



MJHC NEWS

APRIL 2009

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STATE CHAMPS!

HOUSE MIDGETS PUT MARQUETTE BACK ON THE MAP!

Not since 1993 has the House Midget B won the State Championship. Main Street Pizza's U16 House Midget team took the trophy in on March 15, 2009. Coach Klingler led the way to win every game in the State tournament



We left Lakeview Arena on Thursday, March 12 at 7:00 a.m. sharp. We stopped in a small town called Pinconning to fill up the bus and ended up sitting in the parking lot of the gas station for over 4 hours while the bus driver made necessary repairs to the bus. We arrived in Howell, Michigan, around midnight after we attended the Redwings game, where everyone got to witness a Redwings Shootout at the Joe. Very exciting for everyone.

From Friday at 4:00, which was our first game of the state tournament playoff to Sunday at 5:00, the Championship game where we took the State title, we played a total of five undefeated games. We were the only undefeated team in the tournament. By the time we went into the semi final games on Sunday morning, we were the team to beat. Our kids were so fun to watch play. Everyone of them played the best five games of the year. They were thrilled and it was real neat to see their helmets, gloves and sticks resting on the ice as they received their medals.

On the way home one of the parents heard from the homefront that there had not been a house league team win a State Championship since 1993. That just added to the celebration on the bus. We figured eventually the boys would fall asleep, but I don't think any of them did. At least, it didn't sound like they did. As we pulled into Harvey, just after 3:00 a.m. on Monday morning, a city police officer with his lights flashing escorted us through the almost deserted streets of Marquette to Lakeview Arena.

It was an amazing time for the kids. One that no one will ever forget! —Deb Liberty



New meaning to the phrase "Face Off!"
photo collage by Pat Francis

MJHC is taking applications for the following coaching positions:
MIDGET TRAVEL BANTAM AA PEE WEE AA SQUIRT AA
Deadline for applications: **Monday, April 27, 5:00 PM**

POST SEASON TEAMS WARNED ABOUT NON-SANCTIONED TOURNAMENTS

POST SEASON TEAMS WERE WARNED ABOUT PARTICIPATING IN NON-SANCTIONED TOURNAMENTS AT THE LAST BOARD MEETING. USA Hockey rule change as reported at March Board Meeting: Any MJHC hockey player who participates in a non-sanctioned tournament will/may be in-eligible to participate in his/her team district playoffs for the season. This rule becomes effective May 1st, the new official date that starts the new season. For more information, contact a Board member.

Marquette Junior Hockey, 401 E. Fair Ave. Suite 103, Marquette MI 49855 • 906/228-9193 • www.Mqthockey.org

MJHC is a non-profit organization. Our mission is: To provide instruction and recreation through organized team play in the sport of ice hockey, and help all participants grow socially, physically, and emotionally to their utmost potential both as hockey players and as citizens of our community

FOR SALE

HOCKEY COUPON-BOOKS \$2

NORTHERN MEATS & MARQUETTE DEER & GAME CUTTERS

% of sales to support Marquette Electricians and Marquette Jr. Hockey Teams
Call for delivery or pickup at plant: 1450 E M28

734-664-3911

Glenn Andrews

Orders over \$50 - FREE Delivery
\$5 charge for all other deliveries

NEW BOARD

MEMBERS

ELECTED:

BRIAN NEBEL,
SHANE PLACE
DEAN MANNING

DIVISION DIRECTOR'S ARE NEEDED EVERY YEAR

YES YOU CAN!

MITES - Your Name Here
SKILLSDEV - Your Name Here
SQUIRTS - Your Name Here
PEEWEEES - Your Name Here
BANTAMS - Your Name Here
MIDGETS - Your Name Here
GIRLS DIVISION - Your Name Here

BOARD MEETINGS

Four meetings will get you voting rights! Meetings take place at the Citizen's Forum, 7pm on the following Wednesday evenings:
1st Wednesday of each month
(with occasional exceptions)

2009

May 6

June 3

July 1

August 5

September 2

Meetings are held at the Citizens Forum in the Lakeview Arena. This room is on the south side of the building off of one of the main entrances.

