

# REDHAWK TALK

September 2010

## Meet the Board

### **President**

Mark Mueller

224-629-0487

[Hawkpres@comcast.net](mailto:Hawkpres@comcast.net)

### **Vice President of Football**

Blake Polony

847-530-1132

[bpolony@yahoo.com](mailto:bpolony@yahoo.com)

### **Treasurer**

Gloria Kaminsky

847-682-8983

[hawkstreasurer@aol.com](mailto:hawkstreasurer@aol.com)

### **Secretary**

Renee Robinson

847-359-8217

[hawknews@comcast.net](mailto:hawknews@comcast.net)

### **Commissioner – Football**

John Bending

847-366-9629

[Puddy75@comcast.net](mailto:Puddy75@comcast.net)

### **Commissioner-Football**

Gregg Dorobiala

847-651-8686

[generaldorbs@comcast.net](mailto:generaldorbs@comcast.net)

### **Vice President – Cheer**

Roberta Del Giudice

847-833-4095

[delloracing@comcast.net](mailto:delloracing@comcast.net)

Parents-

What a start for all of our teams! It is nice to see the fan support on game day at the field. The Homecoming all day party and movie night was something new we wanted to try and overall it was a success. Next year we will add a bit and take a few things away. Thanks again for supporting the teams.

**Walk-a-thon:** Thank you to everyone who participated in the Walk-A-Thon! We pay for the use of the fields, concession stand, indoor cheer facilities and lighted fields in a few weeks. Most leagues charge a "field usage" fee. We do not. The Walk-A-Thon is our only fundraiser that helps offset these costs. A **HUGE** thank you to Gloria Kaminsky for creating our wonderful football and cheerleader scarecrows!! They won the People's Choice award at the fest!

We hope that the season is going great for your child and they are having fun. We get spoiled sometimes because our teams have success. We judge our success on if the kids have fun and want to return next year with a friend.

GO REDHAWKS!!

Mark Mueller

President

Hoffman Estates Redhawks



## IMPORTANT DATES

October 9 – **Pink Games** for Breast Cancer Awareness

October 17 – Cheer Challenge Competition – Competitive Levels Only

October 23 – Conference Competition for All Cheer Levels

October 23 & 24 – Mitey Mite Bowl – 1<sup>st</sup> Round

October 30 – Mitey Mite Bowl Championships

November 6 – Tiny Mite/Mitey Mite Gala Competition

## **GAME DAY REMINDERS**

**Press box-** No kids are allowed in the press box. The press box is for the announcer, clock person, video person and one picture person picked by the head coach.

**Sidelines:** The ropes are set up for insurance regulations and safety. You are not allowed on the sidelines or in front of the ropes. The only people that are allowed on the sidelines are certified coaches who will be wearing an ID card around their neck.

**Practice/game interference:** If there is an issue with a coach, please let one of the commissioners know about it. That being said, you have to respect the coaches' volunteer time. Practices are not discretionary: you show up when you want and then expect to play/compete. If your child misses practice, they could be held from games or competitions. That includes showing up late daily. Cheer has moved indoors and we will soon be going under lights for football. Please be on time.

**Smoking:** There is NO SMOKING at the park or in the parking lot. If you need to smoke, you must go beyond the sidewalk by Hillcrest, off park grounds. We are getting complaints about this again.

**Concession stand:** Unless you are volunteering inside the stand, stay out. Like the press box, people have been wandering inside and it is busy enough without extra bodies. If you want to volunteer your time, we would be glad to take it!

Now that we have ended our long Home stretch, remember that the boys need to be at away games in time for weigh-ins. If they do not show up when your coach says, they will sit out of the game. Please make sure your child is at away games on time.



## **RAFFLE WINNERS**

1<sup>st</sup> Place - TV - Jackie Loughran

2<sup>nd</sup> Place - Laptop - Jen Mac

3<sup>rd</sup> Place - \$50- Jim Goss, Wayne Korecky, Oscar Velazquez, Yvonne Koontz and Maria Barghini

## **COLLEGE SCHOLARSHIP WINNER**

Our \$500 scholarship winner this year is Brittany Michels. She was a participant with HEAA for many years as a cheerleader and a Teen Coach. Good luck in college!



