

NEWSLETTER

December 2006

Streetsville Amateur Minor Hockey Association

www.streetsvillehockey.on.ca

Spring 2007 Pick-up Hockey by Mike Erdelyi, General Manager

**Our season ends
March 4, 2007!**

**The renovations have
been delayed!**

**That means ice is available!
So let's have some fun!**

The SAMHA has decided to offer "Pick-up" hockey in the spring. The plan consists of:

- 12 games over six weeks starting on Monday, March 19 and ending Saturday, April 28, 2007.
- No practices

• 4 teams (minimum of 14 and maximum of 16 players per team) for each of the following divisions:

- Minor Pee Wee, Minor Bantam, Minor Midget and Midget.
- Team roster will change every third game.
- Only current SAMHA players and coaches are eligible.
- Sweaters will be provided – no socks.

Cost: \$150.00 per player.

Convenors and coaches for

the listed age groups have been provided the details including the schedule and roster shuffling format.

Registration will take place in January, 2007. The teams will be notified regarding the process.

If you need more details before making a decision, contact your coach or convenor or send an e-mail to:

General_manager@

streetsvilleminorhockey.on.ca.

IMPORTANT DATES:

2006...

December 23
Breakfast with Santa

December 24, 2006
to and including
January 1, 2007
*Christmas/Holiday
Break*

2007...

February 10
Dance

February 4&5
*Pre-Registration
for 2006/07*

Wed, March 14
to and including
Sunday, March 18
*March Break
Tournament*

March 4
*Tournament
Day of Champs*



Spring Golf Tournament Update

by Scott Wonnell
Director of Officials

As we mentioned in the November newsletter, a SAMHA golf tournament is being

planned for June 23, 2007.

All proceeds from this tournament will go to support the SAMHA.

Everyone is welcome, so come one, come all!

Families (including the kids), friends and

neighbours are all invited for a fun day of golfing activities. There will be prizes, lunch and dinner.

Register early and be eligible for an early bird prize. Details and registration forms are available on our website at www.streetsvillehockey.on.ca.

If you or anyone you know would like to help organize this event or is willing to donate prizes, please contact me – I can be reached through our website or see me at the arena.

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Bigger Value - Games or Practices?

With written permission of The Hockey Source - www.thehockeysource.tv

The Hockey Source posed a question in one of its regular 'web-polls', and specifically asked: **What is the proper ratio of practices and games for a minor hockey team?**

The responses from hundreds of respondents to the poll were as follows:

- *1 practice for every game: 26.9 percent.
- *2 practices for every game: 50 percent.
- *3 practices for every game: 23.1 percent.

This spawned further investigation. We found the following information presented by Hockey Canada:

- Each player will experience puck possession for about 8 seconds per game, but 8-12 minutes in a regular practice.
- Each player will average 1-2 shots on net during a game, while at least 30 during a regular practice.
- Almost all (99%) the feedback given by a coach to a player is when the latter has the puck, which happens to be about 0.2% of the time in a game situation.
- To become good at a skill, the average player has to repeat the skill correctly about 500 times; to become proficient at that same skill, the number of required repetitions is closer to 10,000.
- One properly structured practice will provide a player with more skill development time than can be gained from 11 games.
- The majority of players say that the best part about hockey is scoring goals, handling the puck, passing, and skating. Doing these things as much as possible and getting as good as possible at them is what brings the enjoyment and confidence.

If all of this is true, then why do more than

25% of folks involved in the game seem to feel that one practice for every game is acceptable, if not desirable? And if a minimum of 2 practices for every game is the proper ratio, then how does this get achieved, while still recognizing that there are other important facets of life for the players, such as school, family events and community activities? And if the desired outcomes for the player are personal development, skill acquisition, enjoyment and confidence building, then why not have an even higher ratio, and truly invest in the professed objectives?

Some other key questions are:

- What is most important for players? Development, learning skills, increased confidence and fun...or...winning and scoring goals?
- Where do players get their sense of what is important?
- Where would parents see their financial contribution being the best investment?
- Is hockey for the players or for the associations, coaches and parents?
- What does a game provide of value that a well-run practice cannot?
- What does a good practice provide that is hard to acquire in a game situation?
- Is lack of available ice a real factor, or an excuse?
- Would the cost of hockey be affected if the emphasis were to change?
- How many games does it really take to make a good season?
- Are there some "game occurrences" that might never have to be experienced if there was more emphasis on practices?

What do you think?



Happy December Birthday goes out to...

Tyke ~

Bryan Bancroft
Thomas Grant
Michael Hum
Colin Kerr
Patrick McNally
Kiyana Nathoo

Tadpole ~

James Claydon
Patrick Israels
Gavin Kenzora
Jason Palin

Novice ~

Changbin Choi
Jackson Mills
Michael Muto

Minor Pee Wee ~

William Breda
Tyler Comrie
Bradley Hardman
Andrew Hill
Stephen Hill
Stephen Karasmanis

Aidan (John) Lovelace
Paul Zettler

Minor Bantam ~

Mark Brdar
Erik Bullock
David Connolly
Camilo Florez
Christopher Hearn
Mark Hoang
Jason Johns
Cameron Lowe
Arran Murray
Patrick Policelli
Conor Reynolds

Equipment Tips from Hockey Canada

SHIN PADS



Fitting - Shin pads are made in junior and senior sizes. The shin pad's cap should be centred on the kneecap. The calf padding should wrap around the lower leg to offer maximum protection. Also, the protective padding above the plastic kneecap should overlap 2" with the bottom of the hockey pants. With the skate open, the player should see that the shin pad rests 1" above the foot with it fully flexed up and doesn't inhibit movement in any way. The skate tongue should be behind the shin pad for best protection.

Protective Quality - Too-short shin pads leave exposed areas between the top of the skate and the bottom of the pad, while too-long ones can cause pain and restrict ankle or knee movement. The proper fit offers the best balance between freedom of movement and protective coverage. Cracked pads must be replaced immediately.

Maintenance - Hang dry after each use, and make sure the shin pads are thoroughly dry. Clean with a soft brush and a little laundry soap with water.

Helpful Hints - Save money by using velcro straps instead of tape to hold shinpads in place.

Coming in January: Mouth Guards!

For complete information on this and all other items of protective hockey equipment, visit www.canadianhockey.ca

Minor Atom ~

Jacob Bihun
Eric Gillies-Williams
Robert Golfetto
Nolan Mason
Eric Murray
Derek Raymond
Daniel Tomazela

Minor Midget ~

Mathew Anselm
Christopher Bird
Ryan Chuli
William Colwell
Ian Crichton
Tristan Gingras-Hill
Jeffrey Hickey
Brandon Martins
Farhan Panthaki

Cody Parsons
Cody Perczyszyn
Sean Redmond
Daniel Scivo
Jason Stubbs
John Trotter
Ryan Van Zeumeren

Midget ~

William Barton
Patrick Cederberg
Douglas McMillan
Mark Ozretic
Mathew Perczyszyn
Jeremy Scrubb
Billy Southworth
Patrick Stothers
Devin Supaul
Kevin Verilli
Andrew Weppler