

December Newsletter



Highlights:

- Veterans Day :
OJL Ceremony
- Pee wee Red Silver Sticks
Champs
- Thanksgiving Tournament
- Heads up, Don't Duck!
- Important Dates & Info

Veterans Day



HONORING ALL WHO SERVED



Stay Connected



- * [Omaha Hockey Club IP](#)
- * [Omaha Hockey Club -
House Division](#)
- * [Omaha Hockey Club -
Travel Teams](#)
- * [Omaha Hockey Club -
Girls Travel](#)
- * [Omaha Junior Lancers
High School Hockey](#)
- * [Omaha High School
Hockey League -
OHSHL](#)



CONGRATS!

Pee wee Red on their 3-0 win to
take the championship at Silver
Sticks Regional in Denver!



OMAHA HOCKEY CLUB



**Mite Champions
— Team Cranberries!**



**Mite Runner Up —
Team Pumpkin Pie!**



**Squirt Champions
— Team Cranberries!**



**Squirt Runner Up —
Team Green Beans!**



**Peewee Bantam Champions
— Team Pumpkin Pie!**



**Peewee Bantam Runner Up—
Team Stuffing!**



HEADS UP, DON'T DUCK!



OMAHA HOCKEY Club
[Omaha Hockey Website](#)

OHC Monthly Board Meeting
December 19, 2023 at 7pm



Directors & Board Members

[Matt Moragues](#)

President/MWAHA Director

[Chad Mardesen](#)

VP/Risk Manager/Compliance/Safe Sport Coordinator

[Katy Smith](#)

IP - Mite-8U Director

[Tracy Cady](#)

House Director

[Kasey Kaiser](#)

Travel Hockey Director

[Bryan Knaus](#)

Girls Hockey / MWAHA Director

[Tony DeSciscio](#)

High School Club Director

[Jeff Barnhart](#)

High School Travel / Midget Tier II Director

[Spencer Volzke](#)

Treasurer / MWAHA Director

[Jackie Hildebrand](#)

Secretary



Concussion Signs Observed by Coaching Staff

- Appears dazed or stunned
- Confused on assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

Action Plan

1. Remove athlete from play
2. Ensure athlete is evaluated by health care professional
 - Do not try to judge the seriousness of the injury yourself
1. Inform athlete's parents about the possible concussion
2. Allow athlete to return to play **only** with permission from health care professional



Important Dates & Info

- * Dec 1-3, 8-10 and 15-17 — Winter Classic: [Link](#)
- * Dec 23 — Lady Lancer Alumni & Holiday Skate at Moylan
- * Omaha Hockey Online Store: [Link](#)



Support Local Teams

- * Dec 2 Ralston — OJL vs Ames Cyclones: JV @ 5pm / V @ 7pm
- * Dec 3 Ralston — OJL vs Ames Cyclones: JV @ 10am / V @ 12pm
- * Dec 8 Ralston — OJL vs Lincoln Stars: JV @ 6pm / V @ 8pm
- * Dec 9 Ralston — OJL vs Des Moines Oak Leafs: JV @ 5pm / V @ 7pm
- * Dec 10 Ralston — OJL vs Des Moines Oak Leafs: JV @ 10am / V @ 12pm
- * Omaha Hockey High School Game Schedule — [Here](#)



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