

WINTERHAWKS VARSITY HOCKEY LEAGUE (WVHL)

March 2017



WVHL MISSION

The Winterhawks Varsity Hockey League will strive to assure high school hockey players are afforded a safe, enjoyable, meaningful and challenging hockey experience. We will nurture an environment that fosters and promotes a sense of community. We will be guided by the values of integrity, sportsmanship, honesty, and value based life lessons. We are committed to the long-term growth, well-being, and development of all players.

WINTERHAWKS VARSITY HOCKEY LEAGUE

A HUGE.....THANK YOU!

Another successful hockey season in the books! Please accept our sincere thanks to all families, athletes, team managers, volunteers and coaches for a phenomenal 2017/18 season!

HOCKEY PLAYERS:

How did the season go for you? Any comments you'd like to share about your experience? coaches? We'd really like your feedback. Please forward your comments to:

wvhldirector@jrwinterhawks.com

Reminder....

STAY IN SHAPE, EAT WELL , HAVE FUN & STAY CONNECTED

- **Keep your body moving!** Other sports and activities are great and will support overall conditioning and complement your on-ice work! Doesn't matter what you do whether you hit the gym, go for a walk or run, or join another organized sport – just keep moving.
- **Eat well!** Nutrition is an important part of sport performance for athletes, in addition to allowing for optimal growth and development. Macronutrients, micronutrients and fluids in the proper amounts are essential to provide energy for growth and activity. To optimize performance, young athletes need to learn what, when and how to eat and drink before, during and after activity.
- **Have fun and stay connected!** Plan some events with your friends – do some kayaking, organize a game of kickball and a BBQ, hit the beach, meet up at the park for game of soccer. Make it happen!

KNOW BETTER, BE BETTER, DO BETTER

Please share what you're learning, hearing, and observing. We are sincerely interested in hearing criticism, critique, suggestions, and even praise. Email or call wvhldirector@jrwinterhawks.com / 503.528.4564