POST SEASON OFFICE HOURS

MJHC POST SEASON OFFICE HOURS

March 19, 2009 – April 23, 2009

Monday - Friday - 2:00PM - 6:00PM

Saturday, Sunday - Closed

228-9193 • wcatgoal@mqthockey.org

Parental Roles and Responsibilities

Encourage Your Child to Participate

Children should be encouraged to participate in a sport. However, their choices need to be respected and they should not be pressured, forced or bribed into playing. For children to continue pursuing hockey, they need to find it enjoyable and motivating.

Enjoy Your Child's Participation

Participation in hockey can be an important component of children's lives. Resolve to simply enjoy their participation as much as you can.

Support Your Child Emotionally

Help young athletes to constructively manage the stress associated with training and competition by offering support regardless of the outcome. Listen, empathize and try to understand how children feel and what is happening to them.

Key Issues for Hockey Parents

Your Child's Performance Team

Tryouts

Tryouts can be a nerve-wracking time for both players and their parents. Players may become anxious and sometimes focus on the possibility that they may not make the team. This is often the case as players get older, and it is important as parents that you remind them to focus on their own performance. Worrying about what the coach is thinking of them, or comparing themselves to other players will not increase their chances of being successful. Encourage young hockey players to set one or two daily goals for each tryout

and review their progress at the end of each day. Respect the goals the players have set to achieve, and be supportive in their efforts to realize them. The more they focus on the process of performing to their potential, the better chance they have of making the team.

Responsible parents can help children realize that during tryouts, their self-worth is not on the line. There are many paths to excellence, and while not succeeding at a particular tryout may be demoralizing, it should be kept in perspective. Even Michael Jordan was cut from his high school basketball team!

Winning, Losing and Playing the Game

We all know that winning can be exhilarating, while losing can be tough on players AND parents alike! In the real world we can't always be on the winning side, so it is important that you and your child focus not on the outcome, but rather on who the game was played. After the game, avoid asking competitive-based questions, such as:

1. Did you win?
2. Did you score a goal?

You may be simply trying to show interest, but the effects can often be detrimental to your child. Competitive-based questions can trigger feelings of failure, guilt, embarrassment, and shame, and may cause confusion in your child's mind regarding the primary purpose of his or her participation. Perhaps the easiest way to show interest is by asking the question...

Did you have fun today at the rink? In addition, ask questions that help children to objectively evaluate their performance. Ask performance-based questions such as:

REGISTRATION UPDATES

PLEASE NOTE the following changes to registration:

- All fees will increase by \$75 per player with the exception of Initiation Mites.
- A \$50 non-refundable deposit is required by June 1.
- Any player registering by that time will receive last year's registration rate.
- Any player registering after June 1 will pay the new rates.

- What went well?
- What needs to be improved?
- How can these improvement be achieved?
- What were some of the highlights?

Feedback is extremely important - the primary focus should be on learning and improving, not on winning and losing.

Working with Teammates

Encourage young athletes to communicate with teammates, especially when problems might appear. By communicating, they may defuse a difficult situation. Conversely, by saying nothing the unresolved situation may eat away at them for a long period of time. If children learn to become effective communicators, they will be able to concentrate on developing their performance skills to benefit themselves and their team. Likewise, every team should have a code of conduct that encourages frank and open sharing of feelings before they become too emotionally loaded. The intent is to deal with the molehills before they become mountains. Effective communication among team members should improve the team's performance both in practice and during competitions. Prior communication can only lead to hurt feelings, misunderstandings, anger, and poor team performance.

Information from "Tips for Parents" Chevrolet Safe & Fun Parent's Manual. Available for download at: http://www.gm.ca/static/english/chev_safeandfun/index.html