



YOUTH DEVELOPMENT

Sno-King Amateur Hockey Association is a non-profit 501c3 youth development organization that has a mission of Building Players For Life. As a non-profit entity, 100% of our resources stay within the organization and are applied to accomplishing that mission. Volunteers play a vital role and we are very thankful to the hundreds of people that volunteer their time to help achieve our mission.

As a youth development organization centered on youth hockey we want our players to develop the desire and ability to play hockey for much of their adult life. We also seek to develop life skills in our players that can help them do their best, both today and in the future.



When approached with a positive mindset youth hockey develops an abundance of physical, mental and emotional skills that will serve players in their personal endeavors, their relationships and as positive influences in their communities.

As part of this effort, we are in the process of creating a Mindfulness and Leadership program that will go into full application next season. We appreciate the efforts of the coaches, parents and players that are currently participating in a pilot program as we seek their feedback to develop a program that provides age appropriate training in areas such as goal setting, positive self-talk, poise, mental toughness, dealing with failures and setbacks, health & nutrition and other areas. You can learn more by going to the Mindfulness and the Health and Nutrition sections of the website under Resources.

Thank you for being a positive influence on the program and for being part of the Sno-King community.

The Sno-King Staff

TRY HOCKEY FREE DAY FEBRUARY 23RD!

This event is designed to provide kids between the ages of 4 to 9 a completely free opportunity to have an on-ice experience with other children. Coaches will be on the ice to assist your child in learning the basics. Your son or daughter does not need any previous skating or hockey experience. All that is required is that you register below, and bring your own bike helmet and gloves/mittens. Skates and sticks will be provided.

The next TryHockeyFree event is scheduled: RENTON - Saturday, February 23rd, 4:10pm to 5:10pm

TOURNAMENTS

Sno-King hosted our annual 12U MLK Tournament this past weekend which had many teams from around the Vancouver, BC area as well as one team from Anchorage, Alaska. Our teams battled hard against highly skilled teams. The championship game was between Anchorage Comets and the Vancouver Thunderbirds with Vancouver winning 2-1 in overtime with a goal with 17 seconds left in the period. Thank you to all the volunteers that helped with the score keeping throughout the tournament.

In away tournaments we had two teams bring home banners this past weekend. Our 18U A1 team traveled to Las Vegas where they took home the championship. The 14U C (York) team was victorious in their trip to the Wenatchee Apple Cup and brought home the hardware.

Next up is our 14U Presidents Day weekend tournament from February 16-18. Then we have our SKAHA Cup and 8U Jamboree in early March.



PLAYER SHOUT OUT!

Player Shout Out! Brendan Leung, 14UA2 team captain

In December, Brendan was awarded a \$1000 college scholarship, at the Edmonton Invitational Bantam Tournament of Champions. The scholarship selection was based on academic excellence- straight As for Brendan! -community involvement, positive attitude and athletic accolades. To win, the award, Brendan submitted teacher and coach recommendations and sat through a panel interview.

Way to go Brendan - a shining example of Sno-King ideals!



HIGH SCHOOL HOCKEY REGISTRATION OPEN!

Western Washington High School Hockey

The Western Washington High School Hockey League is a Spring league for High School players in the Seattle Puget Sound area. Space is limited!

Season Timing: April thru Early May

Season Games: Each Team gets 12 games and 1 playoff game

2019 SPRING/SUMMER HOCKEY CAMPS!

While we still have plenty of great hockey to go this season, we are excited to announce that the schedules for 2019 Spring Program and Summer Hockey Camps and Clinics have been posted online and registration is open! We are especially pleased to announce that Ty Hennes will have a camp here this summer. See more info to the right of this article.

The schedule includes a variety of exceptional hockey camps, clinics and off-season play for players that are equal to or better than what other more publicized and expensive camps offer in the area. The camps are run independently from Sno-King Amateur Hockey Association but the instructors include members of the Sno-King coaching staff, past players, and players from college and junior programs. In addition, there are also some camps from outside sponsors. One such camp will be put on by Ty Hennes, a former Sno-King player that is currently the Skills Coach for the NHL Pittsburgh Penguins.

There are opportunities for all age groups and they cover a broad range of activities from skating, stick handling, checking, shooting, defense, 3 X 3 games, goaltending and other fundamentals.

