



## PRESIDENT'S MESSAGE

The holiday season is often a good opportunity to reflect, especially on one of my favorite things - hockey! We are entering the half-way point in the fiscal year and I'm pleased with the progress the organization has made against the goals that were set in the beginning of the year:

- enhancing our age specific development
- creating mindfulness & leadership training
- building strategic partnerships with the NHL & other hockey associations
- communicating with the membership in timely, consistent and transparent ways
- finding capacity of ice to meet the future needs of our association



The staff's efforts to focus and increase skill development (dedicated rink specific skills directors & goalie coaches) are getting the recognition from USA Hockey as some of the best in the nation. Our pilot project with Jaime Sawchuk for mindfulness and leadership is off the ground starting first with some of the 12U, 14U & 18U teams and we will expand it to other age groups later. The news of the NHL's expanding to Seattle in 2021 means that our efforts to build a tighter hockey community are on track, and I hope you are seeing an increase in our communication this season. Our last goal is the toughest one, however we have been actively working on it and



I will remember 2018 as a great year for hockey in Seattle, especially here at Sno-King. Thank you to all the coaches, managers, volunteers and staff - this Association would not exist without you and we are grateful!

Parents, we appreciate the early mornings, late nights and long drives you spend taking your players to practices and games.

Players, skate fast, shoot hard and be sure to thank the people around you who make it possible to enjoy one of the greatest games on earth!

I am excited to see what 2019 will bring - winter is on its way to Seattle.

Wishing you and yours a wonderful holiday and hockey season,

Doug Corley, President SKAHA Board of Directors

## HOLIDAY HOCKEY CAMPS!



Stay in the action over break by joining former pro hockey players Jamie Huscroft and Doug Kirton for Holiday Hockey Camps! For your convenience we are offering camps at both locations

**THESE SOLD OUT LAST YEAR SO SIGN UP NOW!**

Power skating, agility and quickness: Improve on the essentials of power skating, edge work, crossovers, proper body positioning as well as work on agility, balance, tight turns, change of direction, backwards skating and quickness.

8U AND 10U

Renton December 26th, 27th and 28th

Kirkland January 2nd, 3rd and 4th

Times: 9am to 10:15am (75 min))

12U AND 14U

Renton: December 26th, 27th and 28th

Kirkland: January 2nd, 3rd and 4th

Times: 10:30am to 11:45am (75 min)

To register go to [www.SnoKinghockey.com/holidayhockey](http://www.SnoKinghockey.com/holidayhockey)

## MINDFULNESS, LEADERSHIP AND MENTAL TRAINING



One of the Board's goals for this season is to create a program centered on mindfulness, leadership and mental skills training to provide guidance with the mental aspects of competitive sports and to provide information on life skills that will help our players be successful in their current and future endeavors. Once the program is fully implemented at the beginning of the 2019/2020 season, the program will involve coaches, parents and players at all age levels in the development and training process in an age-appropriate format. Until then look in the newsletter, postings on social media and in the Mindfulness section of the website in the coming weeks to get a taste of what is to come.

Dr. Jaime Sawchuk is a sport psychology consultant based out of Fairbanks, Alaska and she will be guiding us through the pilot program. Jaime has a Doctorate in Sport and Performance Psychology and has worked with many hockey athletes of all ages in an individual and team setting. She has presented and worked with coaches at USA Hockey Level IV Coaching Clinics across the Pacific District as well as presented and worked with athletes at the Pacific District Selects Camp, Oregon Development Camp, Alaska Development Camp, and the Western Regional High Performance Camp.

Check out her article, Winning the Mental Game, below and don't miss participating in the fun holiday contest outlined in the Mindfulness section of the website. [www.SnoKingHockey.com/mindfulness](http://www.SnoKingHockey.com/mindfulness)

## WINNING THE MENTAL GAME BY JAMIE SAWCHUK



"The mind leads the body. Train the mind and the body will follow."

