



BCL Newsletter

October Issue

Welcome to the 2009-10 Hockey Season

A note from the Board

Fundraising, what does it mean? Forget the true definition “The organized activity or an instance of soliciting money or pledges, as for charitable organizations or political campaigns”. To a lot of us it can mean a heck of a lot of effort and time we do not have, to others another monetary contribution, and to even others an opportunity to participate and offer up your skills to make a difference in our schools, communities and sporting clubs.

We are all well aware of the tough economic issues that are happening all around us, and there are many who are living it. It is tough to have those extras like a child in travel Hockey, let’s not kid ourselves it is an expensive sport.

I feel very fortunate to be a part of a not for profit organization “BCL”. Our organization does make a difference through its sponsorship program, aiding those up and coming NHL stars and has done so for 17 years.

What more can we do with so little time and money?

Upcoming Events

- Bantam 96 Dodge ball Tournament November.
- BCL Board meeting Monday Nov 2, 2009 7:00pm at KHS.

INSIDE THIS ISSUE

BCL Community	
Fundraising	
Community Outreach	
Trivia	
Player Health & Safety	
Coaches Corner	

It’s the little things that can make a difference.

- Offer to Car Pool for practices, away games.
- Keep a case of water/gatoraid in your car. Offer it up.
- Reach out to that new parent on the team.
- Congratulate players for their on and off ice achievements.
- Participate in BCL events, offer up your ideas, all are valuable.
- Engage your business networks.

We spend a great deal of time together and are fortunate to share in the excitement of our children’s hockey achievements whether that be a joy of watching their first goal or that amazing save!

Help out by reaching out to your BCL community and your fellow members.

Go lightning Parents!!!!

Patti Keating



BCL Newsletter

BCL Community

Spot light is on...

Kevin Culbertson is a long term volunteer and a major contributor to our BCL community for over 8 years.

Kevin got involved in hockey as a fan of the Kings in the mid-70's (don't hold it against him the Ducks weren't even formed then). His son started playing hockey in the mid-90's at Aliso Viejo Ice Palace at which point Kevin was bench help for the coaches, overtime Kevin moved up to team manager and continued in that position for 3 years, eventually voted to Board President of Beach City Lightning.

During his 5 years he oversaw a transition in rink ownership at KHS, as well as became even more involved becoming a CAHA Director (no rest for the wary!). During his tenure with BCL, aside from placing many playoff teams, the Club was able to be represented by 3 League finalists, two state finalists and one each SCAHA and CAHA Championship.

To quote Kevin - "The mission of Lightning is to create and maintain an environment that emphasizes the fun and joy of ice hockey to our youth members, as well as the fundamentals of the game, sportsmanship and team work, and fair play, all the while maintaining the integrity of the game."

Kevin now holds the position of Parliamentarian consulting with the BCL board on rules and procedures governing our organization. In addition to his BCL role, he also still holds positions on both SCAHA and CAHA boards.

Tom Brokaw said: It's easy to make a buck. It's a lot tougher to make a difference.

A huge thank you to Kevin, for making a difference!

Coaches Tip

There are dangers when athletes compare themselves to others. If they feel overmatched, they may stop working hard. If they feel too superior, they may not strive to improve. Challenge players to improve on their own past performances.

Fundraising Announcements:



RANDOM CLOTHING STORE

20 % of your sale can get donated to your BCL team. Do your part to help support your team in style. Just enter 'BCL' and your team name in the 2nd address field to take advantage of this offer.

Visit Random Clothing at:

www.randomclothingstore.com

BCL Voluntary Scrip Gift Card Program



Great Lakes Scrip Center

SCRIP High Lights

Scrip has been up and running since Sept 14th, and so far our top participating families have earned:

1. \$140.60
2. \$77.50
3. \$63.51

You too can RECOUP \$\$ HOCKEY DUES \$\$ THROUGH SCRIP

Please come by KHS patio Monday nights, 5:30p.m. – 8:00p.m. or email Fishell-Family@hotmail.com



game. It is the mind that gives a player passion and love for the game. It is the mind that gives a player the willingness to spend time in the weight room strengthening his body. Listening, learning and studying are mental. It is the mind that gives a player the aptitude to learn the skills of the game and the smarts to acquire hockey sense.

Coach Paul Rannis

Community Outreach

Please help the Orangewood Children's Home, they are in real need of new underwear and socks. We will have a drop off box on the KHS Patio Monday nights.

Cathy Nagle

Player Health & Safety

Team Dining

Did you know? Fuddruckers in Lakewood near LAHC was a great place for a team event. You can reserve a side banquet room and have your whole team together and everyone orders their own food first which makes the whole ordering/money thing super easy.

Brenan German



Parent Tip

Support your child to have direct conversations with his or her coach, rather than inserting yourself in the middle.

Helmet Safety:

A hockey player's helmet is their most important piece of equipment. With the speed and aggressiveness of the game, players regularly get their heads hit hard. Taking the time to make sure your child has a proper fitting helmet can be the difference between an enjoyable outing and a trip to the hospital emergency room.

