



Growing Hockey Players Since 1973

EASTERN CONNECTICUT HOCKEY ORGANIZATION



ECHO NEWSLETTER

Welcome to the ECHO Eastern Stars Newsletter!

December 2018

Upcoming Events!

- Dec 2nd - IPH Skating Clinic
- Dec 27-30 - Bruins Holiday Tournament
- Dec 28-30 - Winter Classic

SAVE THE DATE

Feb 23, 2019 – Taste of ECHO - Details to follow

Coaches Corner

A majority of our skaters are on the ice 4 days per week between practice and games. We do dry land to help improve strength and flexibility. We do drills in practice to improve skating, stick handling, passing, shooting, and become better at playing the game of hockey. What we all tend to forget about is; what are our skaters putting in their body? Nutrition is just as important to their game as all of the training that they do! The link to the article below has some great tips on nutrition for our young skaters!

[You Are What You Eat](#)

#ECHOPride Player / Team Spot Light

This months spotlight goes to our Squirt A team! They participated in the Avon Thanksgiving Tournament. During the tournament they went 3-0 in the series (4-3 vs Millbrook, NY, 7-2 vs Avon, and 6-2 vs Simsbury) to go into the Championship game as the top seeded team. The championship game was a real nail biter!!! After three 12 minute periods they took 2nd place in the tournament in a 2-1 game against Millbrook, NY. An EXTREMELY competitive game!!



News from the BOD

- **Rink Conditions**

- The piece for the humidification system has come in and has been installed!
- The hot water is working in the bathrooms
- The lights that were out in the scoreboard have been replaced
- They will be working on fixing the low hanging insulation around the rink

- **Merger**

- This is a heavily discussed topic amongst the membership and the Board of both organizations
- Preparation for a membership vote is in full swing
- Be on the lookout for the date, time, and location of the membership vote for the merger with NEYHA

- **Holiday Tournament**

- The Hooksett and Haverhill tournaments are rapidly approaching! Please be sure to make your hotel reservations as soon as possible.

- **Winter Travel**

- As winter approaches so does snow fall. The safety of our skaters and families is paramount. Please be sure that as bad weather rears its head that you are on the lookout for communication from coaches/managers regarding the status of games and practices. If you are not going to make a game or practice due to the weather please be sure to communicate to your coach as soon as possible, especially for games.

- **Taste of ECHO**

- Just as we wind down the holidays and tournaments, us hockey parents get a night out!! The Taste of ECHO is the one fundraiser that the organization does during the season. The funds raised during the event last season went towards the skaters. The fees for the ice increased to the organization but we were able to absorb this cost and not pass it on to you due to the Taste of ECHO! Along with that, there are a LOT of great raffles, great entertainment, food, and company! Keep an eye open for the ticket pre-sale and be sure to bring friends and family!
DETAILS TO COME!