



SeaHawks Newsletter



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

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She-Hawks star right winger, Anna Ryan, may be in the early stages of her ice hockey career for the U-10 Bs, but she's certainly no stranger to skating. Daughter of a trained figure skating coach, Kim Ryan, Anna has been working magic on the ice for years in her figure skates. But the calling of hockey (like her two brothers) was too much to resist. “Anna has made a seamless transition,” said Coach Ed Smith. “It's obvious she has ice skating experience, and it gives her an edge over other girls when making quick turns in tight spaces. She's been impressive.” Anna's ability to skate well highlights her skill-set as being a great fore-checker and back-checker. Coach Smith sees a bright future. “In a couple of years, SeaHawks Nation should expect big things from Anna Ryan. The star forward graciously agreed to share a bit about herself with the members of SeaHawk Nation!

SN: Who is your favorite NHL player?
AR: Dougie Hamilton
SN: Favorite hockey rink?
AR: Bavis Arena
SN: Favorite role models?
AR: My parents
SN: Favorite dessert?
AR: Nona's Cookies-n-Cream
SN: Favorite book?
AR: “Because of Winn Dixie”
SN: Favorite movie?
AR: Elf
SN: What do you want to be later in life?
AR: Pro Figure skater or veterinarian
SN: Favorite school subject?
AR: Science
SN: Favorite sport other than hockey?
AR: Figure Skating
SN: Why do you like playing SeaHawks?
AR: I get to make new friends

Anna Ryan





Jay Ryan has been a force in SeaHawks Nation for years; what started as a parent bringing his kids to 6:00 am games in Bridgewater slowly developed into “helping out” for a bit on the Board of Directors. Well, that “helping out” as Registrar turned into an elected, three-year commitment that earned him the President’s Award at last spring’s banquet. Jay currently has two children (Michael and Ana) skating in the program, and he mans the bench of the well-seasoned Bantam A Team. Jay Ryan has been an exemplary role model to our SeaHawks kids.

Jay Ryan



SN: How many kids in the program?

JR: Ana U-10B, and Michael Bantam A

SN: What’s your hockey background?

JR: I was a “Pond Hockey Hero” and “Coach’s Hour Phenomenon!” (Insert laugh). I grew playing street hockey and got serious about ice hockey when my kids led me there. Should have gone Pro!

SN: What’s changed in hockey over time?

JR: Hockey has become much faster and the skill level of the players has risen dramatically.

SN: What enjoyment do you get from coaching?

JR: It’s been nearly 10 years that my oldest, Michael, first took to ice hockey. In that span I’ve seen a lot of kids progress to great heights. Ice hockey is a funny sport. Some of the kids that could barely skate fifty feet without falling down are now Top 6 forwards on “A” Teams, while some kids that were “star” players years ago don’t even play hockey anymore. The game constantly changes, but the kids and coaches love for the sport seems to be the one constant.

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

JR: Cam Neely and Bobby Orr

SN: Favorite NHL player today?

JR: Patrice Bergeron and Torey Krug

SN: Favorite SeaHawks rivalry

JR: The Brewins and Falmouth

SN: Do you still play ice hockey?

JR: Yes, Friday Night league where yesterday’s memories are carried out today!

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

JR: Lemon Oreos

SN: Favorite TV show

JR: Watching the Bruins !

SN: Favorite movie?

JR: Napoleon Dynamite

SN: Advice for today’s player?

JR: Understand that it’s only a game, but it’s also a tool for life. Listen to your coaches, work with your teammates, and always try to give the extra push to that kid who needs help. The kid you help on the ice today may be the man who helps you in life tomorrow. As for hockey... Hard work beats talent when talent doesn’t work hard! (Credit: Herb Brooks)

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: When does my child need a new stick and do I need to pay a lot of money?

- Replace if the stick has a significant crack at the bottom of the blade, or if your child has simply out grown the length of the stick. Sticks will get superficial cracks and chips in them, so don't replace in that case.
- Sticks come in youth, junior, intermediate, and senior sizes. This comprises the flex of the stick, diameter of the stick shaft and length. See chart below for a rough guide. Coaches see many kids still using a youth, junior, intermediate stick and they should move up. If your child is on the edge, I recommend moving up.
- Stick length should come to nose when skates are off. Should be at chin when skates are on. When kids get older they can allow for personal preference.
- Flex, type of curve, stick lie are all personnel preferences that come into play when your child gets to older levels.
- There are plenty of economical stick choices that will not negatively affect your child's play. Couple of benefits of composite sticks; they simply last longer for little kids. Wood sticks get mushy and cracked over time. Composite sticks, unless broken or out-grown, should last you child forever then you can pass down to a smaller player. They also make excellent street hockey sticks over wood.

Hockey Equipment Sizing Age Groups

			
SENIOR	INTERMEDIATE	JUNIOR	YOUTH
13+	12-14	8-12	9 & Under
Midget/Junior/HS/ NCAA/Pro	Bantam/Midget	Pee-Wee/Bantam	Mite/Squirt

COACH SCOOP NIGHT !!!

WHEN: Monday, March 6th, 2017 from 5:00 to 8:00 pm

WHERE: Nona's in Scituate Harbor

WHO: Your SeaHawks' coaches

WHY: 50% of gross to the SeaHawks for equipment



SEAHAWKS MOVIE DAY!



WHEN:

Tuesday, February 21st at 10:00 AM

WHERE:

Mill Wharf Cinema, Scituate Harbor

WHO:

SeaHawks players, family, and friends

COST:

\$10 per person (includes combo tray)

MOVIE:

It's a "Miracle"

