MAY 2020

Develop Healthy Lifestyle for Kids

1.) Limit screen time each day!
2.) Expose them to a life time of sports that can be played now and as an adult.
3.) Discuss the benefits of being active.
4.) Provide access to equipment, space and programming.
5.) Encourage trying a variety of sports!

5 Ways to be a Rock Star Parent

1.) Offer to help your child's team or program (even the small things count!)
2.) Get to know other children and families on your child's team.
3.) Allow your athlete to take ownership. It's their sport, game, and experience.
4.) Treat your athlete's coach as an ally, not an adversary. You have the same goal; a successful, positive sports experience for your athlete and team.
5.) Be present.

Hockey Season 2020-2021 and COVID-19

Registration for the 2020-2021 season will be tenatively opening in July 2020. We are working on lowering ice fees, creating scholarships, and payment plans. The Association is hoping to create a few different programs to address the financial needs of our families through the COVID-19 Pandemic.

Registration in July will NOT require payment in full, but will require a payment plan with the treasurer. If you have any questions, concerns or comments, please reach out to the treasurer at **treasurer@gaylordhockey.com**

Continue reading at next page >

OCHA ICE HAWK AWARDS 2019-2020

From all of the 2019-2020 coaches, on ice volunteers and the OCHA Board of Directors

To all OCHA Families-

As most know, we had to cancel our annual meeting/ice cream social for the end of the season 2019-2020. With the Executive Order's being extended, and waiting for a clear path forward, the OCHA board has decided to take a moment to recognize our award winners for this past season. Once the Sportsplex is open and the Executive Order is lifted, we will arrange a time for families to come get their awards and talk registration for hockey season 2020-2021.

DRUM ROLL....

U6 Awards:
Danny Sysko Award: Anthony Black and Carl Graham
Most Improved: Ethan Spillane and Spencer Kurn
Hat Trick Patch: Elle Partello, Gibson Rose, and Kane Powell

U8 Awards:
Danny Sysko Award: Emmet Dawe
Most Improved: Amelia Barber

U10 Awards:
Danny Sysko Award: Jaxson Wood
Most Improved: Paisley Kirkby and Aidan Mattson

U12 Awards:
Danny Sysko Award: Grady Smith
Most Improved: Sheldon Cryderman
Hat Trick Patch: Bryton Thaxton, Darrin Warren, Sheldon Cryderman
Playmaker Patch: Bryton Thaxton, Shawn Theriault, Teddy Chafer
Shutout Patch: Reese Kline
Defense Patch: Grady Smith, Shawn Theriault, Kevin Waghome, Wyatt Hanley
Runner-Up at The January Freeze 2020 Tournament in Bay City (Team picture and trophy for the trophy case)

U14 Awards:
Danny Sysko Award: Owen Corbin

Coach of The Year: Frank McClelland **Volunteer Recognition:** Brad Kihn

APRIL/MAY 2020

Volunteers Needed

Currently the OCHA board of directors are looking for anyone interested in volunteering to let us know! Here are some areas we are looking for help with: fundraising, equipment, coaching, promotion, sponsorship, events, etc. If you are interested, please email your name, contact information and area you would like to volunteer for to: **ocha@gaylordhockey.com**

OCHA Board of Directors

Currently, your point of contact for the OCHA board of directors are as follows:

President: Adam Respecki
president@gaylordhockey.com
Vice President: Michael Hutchens
vicepresident@gaylordhockey.com
Treasurer: Emily Barber
treasurer@gaylordhockey.com
Non-Checking Director: Nathan Mattson
noncheckingdirector@gaylordhockey.com
Travel Director: Lindsay Kline
traveldirector@gaylordhockey.com
Scheduler: Jennie Carr
scheduler@gaylordhockey.com

Any questions, comments or concerns, please feel free to reach out to any board member.

MAHA-District 7

MICHIGAN AMATEUR HOCKEY ASSOCIATION

TRY HOCKEY FOR FREE-2020

To all OCHA families-

What is Try Hockey for Free?

Since 2010, the Michigan Amateur Hockey Association has received a grant from the Detroit Red Wings Foundation to provide Learn to Play Hockey Clinics throughout the state of Michigan. Local associations host these one-day clinics. The Grow the Game events are free to participants who wish to try the sport of youth hockey.

This event is hosted annually but can be done twice a year, to offer families to try hockey for free. During this session, each player that is registered will get time on the ice with coaches and on-ice volunteers to learn the sport of hockey. The goal is to have fun, learn some exercises and most of all give families the ability to experience hockey.

Each registered player will have access to equipment if needed. They will each receive a straight blade hockey stick, and a hockey jersey!

This hockey seasons event will be announced soon! If interested please connect with our Registrar at **registrar@gaylordhockey.com**

Detroit Red Wings FOUNDATION