



MJHC NEWS

FALL 2009

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MJHC REGULAR OFFICE HOURS
9/28/09 - 3/21/10

Mon. - Thurs. 2 pm - 9:30 pm
Fri. - 3:00 pm - 6:00 pm

Sat. & Sun. - 1 hour prior to first scheduled ice time until the end of the last scheduled game.

USA Hockey Announces H1N1 Recommendations

COLORADO SPRINGS, Colo. - USA Hockey, with the counsel of Dr. Michael Stuart, its chief medical officer, today issued the following information regarding the H1N1 infection, including recommendations to reduce the likelihood of spreading the infection.

USA Hockey recommends:

- Providing individual water bottles for players and not sharing water bottles.
- Regularly washing hands.
- Cleaning workout gear for each practice/competition.
- Keeping gloves on during the traditional handshake with opponents.

Individuals with influenza may develop typical signs or symptoms, including: fever (102 degrees Fahrenheit or greater), cough, muscle aches, runny nose, headache or sore throat, with the potential for more serious complications, including pneumonia.

This year's influenza virus strain has particularly affected children and young adults. Transmission of the influenza virus may occur from the day before the onset of symptoms and during the five-to-seven days that the symptoms are present.

Infected individuals should stay home until signs and symptoms have resolved, with no fever present for at least 24 hours. The 24-hour no-fever timeline should be achieved naturally, without the aid of fever reducing medications.

Additional information regarding H1N1 is available from the Centers for Disease Control and Prevention.

RECOMMENDED VIEWING

Check Out These Videos
USA Hockey ADM Kids
<http://admkids.com/media.php>
American Development Model
"Put the Athlete First"
*Encourages multiple Sports...
Athleticism First... Check it out!*

The Magic Hockey Helmet
www.youtube.com
A kid's perspective!

PARENTS

Check with your Team Managers to find out what your volunteer responsibilities are for upcoming Tournaments... All Hands On Deck! Everyone needs to take a job!

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

UPCOMING MQT. TOURNAMENTS

21st ANNUAL
**MARQUETTE HOLIDAY
TOURNAMENT**
BANTAM "B",
PEE WEE "B", SQUIRT "B"
DECEMBER 18-20, 2009

**PRESENTING THE
INAUGURAL
GIRLS GO PINK 2010
All Girls Tournament**
FEBRUARY 12 - 14, 2010

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

Be sure to patronize the businesses that contribute to the success of MJHC!

S.T.A.R. Video

MAHA expects all parents of junior hockey players in Michigan to sign a S.T.A.R. (Shared Tolerance Appreciation and Respect) form after watching the 15 min. S.T.A.R. video. Be sure your team has setup a viewing time. Video can be signed out from the MJHC office.

Receipts for Cash Econo Foods

Turn in your Econo Food receipts!

2009 - 2010

MJHC Division Directors
INITIATION MITES - Russ Modell
MITES- Scott Guidebeck

SQUIRTS - Eric Bordson
PEEWEEES - Scott Smith
BANTAMS - Dean McAuliffe
MIDGETS - Chip Duquette
GIRLS DIVISION- Rodney Riesland

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)
2009-2010

December 2
January 2, 2010
February 3, 2010
March 3, 2010

Positive Player Development Keeps them coming back!

101 Ways to Give Praise

Emphasis on the Skills Development Cycle

Fun is the most important part of youth sports. Fun is the energy that players use to motivate themselves. Fun makes players want to improve their own skills and stay competitive with their friends. When sports are no longer fun, kids quit playing and turn to other activities.

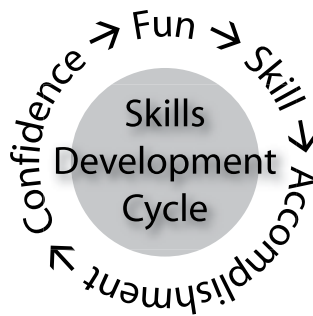
However, fun doesn't mean goofing off. For players, fun is the start and end of a Skills Development Cycle. Fun leads to skill which leads to accomplishment which leads to confidence. This confidence is fun and starts the cycle again. As parents, keeping kids moving through this Skills Development Cycle is the only way to help them improve.

In order to keep this cycle moving, parents should praise the things their children do right and then help them to understand, in a positive way, the things their children do wrong. Although fun starts the cycle, the inability to master a skill or the failure to recognize an accomplishment can stop the cycle. Even though some skills require hard work, this effort can make the accomplishment more significant for the player.

The Skills Development Cycle is critical to players continuing to play the sport and is not based on winning. Winning is a team accomplishment, not a player accomplishment. So, parents need to judge a game or a season by other standards for the benefit of their children.

Things to look for after a game include the following:

- Players had fun.
- Players improved their knowledge and skills.
- Players knew their responsibilities and relied on teammates.
- Players listened.
- Players showed good attitude regardless of what was going on.
- Older players helped mentor younger players.
- Players showed good sportsmanship in victory or defeat.
- Players focused on making smart plays rather than just scoring.



101 Ways to Praise a Child

From the Pebble Project/Communities in Schools.

- Wow!
- Way to go
- Super
- You're special
- Outstanding
- Well done
- Excellent
- Great
- Good
- Neat
- Well Done
- Remarkable
- I knew you could do it
- I'm proud of you
- Fantastic
- Superstar
- Nice work
- Looking good
- You're on top of it
- Beautiful
- Now you're flying
- You're catching on
- Now you've got it
- You're incredible
- Bravo
- You're fantastic
- Hurray for you
- You're on target
- You're on your way
- How nice
- How smart
- Good job
- That's incredible
- Hot dog
- Dynamite
- You're beautiful
- You're unique
- Nothing can stop you now
- Good for you
- I like you
- You're a winner
- Remarkable job
- Beautiful work
- Spectacular
- You're spectacular
- You're darling
- You're precious
- Great discovery
- You've discovered the secret
- You figured it out
- Fantastic job
- Hip, hip, hurray
- Bravo
- Magnificent
- Marvelous
- Terrific

- You're important
- Phenomenal
- You're sensational
- Super work
- Creative job
- Super job
- Excellent job
- Exceptional performance
- You're a real trooper
- You are responsible
- You are exciting
- You learned it right
- What an imagination
- What a good listener
- You are fun
- You're growing up
- You tried hard
- You care
- Beautiful sharing
- Outstanding behavior
- You're a good friend
- I trust you
- You work really hard
- You mean a lot to me
- You make me happy
- You belong
- You've got a friend
- You make me laugh
- You brighten my day
- I respect you
- You mean the world to me
- That's correct
- You're a joy
- You're a treasure
- You're wonderful
- You're perfect to me
- Awesome
- Tremendous
- A+ job
- You're A-OK-My Buddy
- You made my day
- That's the best
- A big hug
- A kiss
- I love you

“Parents should praise the things their children do right and then help them to understand, in a positive way, the things their children do wrong.”



Download the entire Youth-Sports-Team-Handout at:

<http://www.scribd.com/doc/2143128/Youth-Sports-Team-Handout?autodown=pdf>

There are many great “parent ice-breaker” tips and other useful information with this packet... and it's FREE! A nice resource for coaches, team managers and parents!

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“No Fun, No Future”*

* http://admkids.com/parents_ABC.php