



BCL Newsletter

January Issue

Welcome to the 2009-10 Hockey Season

A note from the Board

I want to take this opportunity to congratulate our Midget 18 A team for bringing home the banner from the Anaheim Ice Christmas tournament. Great Work!!

Good Luck to our BCL players advancing to this month's CAHA Select Camp being held in Lakewood. Myles Schmidt, Midget 18 AA, Drake Koegel, Midget 16 AA, Andrew Freeman, Midget 16 AA and Tyler Gealy who was selected first alternate, Bantam 96. Good luck boys in your quest for a trip to the Pacific District Camp.

I want to bring to your attention a few upcoming opportunities. The Executive Board is now accepting submissions for changes to our Guidebook and Bylaws for our 2010-11 season. Please submit your suggestions and/or requests in writing to chilcoff@roadrunner.com by February 1st. During our February board meeting we will discuss changes and have them ready for approval to be submitted in the guidebook draft at our March board meeting.

The full membership will have the opportunity to vote on the guidebook and bylaws changes at our End of Season Banquet.

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Please watch your email inbox for the second opportunity, Board Nominations. As you are all aware, this Club is run entirely by volunteers. Without them we would not be able to implement our program. I urge all of you to consider becoming involved in the organization and execution of our Club's agenda.

Kevin Culbertson, Club Parliamentarian, will be sending out nomination forms and further instructions. Please be mindful of the deadline for submissions. Again, club membership will be given a ballot at our End of Season Banquet. This is your opportunity to elect the board for next season.

Thank you for your consideration, **Stacey Chilcoff**

Upcoming Events

- Next Board Meeting , February 1 2010

President Day Tournaments

PeeWee – Vegas	Midget 16A – UTAH
Bantam 95- Chicago	Midget 16AA –Detroit
Bantam 96 – UTAH	Midget 18A - UTAH
Midget 18AA – Jr.	
Kings	



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BCL Community

Spotlight is on

Annie Fisher has been a part of the BCL community for 11 years, and became involved in Hockey when her son Curtis started playing at 8 years of age. Curtis played for BCL from Squirt to Midget 18u AA, and currently plays for the So Cal Bombers and is completing his level 4 coaching certification.

Annie has held many positions within BCL over the last 10 years, including Team Manager, Vice President, and Wearable's, Director of Membership and currently holds the positions of Statistician and CAHA Tier II Commissioner.

Annie knows and records your penalty minutes and suspensions....

Annie continues to organize and execute the annual BCL banquet and has done so for the last 5 years.

"Beach City Lightning has been my second family; we have enjoyed watching the BCL players grow in their sport and into outstanding young adults." *Annie Fischer*

Thank you Annie for your valuable contribution to our hockey community.

Year Book

To All coaches, managers and parents, please remember to take pictures of all your activities as a team, games and tournaments. At the end of the season we will ask each team to complete three pages for the BCL Yearbook.

Rosina Lefkowicz

Fundraising Announcements:



It is not too late to order your **RANDOM Clothing**, fundraiser ends **January 31, 2010.**

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

Thank you to all members who participated in the Scrip program.

Total Purchased Gift Cards - \$22,653.40

Total Rebate earned – \$1027.85

Our top 4 rebate participants earned;

\$266.56

\$247.35

\$239.29

\$106.80

towards their January Hockey Dues

Thank you to those who donated their Scrip rebate to BCL! Look for further information on our Scrip program at Registration in June 2010.

Parent Tip

When you see that your player is disappointed after a game, resist the urge to jump in to try and fix things. Let them know you are there if they need you, but give them room to sort through it on their own.



Community Outreach

Great job was done by our very own PeeWee team who served Thanksgiving dinner to the Boys and Girls Club of Santa Ana.

A Great Time was had by all!

Coaches, managers and parents if you have any outreach events you want to share please let us know.

Cathy Nagle



Nicholas Kurugian	1-Jan
Damien Pascale	2-Jan
Juliana Ferrentino	2-Jan
Brett Magnan	3-Jan
Chandler Norton	3-Jan
Tyler Etter	3-Jan
James Kilgore	7-Jan
Alex Piwczynski	7-Jan
Philip Piwczynski	7-Jan
Jonathon Unkel	9-Jan
John Fishell	10-Jan
Jake Schaeffler	12-Jan
Kyle Adamson	15-Jan
Alain Magnan	19-Jan
Kyle Mooney	21-Jan
Doug Sabers	31-Jan

Coaches Corner

Start practices in a way that signals to players they are part of a team that has its own way of doing things - its own culture. Develop an opening ritual that gets players moving. A distinct opening ritual helps players make the transition from whatever has been going on in their day to practice.

Parents remember that the purpose of youth sports is education, not entertainment. Avoid adopting a win-at-all-cost attitude.

A minor penalty for an equipment violation shall be assessed to a player or goalkeeper who participates in the play while he is in possession of more than one stick, except that no penalty shall be assessed to a player who is accidentally struck by the puck while he is carrying a replacement stick to a teammate.

Player Health & Safety



Eating before a Game

Nothing is worse than practicing or competing while you're so hungry you're your mind is on your stomach instead of your performance. Choose foods that are high in carbohydrates before your pre-hockey meal they will give you the energy your body needs without slowing you down.

30 minutes - 1 hour choose liquids such as sport drinks or water. 1 to 2 hours before playing have a small snack such as a cereal bar, or fruit. 2 to 3 hours before playing have a small meal of ½ sandwich, banana, and sports



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drink. 3 to 4 hours, a regular-size meal such as whole wheat pasta, meat sauce, salad, bread and water.

Skipping Breakfast?

Do not skip breakfast; eating breakfast is the easiest way to boost your energy level for the entire day. If a player does not have a lot of time to prepare, cereal bars, fruit, fruit juice, yogurt, and bagels are great alternatives.

levels with the 1976 Montreal Canadiens (132 points) and the 1929 Boston Bruins (.875 winning percentage). Hence the wording of the question, 'fewest losses in an 80+ game season'. Although the Wings won an impressive 62 games, they also lost 13, while Montreal lost a minuscule 8 games in 1976. The statistics are as follows:

Year	Team	Wins	Losses	Ties	Points	Winning %
1995-96	Red Wings	62	13	7	131	.799
1976-77	Canadiens	60	8	12	132	.825
1929-30	Bruins	38	5	1	77	.875



Hockey Trivia

1. How fast was the quickest goal scored in NHL history and who scored it?
2. What is the fastest hat-trick to be scored in the NHL and by whom?
3. What does the 'H' in the Montreal Canadiens logo stand for?

Answers in next month's Newsletter.

Answers for December Trivia.

1. What team had the fewest losses in an 80+ season in the NHL, and how many?

The 1976-77 Montreal Canadiens. Many would argue that 1995-96 Detroit Red Wings had the best record ever in hockey (62 wins). This would be argued on many

2. What team had the fewest wins in an 80+ season in the NHL? (Hint: they won as many as the Best team lost.)

The **Washington Capitals** inaugural season was the worst on record in the NHL. In 1974-75 Washington won a lonely 8 games. Their season record that year was 8W-67L-5T for a whopping 21 points.

3. What are the most penalty minutes to be given in an NHL game?

419 minutes in one game. The most penalties in a single game occurred in a fight-filled match between the Ottawa Senators and Philadelphia Flyers on March 5, 2004 when 419 penalty minutes were handed out. WOW! In total 66 penalties were called, with 55 coming at the 18:15 mark of the period. Donald Brashear (Philadelphia) and Jason Spezza (Ottawa) received the most minutes each, 34 and 35 minutes apiece respectively.