Go to www.snokinghockey.com/camps for more information.
Questions? Email: jamie@snokingice.com



SNO-KING HOCKEY WELCOMES TY HENNES NHL PITTSBURGH PENGUINS SKILLS COACH!

OFFENSIVE SKILLS CAMP: 4 day camp is designed to optimize and enhance a players' complete skill set. All areas of skill development will be emphasized. Sessions will be high intensity and players will be challenged and encouraged to push through their comfort levels. Go to www.snokinghockey.com/offensiveskills

SJHA AND SKAHA SPRING HOCKEY LEAGUE

Spring Leagues are a great way to keep the fun in playing hockey. In this Spring league, Players will enjoy the game in a fun competitive atmosphere while improving their skills. This is a non instructional league. Birth years are based on 2019-2020 season.

League to consist of two teams per association.

8U Half Ice 12x2 player rosters (Birth years 2011, 2012)

10U Full Ice 15x2 player rosters (Birth years 2009, 2010)

12U Full Ice 15x2 player rosters (Birth years 2007, 2008)

14U Full Ice 20x2 man rosters (Birth years 2005, 2006 8th graders 2004)

Season Games: Each team gets 1 game a week. Season runs from April to mid June Playoff Games: 1 game

Cost: 8U \$199 and 10U 12U 14U: \$299 Includes: Jersey and Socks

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RESOLUTIONS AND GOALS FOR THE NEW YEAR! BY JAIME SAWCHUK, ED.D.

With every New Year comes the opportunity to create resolutions. It may sound cliché, but there is nothing wrong with setting long-term goals that last the entirety of 2019, with the plan that your resolution becomes a HABIT.

Goals motivate, inspire, and add purpose to our lives. They give us meaning and direction. By setting goals, we know where we are going, what we would like to achieve, and why our goals are important to us. Goals not only give direction and help with motivation, but they also increase satisfaction and self-confidence. Not only is goal setting applicable in hockey and other sports, but also in academics, fitness, relationships, careers, etc. Let's work on starting 2020 out with some self-confidence by working to better ourselves in 2019! Go to www.snokinghockey.com/mindfulness to read the full article



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COACHES SPOTLIGHT: 10UA COACH CLAYTON RODGERS

Clayton began his coaching career at Sno-King, starting with Hockey 2. Currently, Clayton is a head coach at 10UA, and assists with 8U and the 8U and 10U development teams. Previously, he spent two years as the 8U coordinator at Kirkland.

Clayton grew up in White Rock, British Columbia, and played for the Surrey Eagles from 1992-1994 and went on to play Division 1 College hockey at Harvard from 1995-1999. After graduating Clayton moved to the Seattle area in 2001.

For Clayton, hockey at Sno-King is a family affair- he has two boys, Jordan, 8U, and Casey, 10U, and a niece and nephew, Carly and Lucas, both 8Us. Clayton's brother, Spencer- Yale 1999-2002- also coaches 8U at Sno King. Clayton is married to Jenn, a Houston native and Stars fan.

"My favorite part of coaching is seeing the kids improve year over year and having the opportunity to help them along the way. The best part of the experience has easily been all the lifelong friends our kids and family has made throughout our time in the organization. I'd like to thank all the all the people in the Sno King staff and all the coaches/managers/safety coordinators that put so much time and effort into the organization."

ICE TIME: EQUAL VS. FAIR BY MIKE BUTTERS

One of the biggest topics discussed in the game of hockey is ice time. Specifically, ice time during games. How much should each player receive? When should you shorten your bench, if at all? At what age do you differentiate how much ice time each player receives? The list goes on. While it is an unpopular topic for many, it must be discussed.

I've personally always approached ice time for players in games with one main theme in mind. Before you can even look at ice time for your team, you must look at the big picture, which begs the question, What is my purpose of a coach with this team, at this age and at this level? If you answer that question correctly, you will have found your answer with dealing with ice time. Go to www.Snokinghockey.com to read full article



Sno-King players, it's that time of the year...Playoffs! As athletes, we love to show off our stuff at the most crucial times and that is most often when we are fighting for a championship. The highs are high and the lows are low, but we are in the fight and it makes us feel alive!

Hockey players are often very ritualistic and follow set routines- getting ready for playoffs is no different.

Here are some tips and tricks to help with your playoff preparation:

You don't have to be the best hockey team in the nation, just the best on this day!

