

Folks,

On behalf of the Carolina Lightning Hockey Board of Directors (Mary Langworthy, Mike Bobay, Marc Genest, Tom Keefer, Jeremy Riggle, Walter White and myself), I would like to take this opportunity to wish you all (players, parents, siblings, families) a very safe and enjoyable Labor Day Holiday!

We start our regular season next week and we are all very excited for a fun and successful 2013-2014 season of hockey!

The Lightning has expanded to 16 teams this coming season, and we have an incredible group of new and veteran players and parents.

The Lightning organization has had a very busy "off-season" with 4 very successful summer player development clinics, a couple of popular U8 and girls "ice cream socials", and three (3) weeks of pre-season practices and "goalie only" clinics (which continue every Saturday for the next few weeks). We also hosted a young Boy Scout from the Wilkesboro area of NC, who travelled 3 hours to Raleigh, suited up in full gear, for the first time ever, and skated to earn his belt buckle for his Eagle Scout!

Many people have been working tirelessly behind the scenes getting ready for this season and preparing for the Lightning's future expansion, and I wanted to identify a few of the highlights and the people that have contributed to the continued success of Carolina Lightning Hockey.

### **TOM KEEFER**

Tom Keefer was the single driving force in getting the Girls Hockey Program started in the Lightning organization, and quite frankly helping girl's hockey "survive" in the Triangle area. Tom has never accepted "no" as an answer for the girls and I can tell you that girl's hockey is alive, well and growing in Raleigh, thanks in large part to Tom. Girls hockey had been "thrown to the curb" in this area, and Tom fought for girls hockey in the Triangle area and moved a U14 Girls team into the Carolina Lightning Hockey organization for the very first time last season.

From 1-girl's team last year to 4-girl's teams only one year later, Tom has "set the table" for the success of future Carolina Lightning Girls Hockey.

Carolina Lightning Hockey is very excited and fully dedicated in making Carolina Lightning Girls Hockey in Raleigh the premier girl's hockey program in the US Southeast.

Tom Keefer will be retiring from the position of Girls Program Director for family and professional commitments on 01SEP13, but will continue in a limited role to assist incoming Girls Director Kevin Thomas.

Thank you Tom, and wife Terry for all of your support! You both are very much appreciated!

### **ACCOUNTING**

A huge thanks to Lightning Board Finance Director Mary Langworthy, and Cathy Labianca and Angela Mostowy for all their help in getting Carolina Lightning Hockey's accounting current. With

the Lightning's recent rapid expansion, this was a huge undertaking and effort, and it is done.

All payables and receivables are now inputted into Quickbooks and monitored and accounted for in electronic form. This information is available for member's review as requested. Account statements have already gone out to parents, and if you have any questions please visit the new Lightning website and email [lightningdues@gmail.com](mailto:lightningdues@gmail.com).

I would also like to extend special thanks on behalf of the entire Lightning organization, to Ms. Lisa Walker and husband Allen for their commitment and dedication over the last several years in providing bookkeeping and accounting services to the Lightning organization.

Please see the website home page. An organizational-wide sponsorship letter and description of tax-deductible sponsorship levels is posted. Please get involved and raise funds for our kids!

## **WEBSITE**

If you haven't already visited the new Lightning website, please do. It is really awesome, and will be the site where ALL future schedules, events, notices, pictures, etc. will be posted.

Marcella Hanyok (Carolina Lightning Webmaster) Mike Saad, and Tom Keefer spent countless hours researching, coordinating, testing, and implementing our new Lightning website, [www.carolinainlightninghockey.com](http://www.carolinainlightninghockey.com). and our sincere thanks to all of them for their time and talents.

Note: the new website is through League Athletics, not League Lineup. Please visit the website and bang around on it. It is much improved and more user-friendly than ever before!

And remember; check the website, check the website, check the website! Schedules, events and notifications will be posted to the website from now on.

## **CONCUSSION BASELINE TESTING**

*THE ONLY YOUTH HOCKEY ASSOCIATION IN THE US SOUTHEAST TO HAVE ALL ATHLETES CONCUSSION BASELINE TESTED*

In collaboration with **Ms. Janna Fonseca and Carolina Family Practice, Mike Hales and Dr. John Wooten and Raleigh Neurology, and Harod Demby and St. Augustine's College in Raleigh**, Carolina Lightning Hockey is very pleased to announce that all Lightning athletes have been tested and baseline concussion profiles established; the only youth hockey association in the US Southeast to have accomplished this task, and for our kid's sake, we are both proud and thankful for all those who participated and contributed in making this event happen.

## **UMSTEAD PARK OVERNIGHT & U16 TEAM BUILDING BARBEQUES**

The Umstead Park/Camp Lapihio team building overnight for the U10-U16 girls will occur on FRI 13SEP13.

The Umstead Park/Camp Lapihio team building overnight for the Squirt-Bantam boys will happen SAT 14SEP13.

All players are encouraged to attend and welcome. We are still looking for parent chaperones. If you can participate, please visit the CAHA website and follow the links for submitting a background check immediately.

Please keep a close watch on the Lightning website for further information.

## **SCHEDULE & TOURNAMENTS**

Lightning General Manager and Scheduler, Mike Bobay, has been extremely busy scheduling both league and non-league games.

I know that many of you are anxious to get the final schedule. So are we as an organization. Please understand that in order to schedule games with other associations, the Lightning relies on those organizations to decide and commit to their own ice schedules, and this seldom happens quickly.

In addition, the Lightning is coordinating recent ice schedule changes requested by RCI.

Thank you for your patience. Know that we are doing everything in our power to get the schedules completed and finalized.

Schedules will be updated on the new Lightning website.

## **I LOVE TO WATCH YOU PLAY**

Finally, the mission, philosophy and principles of Carolina Lightning Hockey are fundamental to the success of our organization. We are all about our kids.

A couple of friends recently forwarded me an interesting article about youth sports research and the psychology of player-parent relationships in a competitive youth sports environment. It was a very interesting article.

Like many other instances where I have done some good reading, I was struck by one specific phrase that I have thought a lot about over the last few weeks, and one that I think is very fitting to the philosophy and principles of the Lightning organization.

“I love to watch you play”.

Studies have shown that the best thing that we as parents can say to our kids, our youth athletes, even under the most competitive circumstances, is, “I love to watch you play” (or something very similar).

And it makes perfect sense. Our kids already get plenty of instruction and correction from their coaches, the speeches, and sometimes the criticism (and not always constructive or positive).

It is an awesome phrase, and I challenge and encourage everyone to try it.  
Let me know what the response is and/or what you think.  
I really think our kids will appreciate it.

Again, looking forward to another great year of ice hockey.  
Thanks again to all those that volunteer, coach, manage, etc.

Safe travels and enjoy your holiday weekend!

Regards  
Don