



BCL Newsletter

September Issue

Welcome to the 2009-10 Hockey Season

From the President

Welcome to the Lightning's 2009/10 SCAHA season. As we head into the start of our 17th season, I am excited to take on my new position as President.

As some of you know, I have 3 sons that play for the Lightning along with my husband Jamie who coaches our Bantam 96 team. This will be our family's 5th season with BCL, I guess it just feels like home.

We have a lot of great new energy and enthusiasm on the board this year for which the club will greatly benefit. Along with Patti Fishell as our new Secretary, I want to welcome back to our Executive Board, Rosina Lefkowitz as Vice President, Paul Rannis as Director of Membership, Amy Silberstein as Treasurer and Kevin Culbertson as Club Parliamentarian. Kevin was our club President for the past 5 years and is a huge asset to the board. I seek his words of wisdom frequently. We have many wonderful volunteers taking on our other Board positions. Without them, the club could not function. I would like to thank Larry Macdonald for being our Club Registrar extraordinaire, he does wonders with paperwork! This season, we have been able to offer more in our program by implementing clinic night. We are excited to be working with Compete Performance on our off-ice conditioning program and we look



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forward to expanding that program in the coming seasons. Mike Marshall is running our A/B on ice clinics and Jeff Shields is running our Tier on ice clinics. As you know, no matter what age, division or level, players will always benefit from working on their skills. The implementation of clinic night leaves more time for our coaches to work on team concepts during their respective practices. We are hopeful to expand this part of the program next season as well.

I am sure you all had a hockey filled Labor Day weekend but I am hopeful you were still able relax and enjoy the last days of summer. I want to congratulate our **Bantam A 96** and **Midget 16 AA** teams for reaching the Championship round in their respective Labor Day tournaments. I hope that is a sign of good things to come!

Please know, as we start our season, that the board is here to serve our members: players and coaches. We strive to rise to the occasion and hope to make this a memorable hockey season for you and your player.

Go lightning!!!!

Stacey Chilcoff

Upcoming Events

- TBD - Orangewood Orphanage, Clothing Drive
- Oct 3rd - Midget 18A team Fundraiser

BCL Community

Players Participate in Beach Cleanup!

One minute you're scoring a game winning goal the next you're surfing the

waves! That's what is great about playing ice hockey in Southern California. Heck, our club name BEACH CITY says it all.

Living in Southern California has its responsibilities like keeping our beaches litter free. On Saturday August 22, 2009 Beach City players left the ice and headed to the beach to take part in the Surfrider's Foundation Huntington Beach cleanup. For the better part of three hours over 30+ BCL players donned plastic gloves and trash bags to pick up trash bring back such exotic finds as flip-flops, car batteries, plastic bags, juice boxes and underwear!

Besides picking up trash the players also learned a little bit about the beach and shore being a marine habitat "plastic grocery bags look like jellyfish in the water and when fish eat them they die" says K.C. Onizuka (Bantam A player).

Thanks to all the players who participated and Cathy Nagle for organizing this community service.

Jamie Chilcoff

Coaches Tip

One goal should top your list: "Don't be anyone's last coach." By age 13, 70% of all athletes quit organized sports. Do everything you can to keep them having fun and with a desire to keep coming back.

Fundraising Announcements:

Want to make 50% profit in your fundraiser? **SELL mixedbag** Designer Re-usable Bags!!



E-mail Fishell-Family@hotmail.com for more details.



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 Card program has arrived!



Great Lakes Scrip Center

Scrip is a fundraising program designed to help families reduce their hockey dues, and tournament fees while at the same time raise money for Beach City Lightning Hockey. **Scrip** means "Substitute money". If you are interested please come by and see us **Monday nights starting Sept 14th** at KHS on the patio, or e-mail Fishell-Family@hotmail.com.

Midget 18A Team Fundraiser

Come join the Midget 18A's in a night of Fun; *Casino Games, Live Music, Food, Beverages, Raffle Prizes, Silent Auction, 50/50 Raffle, and much much more!*

- October 3rd, 2009
- Rannis Family Compound at 801 W Whittier Blvd, La Habra
- Doors open from 5pm -11pm
- food from 5pm-10pm
- Adults \$15/\$10 per child



BCL Newsletter

Player's of the Month

The 18AA's "Bolts" Unity-Discipline-Sacrifice.