Stay consistent in your preparation, tape your stick the same way, eat your same pre game meal. Do what works for you!

Execute the little things, take full advantage of what your coach has conveyed to you during the season. Cover your man in front of the net, use your voice to communicate, shoot to score, win a battle and make a play!

Maintain your poise and stick to the plan. Sno-King's Mindfulness coach, Dr. Jaime Sawchuck, often stresses setting goals and visualizing positive outcomes as a very powerful tool. Work on this especially before game day.

Have faith in your training, believe in yourself!

Don't dwell on mistakes. Top leaders know how to quickly rebound from setbacks and get back in the game. *Pro Tip: Positive Coaching Alliance instructs us to actually make a "flushing" motion after a mistake to signify that the mistake is gone and that it is time to refocus!

Hockey is difficult, whether it is making split decisions, using your skating edges efficiently, supporting your teammates by getting open for a pass or blocking a shot, playoff time is when you will be running on all cylinders.

Take pride in being a hockey player and in knowing that you play this great game at a high level. If you put in the time during the season you should have full confidence in yourself and your training.

Be a team of Destiny. Give your team every reason to feel they are destined for success. Assuming you have paid the price of success, remind your team that the training, your practices, and the lessons you learned throughout the season have all prepared you for this moment in time. Post season success is all about generating and maintaining a sense of positive psychological momentum.

One quote that comes to mind at playoff time..."Quitters never win and Winners never quit! Compete, have fun and enjoy the playoff process!

Go Sno-King!
Doug Kirton, Hockey Director



HEALTH AND NUTRITION WITH COACH KELLEY

You may recall from my November Healthy Edge Issue, I had described the three macro nutrients necessary for optimal performance. In this January issue I will be giving more explanation as to what these macro nutrients do for an athlete's body and talk about the micro nutrients that are a huge part of these essential compounds for maximum health as well.

You haven't come this far too only come this far! Keep at it everyone, you've got this!

Each of the essential compounds is vitally important and has a specific purpose in the health of our body. If you try to imagine these nutritional compounds as an ice hockey team; the position each player plays must work with the other positions on the team to be successful. For an example, the centers position on a hockey team works with the wingers to fill gaps, but the center also has to cover the defenders position if the defender has to leave their spot. All the while still striving to score and assist in goals. Nutrition, much like a hockey team, is most affective when working together as a team. This is called bioavailability. The first nutritional team components I'll be discussing are macros.

Go to www.Snokinghockey.com/healthandnutrition to read the full article

SNO-KING SKILLS TIPS AND UPDATES

Focus points for the drill attached: The focus on team skills and small area games continues in January! Small area games are excellent to test out all the tools that our players have been developing this season. Player's compete hard and have the most fun in these types of drills. Here are some of Coach Wilson and Coach Min's small area drill of the month.

Drill 1 (1st Clip) Drill 2 (2nd Clip). >>> Watch Video www.Snokinghockey.com/insideedge

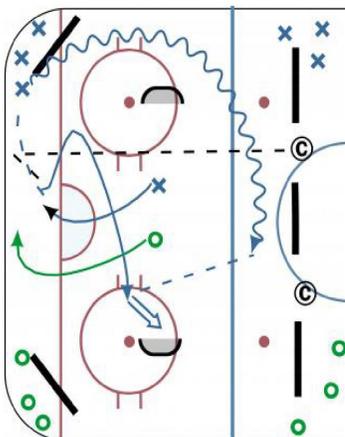
3v3 Regroup

Nets are at center ice facing opposite direction

3v3 between bumper's however you have to regroup with your D before going on the attack

Players in the 3v3 must constantly find open space and D have to make short, quick passes or sometimes even look long

You cannot attack opponent's D



ACTIVATOR 1 VS 1 - 3 VS 3

A ZONE SCRIMMAGE GAME.

Players line up on their half of the ice in each corner.

Coach will blow whistle and dump a puck in the zone for the two opposing players to start drill (each team sends a player out to start drill) Players will battle for the dump in puck. once the player gains position he/she can add a player to make it a odd man situation. That player becomes ACTIVATED into the drill....

Once ACTIVATED the players attack opposing net for scoring chance

This can continue until each team has 3 players on the ice. On the next loud whistle, 1 new player from each team will come to the middle and the game resets.

NOTE: You can only activate one player from each corner per round.