 TRYOUTS (Freshmen & Sophomores) **Saturday, April 23**

SportONE Parkview Ice Hockey / CanLan Icesports
3869 Iceway Ft. Wayne, IN 46805 (260) 387-6614

12:10-1:10 PM Ft. Wayne, Illiana, Independent, Michiana Leagues (Group 1)

1:20-2:20PM Hoosier League (Group 2)

2:30-3:30PM All U-16 players / All Leagues (Groups 1 & 2 combined scrimmage)

Selected players to be posted at rink by 3:45PM

4:00PM Mandatory parent & player meeting (\$400 due to secure player position on the team)

U18 TRYOUTS (Juniors & Seniors) **Saturday, April 23**

SportONE Parkway Ice Hockey / CanLan Icesports
3869 Iceway Ft. Wayne, IN 46805 (260) 387-6614

4:40-5:40PM Ft. Wayne, Illiana, Independent, Michiana Leagues (Group 1)

5:50-6:50PM Hoosier League (Group 2)

7:00-8:00PM All U16 players / All Leagues (Groups 1 & 2 combined scrimmage)

Selected players to be posted at rink by 8:15PM

8:30PM Mandatory parent & player meeting (\$400 due to secure player position on the team)

Send questions to Team Indiana Hockey Director at RIHCoach@aol.com

U16 Head Coach, David Murray

U18 Head Coach & Director of Hockey, Jack Manard

(Girls Team Indiana U19 tryouts to be announced and posted on the ISHSHA web site in the near future)