Our season is kicking off well with our 10 day training camp that started on Aug 15th and ended Aug 25th. The boys worked hard on and off the ice for 10 days for 2.5- 3 hrs a day with one day of rest in the middle. We did speed and strength circuits like "The cards" and sprint ladders, team building exercises like blind fold soccer (quite funny), checking and stick handling off-ice with ice practices of new and challenging drills. Accomplishment, pride, sweat, no blood!, sore muscles, winded, crashes, gallons of water, chocolate milk, jokes, bruises, nick names... becoming a strong knit group who will lay it all on the line for each other in the heat of battle.

Notable efforts seen from; **Kyle Harnish**, **Brendan Heaslet** and **David Johnson**. We will kick off our games in the San Jose Labor Day tournament and expect to have a fun challenging season!

Shieldsy (Jeff Shields)



Community Outreach

We welcome our BCL members to share your hockey highlights, wedding or graduation announcements, team events or hockey equipment you wish to sell, swap or donate.

Send your details to

Fishell-family@hotmail.com.

Parent Tip

Have your player set some goals for themselves before the season. If the goals are all about skills or results, remind your playing that "having fun" should be at the top of the list.

Coaches Corner

The selection of a Team Captain is one of the most important decisions made on a team, as he is the example for the other players to follow. There are many things to consider when making this selection. The first thing I look for is which player is the natural leader of the team; the one who the other players look up to and listen to in the locker room. I also evaluate the effort and focus of each player every time they step on the ice. But most importantly ... character matters. How does each player carry themselves? Do they have the integrity to be called our leader? Do they have the respect to be called our Captain? These are questions that must be answered to make the right selection for the team. I have a policy of not making the decision of who will wear the "C" until after pre-season, to allow the Captain time to emerge from the pack

Once the selection has been made, the coaching staff will meet with him to ensure that this player knows the responsibility he is accepting and the integrity that he is expected to uphold. From calmly explaining the teams' perspective to the refs, to intensely defending the teams honor. From praising teammates for their efforts, to carrying the team when we are down. A passionate athlete on the ice and a humble friend off the ice – This is our team leader ... this is our Captain.

McPuck (Coach Don McPeck)

Player Health & Safety

Skin lesions are common in today's athletics:

Small cuts, abrasions, blisters and pimples are all areas that are susceptible to obtaining infections such as Staph or MRSA. These infections can progress quickly if not cared for properly and can lead to a serious medical condition. In order to protect your child and self, please take the following precautions to help **prevent the spread of infection** and **get your equipment sanitized regularly**.

- Shower as soon as possible following activity.
- Wash hands with soap frequently.
- Wash all undergarments and uniforms after each use.
- Do not share any towels or personal hygiene products.
- All new skin lesions should be properly cleaned as soon as possible.
- All skin lesions should be covered until fully healed.
- Seek Medical attention if wound does not heal in a normal time period or worsens
- Protective equipment cleaned regularly with a process that eliminates bacteria such as MRSA.



Rules (SCAHA/USA Hockey)

New rules for goalie equipment for the 2009-2010 season. Too large to repeat in this edition of the newsletter, but please go to the following link to find out more Note rule number 303:

http://www.usahockey.com/uploadedFiles/USAHockey/Menu_Officials/Menu_RulesEquipment/USAH%20Rulebook%200911_WEB.pdf



1. What player won 'Rookie of the Year' the **year after** winning the Conn Smyth trophy?
2. What coach for St. Louis, Montreal, Buffalo, Pittsburgh and Detroit has the NHL's highest career winning percentage?
3. Who won the only NHL MVP award not bagged by Wayne Gretzky in the 1980s?

Answers in next month's Newsletter.

**SoCal
Sani Sport**
...be less offensive!
**Sanitizing and Deodorizing
your equipment**
**Kills 97% of all infectious
bacteria**