



MK STORM

WELCOME TO THE FIRST EDITION OF MK STORM'S NEWSLETTER

The new season has started and we are now back to full training and in the league competitions we've already had good results. So that you may keep up to date with what's going on the MK Storm web site has had a major redesign over the summer, it now has links to fixtures live and a news section that is being updated frequently and there's still more to come so keep popping back.

www.mkstorm.com

I'd like to thank everyone who has worked tirelessly behind the scenes ensuring that everything is in place for the start of the season. This ensures that our coaches may concentrate on their coaching and our players may continue to train, play the game and enjoy themselves. I'm sure there will be some challenges ahead but nothing that this Club's members can't overcome.

Let's have a great season.

Julian Pasqua - Chairman



U14 b's end of season party!

TEAM

There is no "i" in team but there is in win.

AWARDS 2010-2011

U10's

MVP William Kerlin
Most Improved Kloe Vinall
Clubman Callum Burr
Players Player Kai Sloper

U12's

MVP Samuel Russell
Most Improved Nathaniel Montford
Clubman Vivien Lapushner

U14A's

MVP Ryan Coffey
Most Improved Edward Knaggs
Clubman Douglas Young

U14B's

MVP Bradley Kelly
Most Improved Thomas Pattie
Clubman Daniel Miller

U16A's

MVP Jordan Hedley
Most Improved Robert Cawley
Clubman Jonathan Lester

U16B's

MVP Luke Corcoran
Most Improved Bradley Taylor
Clubman Jonathan Blanksby

U18's

MVP Chris Gill
Most Improved Ryan Gadeke
Clubman Nathan Carmichael

Tag Taylor Robert Pullar

Coach's Award Jason Jackson & Gary Bowers

CONGRATULATIONS !



We would like to wish a very warm welcome to all our new members:

U10

Tom Stephens
Nathan Tomlin
Oliver Knaggs

U12

Connor Thorn
Adam Ingham

U14

James Dodd
Joey Cutler
Max Dearing
James Bavister
James O'Brien
Aiden Archer

U16

Joseph Abel
Sean Eaton
Joshua Hendriks
Sebastian Hendriks

**Good Luck in your first
MK STORM season!**





MKL SCHOOLS ENTERPRISE SCHEME

Once again Milton Keynes Lightning will be running their enterprise scheme for all Primary and Middle schools . If you would like your school to be involved please contact:
Susan Cottam
sueacottam@hotmail.com

MERCHANDISE

Along with the MK Storm hoodies we will now be offering a variety of MK Storm merchandise ... Watch this space !

FUNDRAISING

In order to raise funds for the club and its players we are hoping to have a fundraising team. If you are interested in getting involved or have some fundraising ideas that you would like to share please get in touch !

FUN ICE HOCKEY FACTS

The first puck was square, not round.

The name hockey comes from the French word "hoquet", which is a shepherd's crook.

Originally, games were played with 9 players on a side.

A puck is 3 inches in diameter, and 1 inch thick.

A puck sometimes moves at speeds of more than 100 MPH.

There are 9 face off spots, each one a foot in diameter.

In professional hockey, a stick cannot be longer than 55 inches from heel to top.

Goaltender's skates have longer, flat blades for better stability.

Hockey became an Olympic event in 1920..



Coaches Hockey Tips –Nick Poole

Skating

When picking a team or looking at prospects the first note I will always make on any player is their ability to skate. A player that can skate well and efficiently will always have an advantage over his/her opponents. The ability to get to loose pucks quicker, skate to open space for a pass, defend aggressively all over the ice are all made much easier for the player that skates well. Similarly, a team that skates efficiently will over the course of a match be able to wear an opponent down and gain an advantage as the lesser skating team tires and begins to make mistakes.

The following are some helpful and basic hints and guidelines on how to become a more efficient and powerful skater.

Posture

- Good skating habits start with good posture.
- Posture helps balance, and balance creates power.
- Keep your head up. There is no need to look down at ice or skates.
- Bend at your knees and ankles, not at the waist.
- In a vertical line you should have your nose, knees and toes roughly in line.

