

KCYHA NEWS

2018 SKILLS CLUB TEAMS

KC STARS

Landon Weisner, Jaxon Riggs, Landon Thompson, Jameson Mair, Braeden Petrak



ST JOSEPH GRIFFONS

Brock Johnson, Oliver Sullivan, Kyler Paxton, Marshall Wilkerson, Evan Hadley



KC JR MAVS

Knox Hood, Colton Goins, Jensen Rousseau, Emerson Gray, Gage Gronberg



KC SAINTS

Luca Baker, Jacob Purcell, Kieran Smith, Andrew Mangold, Austin Franck



2018 KCYHA SKILLS COMPETITION

Our 2nd Annual KCYHA Skills Club Challenge on December 21st was a success. Congrats to the Stars for taking first place! This Skills Competition was unique in that each KCYHA Club selected 5 players (team) to participate in four drills (relay race, passing precision, shooting accuracy and agility/stick handling). Each club team consisted of one player from each division. Every player participated in each drill, and each team combined for one team score per drill. Participants were also invited to the Kansas City Mavericks game that night, where the first and second place winners were presented with their medals during the first intermission. We look forward to continuing and growing this event next year!

	FAST	PASS	AGILITY	SHOOT	TOTAL
JR. MAVS	1	2	4	10	7
SAINTS	3	2	1	1	12
STARS	4	1	4	3	11
ST. JOE	2	4	3	2	11



8U MINI MAVS TRAVEL TEAMS

New this season - KCYHA put together three 8U travel teams (Mini Mavs), built from players from all clubs citywide. Tryouts were held in October and 33 kids made up the three teams (two teams at the advanced level, one team at the intermediate level). These teams will participate in approximately four tournaments and will include some travel (this is in addition to their house team). This is an amazing way to get younger kids prepared for the travel experience as they move up in their youth hockey careers. Good luck to all the teams, and we look forward to building upon this program in the future!

KC MAVERICKS KIDS CAPTAIN OPPORTUNITY

Every home game during the 2018-19 season, the Mavericks will have an honorary teammate skate out with the team during pregame introductions. This youth hockey player will have their name announced with the lineup, skate out with the Mavericks flag and stand on the blue line next to the team for the national anthem!

Nominate your youth hockey player to be a Kids Captain this season on the Mavericks website at www.kcmavericks.com (under the Community tab).



IMPORTANT UPCOMING DATES

February 3rd: 8U Blue End of Season Jamboree

February 16th-17th: 8U White and Red End of Season Jamboree

February 22 - 24: House League Finals for Squirt, Peewee & Bantam

February 23rd: National Try Hockey for Free Day

Happy New Year
2019

Common Cold vs. The Flu

by HCA Midwest



Every year, five to 20 percent of Americans are expected to get the flu (influenza). That's a lot, especially since there is a flu vaccine that has a high chance of preventing the flu. Our medical experts at HCA Midwest Health bring you the lowdown on this year's flu predictions and what you need to know to stay well.

What is the flu and how is it different from the common cold? Is it really that serious?

Expert answer: The flu is very serious. It's a major killer around the world. On the outside, it differs from a cold because of the severity of its symptoms – it leads to high fevers, body aches and respiratory symptoms. Something else that makes the flu really dangerous is while the immune system is busy fighting it off, other issues can sneak in. Many times, when you read about deaths from the flu, they are deaths resulting from bacterial pneumonia that starts after the flu, when your body is already weak.

How do I know if I have the flu or a cold?

Expert answer: Initially when the flu starts it can seem like a cold – a runny nose and all over “yucky” feeling. But, within a couple of days, it can become a lot worse and bring muscle pains, a spike in fever and coughing. Children (and some adults) with the flu may also have nausea, vomiting and diarrhea. Use your best judgement and get to the doctor as soon as possible if you suspect you have the flu.