



# SeaHawks Newsletter



“Anchoring town hockey in Hull, Norwell, & Scituate”

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Second year Squirt A Willie Cahill has picked up where he left off from last season: skating until the whistle blows and lighting the red lamp behind the net! Willie is playing in his sixth season with the SeaHawks and says he has loved every minute of it. “Willie competes in every game,” says 2016-17 Coach Rob Malinowski. “He mixes it up each shift and is a natural goal scorer. Plenty of kids develop thru practice and increase their skill set each year, but the ability to score simply comes with greater ease to some. Willie is one of those kids.” The centerman does not just score. He uses his size effectively around the net, clears out space, and creates scoring opportunities for line mates. He’s the consummate team player. SeaHawks Nation recently caught up with Willie at The Bog where he was more than gracious to share a bit about himself with members of SeaHawks Nation.

- SN:** Who is your favorite NHL player?  
**WC:** Brad Marchand #63 !  
**SN:** Favorite hockey rink?  
**WC:** Hyannis Arena  
**SN:** Favorite Junk Food?  
**WC:** Bacon  
**SN:** Favorite dessert?  
**WC:** Ice cream  
**SN:** Favorite non-Bruin?  
**WC:** Jack Eichel  
**SN:** Favorite movie?  
**WC:** Captain America: Civil War  
**SN:** Favorite TV show?  
**WC:** “Arrow”  
**SN:** Favorite school subject?  
**WC:** Science  
**SN:** Favorite sport other than hockey?  
**WC:** Lacrosse  
**SN:** Why do you like playing SeaHawks?  
**WC:** I skate with my buddies!

## SeaHawks Centerman Willie Cahill





## Coach Rob Malinowski

Rob Malinowski and his family are a big part of SeaHawks Nation. He and his wife, Melanie, have committed numerous hours to LTS and the Mites program. Now in his 3rd year serving on the Board of Directors, Rob is Mite League Play LD. Last Spring he was awarded “Board member of the year” for his countless hours of volunteer work. Rob’s selflessness and passion for the development of our kids are apparent to even a casual eye. It’s coaches like Rob Malinowski that keep town hockey programs running strong. He was kind enough to partake in a Q & A!



**SN:** How many kids in the program?

**RM:** We have two boys. Jacob is on the Mite B Blue and Robert plays on Squirt As. I’m lucky enough to coach both of them.

**SN:** What’s your hockey background?

**RM:** I played many years of youth hockey, from Mites to Midgets, in the now-defunct Mohawks Youth Hockey Program. It was all kids from Holbrook and Avon. My high school (Holbrook) had gotten rid of its hockey team before I enrolled.

**SN:** What’s changed in hockey over time?

**RM:** The speed of the game has increased over the years. The equipment is lighter and kids get more ice time.

**SN:** What enjoyment do you get from coaching?

**RM:** I love watching the kids develop over time. They are unbelievably enthusiastic and love being on the ice with their friends. They ask meaningful questions and listen to our answers. It’s rewarding to see their growth. Mostly, I feel that ice hockey, through the long season, builds character for each kid because they learn to depend on each other.

**SN:** Who was your favorite NHL star when you were a kid?

**RM:** Ray Bourque, no doubt.

**SN:** Favorite NHL player today?

**RM:** Patrice Bergeron—a complete player

**SN:** Favorite SeaHawks rivalry

**RM:** Toss up: WHK and Cape Cod Canal

**SN:** Do you still play ice hockey?

**RM:** Yes, men’s league and SeaHawks’ coaches and parents Friday Night league

**SN:** About you, now... favorite junk food?

**RM:** Cold Stone ice cream

**SN:** Favorite TV show

**RM:** The Simpsons

**SN:** Favorite movie?

**RM:** Cast Away

**SN:** Advice for today’s player?

**RM:** Play as hard as you can every time you play; be a good teammate. Understand that it takes a team to compete in a game, not just a star player. If you put yourself in good position at all times, you’ll be just fine. Above all, be fair and remember it’s only a game.

# ASK THE AD

## SUBMIT QUESTIONS



Chris Mullen is the **A**thletic **D**irector for the South Shore SeaHawks. In current sports terms, that means he's the director of all on-ice hockey operations: level directors, coaches, team decisions, etc.. all fall under his umbrella. Chris played for Plymouth Youth Hockey, Archbishop Williams, then for Suffolk University. He is a well-known face in SeaHawks Nation. Chris is using this forum to answer FAQs.

### **Question #1: What action can I take if fans are extremely unruly?**

**AD Mullen:** It's an uncomfortable scenario, unfortunately. First off, never engage. Nothing good ever comes of that. Notify your team's coach (privately if you wish) and explain what you witnessed. If it pertains to someone on our team, the coach and/or level director will address the person. If it's a member of another team, our level director and conference representative (South Shore or Yankee) will notify the respective conference. Remember: don't engage!

### **Question #2: Why isn't my child progressing at the rate of other kids?**

**AD Mullen:** Do you remember when your kid was learning to read? How many of the kids in the class needed extra help? A few, right? How about now, four years or so later? Chances are the kids who needed that extra help probably "caught up" to the other kids. Well, it's the same with sports. Some kids develop a little bit faster than others, but, in time, the other kids will "catch up" at some point. Some kids that are Mite A's slip down a notch or two as they get older; conversely, some kids that are playing C right now will play on an A team in due time. So, don't fret. Only one percent of youth hockey players will play at the college or professional level. So have fun.

### **Question #3: How can my child learn pointers from watching NHL games on TV?**

**AD Mullen:** Tell your child to watch how these NHL stars "stay in their lane" and skate up and down the ice with maximum effort each shift. These players don't "take shifts off." They play hard in all three zones: offensive, defensive, and the neutral zone between blue lines. Hustle is the component that we stress. The NHL players can't afford not to hustle; otherwise, they're on the bench. Don't worry about "breakouts" and "defensive traps." Kids mimic professional athletes all the time. So, stress the hustle factor to them as you watch games with them. It's a valuable lesson to follow!



SEAHAWKS  
SPECIAL EVENTS  
SQUIRTS SKATE AT  
TD GARDEN

On Saturday, October 22nd, the South Shore SeaHawks Squirts stormed the Boston Garden. Family and friends cheered from the stands as the evenly matched teams skated up and down the Bruin's ice! The red lamp was lit !!!



COACH MIKE MCGUIRK



**COMING SOON !!!**

**COACHES SCOOP NIGHT**



**FEBRUARY VACATION  
MOVIE DAY!**