Stride

- The fastest skaters take the fewest amount of strides over the same distance. Long, powerful strides are the answer.
- At the beginning of each stride, reach your foot out as far out in front of you as possible. As your foot passes along side of you, turn your toe out to the side. This gives you more blade surface on the ice to push against, and creates more power.
- Keep the entire blade of your skate on the ice for the complete length of your stride. At the end of the stride, stretch your working leg out behind you as far as you can, then snap your toe for that extra push.
- A lot of beginner skaters are in a rush to start the next stride, so they lift their foot off the ice too early. This short stride produces a choppy skating style. Bringing your leg back up quickly will only help you skate faster if you're getting the most out of every stride.

Balance

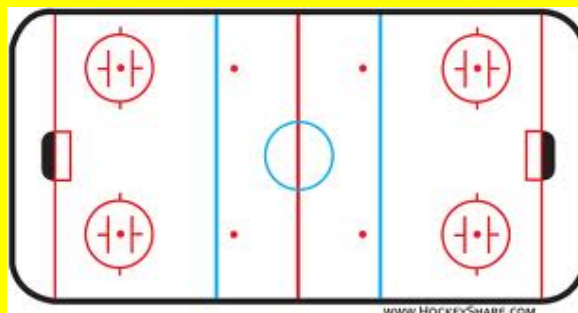
- When you bring your trailing leg back up after each stride, make sure it's positioned directly underneath you. This gives you the balance you need to put as much power as possible into the working leg.

The more you can get on the ice the better. Push yourself in training to work on some of the above points. As we get older the mechanics of your own individual skating stride become very hard to change so it is important to try and get an effective and efficient stride early in your playing career.



Good luck and skate faster!

Nick Poole



WWW.HOCKEYSHARE.COM

August Hockey Camp



Skate hard - keep your head up !



More photos.....



A great time was had by all players! Many new skills were learnt and some even got to test their acting ability! Thanks to all the coaches for making it so successful and for cooking the toast !

PLAYER PROFILE – SAM.R

Nickname: Bammy

Player Number: TBC

Position: D

Age: 9

When did you start playing? December 2009

Why did you start playing? To join a faster and exciting team sport

What did you enjoy most about last season?

Getting my first ever man of the match award

What are you looking forward to most about the season?

Being a regular line one player

What do you enjoy most about the game?

Scoring goals

What do you enjoy least about the game

Losing

Best moment on the ice?

Getting man of match award

Top ice hockey tip?

Never give up

What's your favorite subject at school?

Music – guitar

What's your least favorite?

Literacy

Favourite holiday destination:
Florida

What do you do when you are not playing ice hockey?

Going out for days - theme parks are my fav

Xbox or PS3?

Xbox

Favourite MK Lightning Player:

Nick Poole

Favourite Hockey Team (other than MKL!):

Florida Panthers

Marmite, love it or hate it:

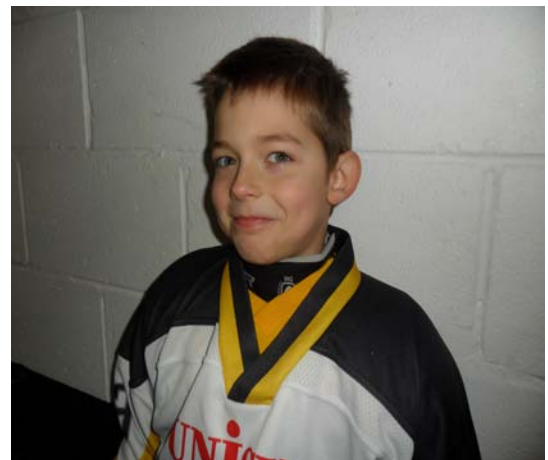
Love it!

Coke or Pepsi:

Coke

Coaches Comment

Sam is an enthusiastic team player, he is always willing to learn the new skills required. I look forward to seeing him grow this season! Good Luck Sam



BLETCHLEY FIRE STATION FUN DAY

We would like to say a huge thank you to everybody who came along to help at the fun day! Everyone seemed to enjoy firing tennis balls at the net and trying to get the hardest shot ...even Pucky !! It was great for MK Storm to work together with MK Lightning and hopefully we will be able to arrange more events in the future.

