



DSA Newsletter



UPCOMING EVENTS:

- > Beg/Int Class starts on Jan 10th <https://form.jotform.com/92547386465167>
- > 2020 AZ State Indoor Tournament. Jan 18th-19th (Compound) & 25th-26th (Recurve)
- > Dates and registration is open for our clinics in 2020 <https://form.jotform.com/70497409484164>

HOCKEY PLAYER'S PERSPECTIVE: PARENTS BE AWARE

A mother was making a breakfast of fried eggs for her teenage son.

Suddenly, the boy bursts into the kitchen. "Careful, Careful!" Put in some more butter! Oh my goodness! You're cooking too many at once. Too Many! Turn them! Turn them now! We need more butter. Oh my! Where are we going to get more butter? They're going to stick! Careful!.....Careful! I said be Careful! You NEVER listen to me when you're cooking! NEVER! Turn them! Hurry Up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! The SALT!!

The mother stared at him. "What's wrong with you? You think I don't know how to fry a couple of eggs?"

The son calmly replied....."**I just wanted to show you what it feels like when I'm trying to play hockey.....**"

So I ask each and every parent, "How are you viewed by your son/daughter, the hockey player?"

Upcoming Dates:

Team Practice (7:30pm-9:30pm)	1/3
State JOAD Indoor	1/4-1/5
Competitive Practice (7:00pm-9:00pm)	1/8
Beg/Int Classes Class 1 (6:30pm-7:30pm)	1/10
Team Practice (7:30pm-9:30pm)	1/10
Competitive Practice (7:00pm-9:00pm)	1/15
Beg/Int Classes Class 2 (6:30pm-7:30pm)	1/17
Team Practice (7:30pm-9:30pm)	1/17
State Indoor Compound	1/18-1/19
Competitive Practice (7:00pm-9:00pm)	1/22
Beg/Int Classes Class 3 (6:30pm-7:30pm)	1/24
Team Practice (7:30pm-9:30pm)	1/24
State Indoor Recurve	1/25-1/26
Competitive Practice (7:00pm-9:00pm)	1/29
Beg/Int Classes Class 4 (6:30pm-7:30pm)	1/31
Team Practice (7:30pm-9:30pm)	1/31

HAPPY BIRTHDAY!

Teagan Severns	1/1
Avery Socia	1/9
Madison Barsell	1/18
Allen Alihodzik	1/20

Lesson Schedule:

Wednesday Nights – Competitive Team

1-8 Tournament Preparing
1-15 Balance
1-22 Freeshoot
1-29 Pin Shoot

Friday Nights – Team

1-3 Freeshoot
1-10 1 Minute Ends
1-17 Fletching
1-24 King of the Hill
1-31 Pin shoot

Saturday

2/1 8AM Ben Avery Clinic with *DSA Open Shooting from 9:45 to Noon*

* Though our coaches will work very hard to adhere to this schedule, the lessons are subject to change due to unforeseen circumstances.

COACHES CORNER



ATTENTION COACHES:

Beginning/Intermediate Class format

(COACHES NEED TO ARRIVE AT 6PM)

Week 1 Safety, warm up, stance, grip, hook
Week 2 week 1 review, Set, Set UP, Draw, Anchor
Week 3 week 1&2 review aim, expand, release, follow through
Week 4 Reinforcement on 1-3
Week 5 Reinforcement on 1-4
Week 6 Scoring



VOLUNTEER OPPORTUNITIES:

Flyer Distribution—local businesses that have bulletin boards (please see Rick for flyers)

**BASF Clinic (February 1st)
VOLUNTEER and then shoot!!!!**

**2020 State Indoor Tournament
January 18th & 19th
January 25th -26th**

DSA CLASSES: January 10th, 17th, 24th, 31st



REMINDER:

DSA sponsored events generate revenue for our club and help keep our membership fees low.

- if we can't get volunteers, events will cancel = Fees go up!

what's happening

**2020 Compound Indoor Jan 18-19
<https://form.jotform.com/92879149728174>**

**2020 Recurve indoor Jan 25-26
<https://form.jotform.com/92879516342164>**

**2020 Vegas Shoot Feb 7-9
<https://www.thevegasshoot.com/>**

**ABFAA SW Sectional Jan 11 Tucson
<http://abfaa.info/wp/indoor-southwest-sectional/>**

**ABFAA SW Sectional Jan 22 Show Low or Mesa
<https://form.jotform.com/193504703248053>**

Arizona Cup April 2-5 <http://arizonacup.net/>

**Next Saturday Clinic February 1st
<https://form.jotform.com/70497409484164>**

**Next Six Week Class Session Starts January 10th
<https://form.jotform.com/92547386465167>**

New Year's Resolutions for Youth Athletes

By CoachUp.com

With every new year comes the opportunity to set new goals. For athletes, a new year is a fresh opportunity to focus on getting better both on and off the field. We wanted to highlight a few resolutions that we think can help all young athletes, regardless of the sport they play.

Below are our top resolutions we want everyone—athletes, coaches and parents alike—to focus on in the new year:

1. Be Mindful

Mindfulness is how we perceive external situations and how the messages we tell ourselves have implications on our performance and ability to reach our potential. In order to be more mindful try meditation, visualization and deep breathing.

2. Eat Right

Food is fuel that makes your body run. In order to be the best shape possible, good nutrition is the key. And remember, good fueling habits are an everyday thing – not something to only pay attention to on game day.

3. Drink Plenty of Water

For a healthy life, hydration is key. Some sports drinks contain added sugar, so pure water can't be beat when you work a thirst on the court or field.

4. Set Realistic Goals

Sometimes setting goals can be intimidating, but it's important to remember that Rome wasn't built in a day. If you're looking to improve your game, start with baby steps. Continue working on your skills for an extra 15 minutes after practice ends, or watch game film to see where you can improve. You can even sign up for one-one-one coaching. Making little changes and sticking to them will help you reach your goals.

5. Channel the Right Mindset

At the end of the day, sports are supposed to be fun! They should act as a stress reliever, rather than causing stress and anxiety. Channel the mentality of a little leaguer: Sports are an opportunity to have fun, play with your friends and be kind to one another.

6. Be Inspired

As we look ahead to the new year, we'll leave you with a few of our favorite quotes from incredible athletes and role models. These words of wisdom may give you that extra push you need to start working towards your goals.

- "I can accept failure, everyone fails at something. But I cannot accept not trying." - Michael Jordan
- "it's not whether you get knocked down, it's whether you get up." - Vince Lombardi
- "Adversity causes some to break; others to break records." - William Ward
- "Set your goals high, and don't stop until you get there." - Bo Jackson



HAPPY NEW YEAR