Coaches Corner

Training/skill tips

Mind is the Foundation: The most important item a hockey player brings to the rink is not his stick or skates, or any other piece of equipment for that matter. Rather, the most important item a hockey player brings to the rink is his mind. The mind is the foundation in the building of a hockey player. It is the mind that gives a player motivation to improve his

Statistically, 21% of all hockey emergency room visits are head injuries. In total 42% of injuries reported in hockey occur to the head and face. Many times these injuries could have been prevented by taking 5 minutes to ensure the player's helmet is fitted properly.

Step 1: Try on a helmet. Adjust the chin strap so that it gently holds your chin while your mouth is still closed and grips the rest of your head snugly. Snugly means that the helmet should not move or shift about on your head.

Step 2: Ensure that the helmet rests about one or two finger's width above your eyebrow and touches the top of your head. Check your peripheral vision: you should be able to see clearly, both in front of you and on either side. The cage should rest firmly no more than an inch in front of your teeth. The chin cup for the cage should fit snugly on your chin and not move.

Step 3: Move about. Hockey is a rough sport--helmets that fit well in a sports good store may not be so snug on the rink. Jump up and down and perform some basic drills to make sure that the helmets stay firmly in place. If the fit is less than ideal, try out a different size or even the same size from a different manufacturer.

Step 4: Every few months check the fit and make any necessary adjustments. The pads in a helmet compress overtime causing the helmet to loosen. Straps as well have a tendency to stretch over time. While you at it, also make sure all screws and snaps are tight and not rusted or broken.

Helpful rule for safety:

Never use a second hand helmet you have no idea what it has been through and whether it's been compromised. The savings are not worth the risk of injury.

As your child moves into higher levels and the game gets rougher, it's worth investing in the higher end helmets. Remember, most head injuries occur in teen's ages 15 to 19.

John Fishell



Rules (SCAHA/USA Hockey)

All players, including goalkeepers, in the Pee Wee through Midget (including High School) and in the Girls/Women 12 & under through 19 & under age classifications are required to wear a colored (non-clear) internal mouthpiece that covers all the remaining teeth of one jaw, customarily the upper.

For the first violation of this rule, the team shall be issued a warning. A misconduct penalty for an equipment violation shall be assessed to any player or goalkeeper of that team for a subsequent violation during that game. It is strongly recommended, in all classifications, that all players wear a mouthpiece form fitted by a dentist.

Please note none of the mouth guard can be clear. The main reason is in case of an emergency where a player might have swallowed a mouth guard, or even a part of one, a clear one might not be seen as an obstruction in a player's throat. Rule 304 (c) <http://www.usahockey.com/uploadedFiles/USAHockey/Menu Officials/Menu RulesEquipment/USAH%20Rulebook%200911 WEB.pdf>



Hockey Trivia

1. Who is the only American born player to win the Conn Smythe trophy?
2. What NHL expansion team played a season with their skates painted white, because the owner felt his baseball team looked good with white shoes?
3. Who was the last professional goalie to play without a mask?

Answers in next month's Newsletter.

Answers for Sept Trivia:

1. What player won 'Rookie of the Year' the year after winning the Conn Smythe trophy?

Ken Dryden - Dryden made his NHL debut in 1971 for the Canadiens, playing only 6 regular season games but sporting a miniscule 1.65 goals against average. This earned him the number 1 goalie job for the playoffs ahead of veteran All-Star Rogie Vachon, and the Canadiens rode their hot young goalie to win the Stanley Cup. He then became the backbone of five more

Stanley Cup winning teams in 1973, 1976, 1977, 1978, and 1979. During that first playoff season, Dryden won the Conn Smythe Trophy (1971), as the playoffs' most valuable player. The following year Dryden won the Calder Trophy, 1972, as the Rookie of the year because the previous year he did not play enough regular season games to become eligible.

2. What coach for St. Louis, Montreal, Buffalo, Pittsburgh and Detroit has the NHL's highest career winning percentage?

Scotty Bowman - holds the record for most wins in league history, with 1,244 wins in the regular season and 223 in the Stanley Cup playoffs. As head coach, Bowman has won a record nine Stanley Cups with the Canadiens (1973, 1976, 1977, 1978, and 1979), Penguins (1992) and Red Wings (1997, 1998, and 2002). He was also part of the 1991 Penguins Stanley Cup winning team as director of player development. In 2008 he won his 11th Stanley Cup as Consultant with the Detroit Red Wings.

3. Who won the only NHL MVP award not bagged by Wayne Gretzky in the 1980s?

Mario Lemieux leading up to the 1987-88 season, Wayne Gretzky had won seven consecutive Art Ross Trophies for leading the league in points. In 1987-88, fueled by his Canada Cup experience, Lemieux scored 168 points and won his first NHL scoring title. He also won his first Hart Memorial Trophy as the league's Most Valuable Player to his team and the All-Star Game MVP award after a record-setting six-point game.