The New Year is approaching, which means... the second half of the season is just around the corner! Your bodies should be physically ready as you have been training all season, but are they mentally ready? We spend a lot of time developing our intelligence at school and strengthening our bodies through hockey and other forms of exercise, but we tend to give our minds very little attention. When you work to develop and

strengthen your mind, you are increasing your ability to focus, recognize and manage your emotions, and make better decisions. Practicing mindfulness and implementing mental skills are two ways you can ensure you are mentally ready to compete the remainder of the season. Sno-King hockey would like to assist their athletes on perfecting their ability to be mindful and incorporate mental skills into daily life, which is where I come in!

To read the full article go to [www.SnoKinghockey.com/mindfulness](http://www.SnoKinghockey.com/mindfulness)

## HEALTH AND NUTRITION WITH COACH KELLEY



Recently I came across an article printed in Time magazine discussing foods for athletes. After reading the article I found myself thinking of all the great information highlighted in the article, but also how much of the information could be clarified from a sport specific frame of mind. Recognizing long term effects with food instead of focusing on only the short term effects is something I feel needs more attention.

For an example, as stated in the Time article, Louise Burke, a sports dietitian and professor at the Australian Catholic University was asked this question: "In practical terms how many carbohydrates are we talking about, especially during competition?" She answered: "Based on what we know now (new research) it looks like 30-60 grams of carbohydrates per hour during endurance events lasting several hours would be the sweet spot for most athletes." She then goes on to reference sports gel packets, most single-serving sports drinks, and a banana as giving the 30 grams of carbs for such competition. While this is a good reference for what 30 grams of carbohydrate might look like, I would caution the sugar, sodium amount and other chemical content in two of the three items.

Read the full article go to [www.SnoKingHockey.com/healthandnutrition](http://www.SnoKingHockey.com/healthandnutrition)

## TRY HOCKEY FOR FREE

This event is designed to provide kids, between the ages of 4 to 9, a completely free experience to try youth hockey. Your son or daughter does not need any previous skating or hockey experience. If you know anyone that is interested in trying the coolest game on earth please refer them to <http://snokinghockey.com/tryhockeyfree>



## TOURNAMENT NEWS



With Winter Break approaching we have many teams travelling to tournaments all over lower BC. Our 16U A1, 14U A3 and 18U (Ansley) teams will all be headed to Richmond, BC. The 10U B's will be taking a team to Port Moody. The 12U A3 (Chakrabarti) team is travelling to Burnaby. Our 8U Division is sending teams to both Ridge Meadows and Coquitlam. Good luck and safe travels to all our teams playing over the holidays.

Soon after we get back from winter break it'll be time for our 12U C Tournament on MLK weekend, January 19-21. With teams from all over lower BC and one team from Alaska it'll prove to be a good test for our 12U teams.

## IMPORTANT DATES

Mid-Winter Break: Monday, December 24, 2018 through and including Sunday, January 6, 2019.

Holiday Hockey Clinics: Dec 26-28 and Jan 2-4

Practice Start Up Again: The week of January 7th for all teams

Safe Sport: At least one parent will be required to become Safesport qualified this season by Dec. 31, 2018.

12U MLK Tournament: Saturday, January 19th - Monday, January 21st

14U President's Day: Saturday, February 16th - Monday, February 18th

8U Spring Jamboree: Saturday, March 2nd - Sunday, March 3rd

## SNO-KING SKILLS TIPS AND UPDATES

As we approach the halfway mark of the hockey season you should also keep in mind developing team skills and incorporating more small areas games. Its crucial to include fundamental skills portion in your practice planning (edges, stick handling, etc) but its also important to transition individual skill training to game like scenarios with lots of reactive decision making.