## **Breast Cancer Awareness Games**

For the October 9<sup>th</sup> games, we will be supporting Breast Cancer Awareness. The HEAA portion of the 50/50 raffle for each game will be donated to breast cancer research. Team Moms are working on special pink items for the football players and cheerleaders to wear during their games. Please do your part to also show you "Pink Spirit" on the sidelines.

## **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.**



## **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, October 19<sup>th</sup> at 8:30pm.

## **HEALTHY REDHAWKS CORNER**

### **5 Ways to Make Time for Your Workout**

Family. Household. Work. Community. Between all of the responsibilities you might have, exercise often seems like a nice idea--but not a realistic one. But even busy people can find time for fitness with a little creativity. We spoke with Mary Ann Rumplasz, an exercise physiologist and certified personal trainer in New York City, to learn more.

**Focus on the Return on Investment** Exercise helps with weight control, strengthens muscles, keeps bones strong, battles stress, enhances sleep and mood, and may even improve immune function, says Rumplasz. If you reap these benefits, you may find yourself getting things done faster and more efficiently in all areas of your life--giving you more time and energy to put back into exercise. It's a positive cycle. Just remember to get your doctor's approval before you dive in.

**Work Fitness Into Your Workday** If your 9-to-5 is spoken for, find small ways to work in activity. For a cardio boost, park farther away from your workplace entrance. Or get off the bus a stop or two early and walk the rest of the way to your home or office. Climbing stairs is a great exercise, too. You also can do a drill of running in place for 60 seconds.

For strength building, try one-legged squats (hold onto a wall or table for support). Or while sitting in your chair, lift one leg off the seat, extend it straight out then lower and lift for 15 repetitions. To work your chest, shoulders and arms, place both hands on your chair arms (make sure it's a steady chair without wheels). Slowly lift your butt off the seat. Lower yourself but stop short of touching the seat with your butt. Do 12 to 15 repetitions.

For flexibility, you can do neck rolls, shoulder rolls, and quad or hamstring stretches while standing at your desk.

**Turn Home Time Into Fitness Fun** When you walk the dog, make it a one or two mile brisk walk, jog or run. Stepping out to check the mail or pick up the newspaper? Keep on walking! You can also march or jog in place while watching your favorite TV show.

If you have children in your household or watch kids during the day, don't let them hold you back. In fact, they can benefit from activity too. With preschool and school-aged children, you can walk or jog in the park, play catch, ride bikes, hike, and swim during the warmer months. In the winter, you can sled, ice skate, snowshoe, and cross-country ski. With infants and toddlers, put them in a stroller and go for a brisk walk. If offered in your community, try a Mommy and Me yoga class.

**Move at Every Chance** Use a basket instead of a cart if you need only a few items at the grocery store. If you use a cart, pick up the pace when going down the aisles that contain products you don't need. Walk around medical buildings if you have a long wait for a doctor's appointment. Keep moving while you catch up with family or friends on a cordless or cell phone.

**Remember That Every Little Bit Adds Up** People tend to think they need to spend hours working out, but you can achieve healthy benefits with a 20- to 30-minute workout three or four times a week.



**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](mailto:hawkstreasurer@aol.com).  
If you have any football questions, contact Mark Mueller at [hawkpres@comcast.net](mailto:hawkpres@comcast.net).  
If you have cheer questions, contact Roberta Del Giudice at [delloracing@comcast.net](mailto:delloracing@comcast.net).  
If you have any registration or paperwork questions, contact Renee Robinson at [hawknews@comcast.net](mailto:hawknews@comcast.net).

**SEE YOU AT OUR NEXT  
GENERAL MEETING:  
Tuesday, October 19th, 2010  
8:30 pm @ HEPDCCIA/Blackhawk**



**H.E.A.A. UPCOMING EVENTS**



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**-----GET CONNECTED-----**

H.E.A.A. Website  
[www.HoffmanHawks.org](http://www.HoffmanHawks.org)

Conference Website  
[www.chicagolandpopwarner.org](http://www.chicagolandpopwarner.org)

Regional Website  
[www.midamericapopwarner.com](http://www.midamericapopwarner.com)

National Website  
[www.popwarner.com](http://www.popwarner.com)

**Check the HEAA website often for updates**