



OCTOBER 2021 | VOLUME 1, ISSUE 4

THE RINK REPORT

A WAYHA NEWSLETTER



A Message from our President

Hockey season is in full swing and we are so glad you are here! As the season gets started there will be more communication coming from your specific level along with the club, so watch your emails closely. The WAYHA Board of Directors is recommending that skaters come dressed as much as they can for practice, minus skates and helmets, to try and keep all skaters safe. If you need to use the locker rooms please limit to 8 skaters and 15 minutes. There are chairs set up in the rink to use to get skates on. Games will be starting in just a few weeks! We are looking forward to a more "normal" season and seeing fans in our rink. We will still be offering Dib hours to finish up a few projects from this summer. Please watch on Facebook for times, dates and projects. Projects available are finishing painting, organizing shelves, general rink organizing. We are looking for zamboni drivers. Please follow up with Forrest Wright if you are interested in training. Each level should have at least 2 drivers for games and practices. Please do not hesitate to reach out with any questions or suggestions. See you at the rink!

Mel Hirte
Club President

Upcoming Projects:

Here are some upcoming projects we'll be working on, let Tom Grant (onewheelt@yahoo.com) know if you're interested in helping with any of the following:

- painting
- landscaping in front
- general cleaning and organizing
- finishing of new locker room area

If you're hanging out at the rink during your. child's practice, don't hesitate to grab a broom, throw out a full bag of garbage, etc. We can't run the rink effectively without each one of you!



Coach's Corner

Practice with a Purpose

Simply showing up and going through the motions at practice isn't going to cut it. Every player must take every rep at every drill like it's the last minute in the third period of a tied game. If we don't give 100% on every drill every time, then we aren't helping ourselves or our team succeed. We need to push each other to be better every time we step on the ice. Our goal as coaches this year is to see more improvement out of every single player than we have ever seen from them before. We expect that every player and every parent also holds themselves to that same standard.

Treat every practice like a game and treat every game like a championship.



Maintenance Update:

Our DIBS program for the '21-'22 season has begun! As a reminder, each family will need to complete 10 hours before State begins in March. If you would like to be involved with the Maintenance committee we are always looking for new members. Please reach out to Tom or Melanie Hirte if you are interested.

FUNDRAISING UPDATE

The committee has come up with a fun new fundraising opportunity. This year we will feature a different team throughout the season for a Friday night hockey game! First up is the PWB team on November 19th. We encourage everyone in the club to come out to cheer our team on and have fun with the night which will be sponsored by a local business. Enjoy dinner and snacks at concessions, fun time with friends and extra events throughout the night such as Chuck a Duck!

WAYHA LEADER SPOTLIGHT

Kendra Cichy

WAYHA Secretary



- **Where were you born/raised?** Waupaca
- **Do you have kids? Names/levels of each.**

McKenna (Wisconsin Valley Union Girl's High School Co-op), Lily (Bantam), Danny (PeeWee)

- **How long have you been involved with WAYHA?** 8 years

- **What do you love about the club/hockey?** I love that WAYHA feels like another family. Prior to being involved with the club I really thought that was just something people said, but you really do have a close bond with the families you come to meet. I know everyone has my kids best interest in mind, just as I do for the kids I have watched grow over the last 8 years.

- **What's your favorite NHL team?** Probably the Golden Knights because those are the games that are on at home.

- **Do you have any hidden talents or hobbies?** I was a speed skater as a kid, now I like to run and bike.

- **What animal would you consider your spirit animal?** Kangaroo

- **What's your favorite food?** Guacamole

- **What was your dream job when you were a kid?** Teacher, now I teach my patients in Physical Therapy every day.

- **What's the best vacation you've been on and why?** The beach in North Carolina because it was relaxed family time without a busy schedule or agenda.

- **What's your favorite ice cream topping?** Strawberries

- **In the summer, would you rather go to the beach or camping?** Camping on the beach.



*Do you have a recipe to share?
Submit your favorites to
jillian.petersen@yahoo.com for a chance to be
featured in an upcoming issue!*

Recipe of the Month

SUBMITTED BY:
AMANDA JONES

Pumpkin Chocolate Chip Oatmeal Cups

Ingredients

- 1 1/4 cup 1% milk
- 1 large egg
- 1/2 cup honey
- 3/4 cup pure pumpkin puree
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1 teaspoon vanilla
- 2 1/2 cups large or quick oats
- 1/2 cup chocolate chips (optional)

Instructions

- Preheat oven to 350 degrees and arrange 15 silicone muffin cups on a baking sheet.
- In a large bowl, whisk together milk, egg, honey, pumpkin, cinnamon, nutmeg and vanilla until combined.
- Stir in oats and chocolate chips if using.
- Divide between muffin cups and bake for 30 minutes or until set and light golden brown on top. Remove and serve, or cool completely before storing in the refrigerator for up to 5 days or the freezer for up to 3 months.