Take a look at some of these drills by Sno-King Skills Coaches David Min and Kris Wilson!  
Go to [www.Snokinghockey.com/insideedge](http://www.Snokinghockey.com/insideedge)

**“I won’t get upset at you about a mistake. I’ll get upset at you for the next mistake that comes from still thinking about the last mistake.” – Doc Rivers**





The holiday season means warmth, friends and family. It means making time for loved ones and appreciating what you have. It means looking out for one another. It means hot chocolate and snowflakes and the expressions of joy on little faces. It also means hockey, hockey, hockey! Hockey tournaments, team building, NHL, competing, hotel pool, fun, outdoor games, sledding, scoring goals, new hockey gear under the tree, World Juniors in Everett, street hockey, Zamboni rides, Jr. A Thunderbirds, holiday public skating, skiing and more! The holidays are always so magical for hockey players and their families!

The relationships we build and the memories we make are so valuable to us. Hockey players are still the best athletes in the world. Take some time off, enjoy the festivities and continue to be great ambassadors for the hockey community! Go Sno-King and Happy Holidays!

Doug Kirton, Hockey Director

## COACHING IN GAMES

By Mike Butters, Coaching Coordinator and 16U A1 Coach



There is an old saying that coaching is the most underrated job in practices and the most overrated job in games. Anyone who has spent a great deal of time coaching, at any level, can quickly conclude that this assessment is all too true.

Let's face it, there are many reasons that coaches want to coach. They want to teach, they want to learn and they want to make a positive impact on players both on and off the ice. When it comes to practice, there is plenty of time for that. There is a practice plan to devise. There are drills to implement, there is skill to be taught. In short, there is a lot to do. But what about games? What is our role in games? Is it to

teach? To shout directions from the sidelines? To pull out our board and draw up fantastic plays? Nope. None of the aforementioned. By the time we get to game time, our job is pretty much done. What we have done all week or all month or all year is what will be the players will attempt to execute.

To read full article go to <http://snokinghockey.com/insideedge>

## COACHES SPOTLIGHT

Coach Will Lee Head Coach 10U B and 10U B Development  
Born in Vancouver BC, Will played minor hockey for Burnaby Minor and Burnaby Winter Club. His playing background also includes International hockey in Korea and Sweden, along with pro experience with the Vancouver Canucks as their practice goalie for 7 seasons.



Will's coaching background includes Pee Wee AAA to Midget AAA for Vancouver Thunderbirds Minor Hockey, North Shore Winter Club, and for North Delta. At Sno-King, Will is a Head Coach for one of the 10U B teams, and the 10U B Development team.

Says Will: "My favorite aspect of playing, coaching and being a fan of hockey has been the life-long friendships and bonds that are created, and the cherished memories that form the foundation of my passion for the sport. A sample of these special moments include: watching the NHL's first outdoor game between the Edmonton Oilers vs the Montreal Canadiens in the frigid Edmonton Commonwealth stadium with friends. That event also featured a Legends game that included childhood hockey heroes like Wayne Gretzky, Guy Lafleur, Mark Messier and Grant Fuhr.



Another favorite memory was helping my oldest daughter Charlotte (age 9 – currently playing 10U B) take her first strides on an outdoor rink in Sweden when she was 4 years old, and cheering for my youngest daughter Emma (age 5 – currently in Hockey 1) at the Sno King Renton rink on Sundays. My wife Michelle and I feel fortunate to be part of such a great Sno King hockey family!

I've been blessed to have coached a number of athletes that have gone on to achieve at the highest levels of hockey. That said, I am most proud of the fact that a much larger number of the athletes I've coached went on to harness the lessons and experiences to help them to become leaders in their workplace, school and community."

Will is the Senior Producer at Microsoft - Turn 10 Studios, which develops Forza Motorsports and Forza Horizon games. Prior to joining Microsoft, he was producer at EA Sports and worked on popular titles like Madden, FIFA and NHL. An avid Motorsport fan and competitor, if he's not at the rink, he's working on his cars to get them ready for the next track day at the Ridge Motorsports Park in Shelton, WA or putting in laps on the simulator for his annual trips to the Nürburgring Germany.



## NIGHT AT SHOWARE

Thank you everyone who participated in the Night at ShoWare event. We had a great night full of fun and hockey action! Thanks to Board members Alisha Gosline and Dana Harder for organizing the event.

