



REDHAWK TALK

Meet the Board

President

Mark Mueller
224-629-0487

Hawkpres@comcast.net

Vice President of Football

Blake Polony
847-530-1132

bpolony@yahoo.com

Treasurer

Gloria Kaminsky
847-682-8983

hawkstreasurer@aol.com

Secretary

Renee Robinson
847-359-8217

hawknews@comcast.net

Commissioner – Football

John Bending
847-366-9629

Puddy75@comcast.net

Commissioner-Football

Gregg Dorobiala
847-651-8686

generaldorbs@comcast.net

Vice President – Cheer

Sandra Stevens
224-725-9852

redhawkscheer@comcast.net

Commissioner – Cheer

Caroline Abbinante
224-595-4773

coachcaroline@comcast.net

Commissioner - Cheer

Roberta Del Giudice
847-833-4095

delloracing@comcast.net

July 2010

Parents-

The season is just around the corner and we are ready for 2010!

This year there will be many exciting games and competitions for our league. For those of you that are new to the program-**WELCOME!** You will find out that Hoffman is a powerhouse, plain and simple. Our football teams will be in every game to the end and the entire gym will stop to watch our cheer squads compete. Parents from other programs stop to watch what Hoffman will do. This has been years in the making with our teams and we like that kids will have to work hard to meet expectations. That is a good life lesson.

During practice we have our concession stand open for use. The menu during the week is very basic, but it will allow you to get something quick when you come straight from work. We are always looking for people to help during the week. If you are interested, see Gregg Dorobiala. Gregg is our "field general" for the league and the nickname "General" has followed him for the past few years. He no longer has kids in our program and is a great example of the volunteers we have who just want to help kids.

Every year we have sponsors that help us out. They will be posted on the website. Sports Authority is a national sponsor of Pop Warner. Each of your children will be receiving a gift sheet with coupons from them. Jerseys Pizza is our main restaurant sponsor. They are located at Barrington Rd/Lakewood just over I90. We will be starting "Family Saturdays" there for pizza after the games. Jerseys will give each family a discount card for EVERY time they come in. They have great food and drinks so make sure to visit!

We will be sending information regularly via email, so please make sure that your coach has your correct information. We hope you are excited for a fun and successful 2010 season...we are!!

GO REDHAWKS!!

Mark Mueller
President
Hoffman Estates Redhawks



IMPORTANT DATES

August 2- Practice begins

August 14 – Picture Day – times TBD

August 21 – **MANDATORY** Football Certification



AUGUST 2 – PRACTICE BEGINS!

The week of August 2nd football and cheer will begin practicing. You will receive an email from your child's coach as to what days and times practice will be.

MANDATORY FOOTBALL CERTIFICATION

August 21st is Pop Warner football certification day. If your child is not weighed-in on this day, they will not be eligible to play.

OUR SPONSORS

Please don't forget our sponsors during the off season! Go to www.hoffmanhawks.org to see a complete list of our sponsors.

BECOME A REDHAWK VOLUNTEER

Thank you to all that volunteered their time this past season. The Hoffman Estates Athletic Association is run entirely by volunteers from our community. Parent participation is essential to the survival of our program. Board members, coaches, and parents work hard so that our children have a safe environment in which to make life-long friends.

The greatest treasure we have is our children. As adults, we must ensure that these young people are able to grow up happy, healthy, and above all, safe. Whether they are our children, or the children of others, each of us has a responsibility to protect them. They are our future, and an endless source of joy.

www.hoffmanhawks.org

Remember to visit the website often as that is where most of our information is posted.



GENERAL MEETINGS

The General Meetings will continue to be on the third Tuesday of every other month during the off season at 7:00pm, then every month during the season at 8:30pm. The location is at the Hoffman Estates Park District Community Center and Ice Arena (formerly known as Blackhawk). The next meeting is Tuesday, August 17th at 8:00pm.

