



November Team Newsletter

Would you like to contribute to our new monthly newsletter? Let us know when your team is playing each month, what you're doing for fund-raising, and any exciting news or pictures you want to share. Do you have a player that's doing something great on or off the ice? Send us an e-mail at:

lakersnewsletter@gmail.com.

Message from the Board of Directors

Please join us for our board meetings on the third Wednesday of every month at 6:30 p.m. Come out and see how you can help our association grow the game! Here are some reminders from our last meeting...

When completing score sheets, please be sure all fields are complete. Don't forget the ones at the top such as the on ice and off ice times. Also, please add the team manager's name and telephone number somewhere on the score sheet in case there are any questions.

Those interested in helping with various teams must go through the appropriate training and screening programs. Coaches must have completed their coaching certifications before the end of the year. Level 1, 2, and 3 clinics will be held in Brockport on November 22. Level 4 clinic will be held in Rochester from December 6-7. Everyone must also complete age appropriate modules and Safe Sport. Clinic registration and Safe Sport can be found at www.usahockey.com.

There should also be two screened adults in locker rooms. If coaches can not be in the locker rooms at all times, parent volunteers can help as long as they are screened as well.

Try hockey for free day is coming up November 8. Watch for more details, and tell your friends!

LIKE us on [facebook](#): Chautauqua County Youth Hockey Association – Jamestown Lakers

Beginners

Beginner hockey for ages 4-7 starts Monday, November 3. Practices will be on Monday at 6:00 p.m. and Thursday at 5:30 p.m. for one hour and will run for 16 weeks. For more information, email scoutspence@gmail.com.

New players – don't forget to register your players at www.usahockey.com. Your coach or team manager will need your child's registration number. Also, please be prepared to provide your coach or team manager with a copy of your child's birth certificate!

A.D.M. Program

The ADM players had a great time at their recent jamboree. Each association has an opportunity to host a jamboree. Our association will host an ADM jamboree on December 20th.

For those who don't know, ADM stands for "American Development Model." It's a mission to develop better hockey players by starting at the beginning - with the basics. The ADM "building blocks" are play, love, and excel. Have you ever wondered, "Why cross-ice games?" Then, take a few minutes to watch this video from a child's point of view:

www.usahockey.com/news_article/show/354670?referrer_id=886624

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Mite Hockey

Hey Mites! Cold weather is coming. Have you ever wondered what you can do inside the house to stay active and improve your hockey skills (without getting into too much trouble with mom and dad)? Find a soft ball (like a Nerf ball or tennis ball) and find someone who will play catch standing about 5 feet away from you, *but...* do it while hopping on one foot! Try switching feet, throwing overhand vs. underhand, and see who can do it the longest. This is a great game to help develop agility and balance!

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Squirt MOHL

What is MOHL hockey, and what does MOHL mean, anyway? MOHL stands for Multi-Organizational House League. The biggest misconception about MOHL is the "house" part. MOHL teams travel! They play other organizations in WNY and PA and compete in out of town tournaments just like traditional travel teams. The main difference is that they don't compete for a state title. Western New York now has formal MOHL divisions with playoffs and standings for 18U, 16U, and Bantam. More formal MOHL divisions for PeeWee and Squirt can be expected in the future with the growing interest in MOHL hockey!

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Squirt Travel (State Bound)

Squirts, here is an indoor training idea for you! How about some indoor stick handling? (Don't forget to ask your parents first.) Try balancing on one leg while stick handling for as long as you can. Try the other leg. If that's too easy, try closing your eyes!

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Pee-Wee (NTB)



The Lakers Pee Wee NTB travel hockey team is powerful on and off the ice to partner in the fight for a cure in breast cancer and in raising awareness. These amazing 13 players took it upon themselves to request pink socks to rock the ice and sport their awareness. They also sport the pink breast cancer ribbon decal on their helmet.

The team didn't stop there though. They took their awareness and support one step further. They had a logo specially designed for team apparel and made a donation of \$30.00 to the fight for a cure because winning is everything!

The team truly symbolizes the definition of extraordinary leaders on and off the ice, in and out of the arena. Gooooo Pee Wee NTB!

Pee-Wee (State Bound)

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Bantam Travel (State Bound)



The Bantams are focusing on unity and teamwork by planning monthly team building activities. In October, the team took part in a drum circle.

They will be in Pittsburgh for a tournament November 7-9, but then they're ready for the puck to drop at home. Cheer

them on *Saturday, November 15 at 3p.m.* before the Xpress game! They're at home again on *Saturday, November 22 at 3p.m.*



Come out and see them at the Xpress home games. They will be selling chuck-a-pucks and 50/50 tickets!

Midget Minor (16-Under)

If you are a member of this team and would like to submit information for next month's newsletter, please send it to us at lakersnewsletter@gmail.com.

Midget Major (18-Under)

18u's played Wheatfield on 10/11/2014 and won with a score of 8-1. Leading the scoring was Joey Gerace with a hat trick and Dylan Bergman with 5 assists. RJ Keith had a couple of goals. Jacob Zwiieg, David Lobb, and Michael Mammoser each had a goal a piece. Also contributing with assists were Griffin Noon with two, Joey Gerace with two, and Keith and Mammoser each with one assist. Ryan Pacarella was in net for the win.

On Sunday, they faced Canandaigua and fell 3-1 with the lone goal coming from David Lobb with the assist going to Zane Porterfield and Jacob Zwiieg.

They are currently 6-4-1 and in third place in their division.



High School

High school hockey starts soon. Be on the lookout for more information!

House Program

If you are a member of this team and would like to submit information for next month's newsletter, please send it to us at lakersnewsletter@gmail.com.

Sled Hockey Program

Lakers Sled Hockey is an innovative program for the handicapped athlete. Created in 2003 through the generosity of corporate and community sponsors, the program is open to children at no cost to their families and offers both an exercise option and social interaction with others their own age. The players use an aluminum sled and shortened hockey sticks. For more information on the FREE Lakers Sled Hockey Program (for qualified individuals), email lakerssledhockey@stny.rr.com.

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For more information about our newsletter or to have an email address added to our mailing list, email us at lakersnewsletter@gmail.com or see Patty D'Angelo or Stephanie DePonceau. See you at the rink... GO LAKERS!!!

***KEEP YOUR KIDS OUT OF HOT WATER ...PUT THEM ON ICE WITH THE
JAMESTOWN LAKERS YOUTH HOCKEY PROGRAM!***