HEALTHY REDHAWKS CORNER

Pose of the Month: Heavy Legs on the Wall

This month we will learn about a therapeutic yoga pose and a pose which is highly touted in the yoga community as the "destroyer of old age." This pose is said to rid all that ails you and is very easy to perform for people of all levels and all ages.

How to: Heavy Legs on the Wall

For this very passive pose, you will need a wall. Lie on the floor and simply walk your buttocks all the way up against the wall. Your legs will extend straight up the wall. If you have very tight hamstrings, then you may walk your hips about 6 inches away from the wall, or you can have a bend in the knee. With consistent practice over time, you will have your legs straight. Some schools of yoga teach the practitioner to put a soft roll under the sacrum (lowest part of the back).

Arms can be out to your sides, palms face up. Arms can also be extended straight out of the shoulder having a 90 degree bend in the elbow, palms facing up. Once in place lift your head gently off the floor and tuck the chin to the chest then extend the back of the neck as you replace the head on the floor. Soften your eyes and be very heavy in the floor. Stay in the pose from 1 to 15 minutes.

To come out of the pose, slowly bend your knees and roll over on to your right side, curling up into a fetal position. Linger for a few breaths and then press up until seated.

Benefits of Heavy Legs on the Wall

It is a pretty bold statement to say this pose "destroys" old age. More modern schools of thought say most noticeable benefits include:

- Aids anxiety, arthritis, headaches and insomnia
- Aids digestive problems, mild depression and varicose veins
- Aids menstrual cramps, PMS and menopausal symptoms
- Helps regulate blood pressure
- Relieves tired cramped legs
- Gently stretches hamstrings and back of the neck
- Calms the mind

For the lay person or Yogi, Heavy Legs on the Wall benefits are vast. It is a great alternative for those who are trying to start a meditation practice. It is considered an excellent restorative pose. It is usually practiced at the end of a class or in place of final resting pose. People who experience leg edema will find that Viparita Karani eliminates the painful "full" feeling in the legs and feet.

For the athlete, this pose is great 24 to 48 hours following a tough game or workout. Many athletes, especially those who depend greatly on the strength and stamina of the legs, will benefit with this pose. Often athletes complain of the heavy or "dead" leg feeling they get after grueling days on the field. This will alleviate that feeling. Just like the lay person or yogi, an athlete will benefit from the lymph drainage action of this pose.

When a person is too sore to run or do their normal activities, lymph collects in the feet. This can swell a person's hands and feet. But sitting in the Heavy Legs position is much more effective and relaxing than just putting your feet up.

Although you should always consult your physician and research a properly-trained yoga teacher before starting a yoga practice, there are a few instances where you should avoid this pose entirely:

- if you have history of serious eye problems such as glaucoma
- if you have serious neck issues
- certain people during menstruation



Have fun exploring this pose and learning about your body.

**Hoffman Estates
Athletic Association**
*P.O. Box 95641
Hoffman Estates, IL 60169*

QUESTIONS???

If you have any questions about payments, please contact Gloria at hawkstreasurer@aol.com.
If you have any football questions, contact Mark Mueller at hawkpres@comcast.net.
If you have cheer questions, contact Sandra Stevens at redhawkscheer@comcast.net.
If you have any registration or paperwork questions, contact Renee Robinson at hawknews@comcast.net.

**SEE YOU AT OUR NEXT
GENERAL MEETING:
Tuesday, August 17, 2010
8:00 pm @ HEPDCCIA/Blackhawk**



H.E.A.A. UPCOMING EVENTS



August 2- Practice begins
August 14 – Picture Day – times TBD
August 21 – MANDATORY Football Certification

-----GET CONNECTED-----

H.E.A.A. Website
www.HoffmanHawks.org

Conference Website
www.chicagolandpopwarner.org

Regional Website
www.midamericapopwarner.com

National Website
www.popwarner.com

Check the HEAA website often for updates