



# REDHAWK TALK

February 2009

## Meet the Board

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Parents,

Thanks to everyone who has gone online and registered already! This process is a huge undertaking and getting everyone going is a relief! As you already got in the email - we have kept the same exact price but combined everything into one. Last year there was some confusion when it was split. If you have not gone online - go today! You can pay at the April 4th registration, just get registered!

Speed clinics: In the newsletter, there is information about our speed clinics and passing league. This is a chance to learn some ways to improve your child's agility and speed. All of the clinics will be at Grand Sports Arena on Hassell Rd and are sponsored by the Hoffman Estates LEAP program. We hope to see everyone there.

We still are looking for assistant coaches for both football and cheer. If you want to get involved, you can email us so you can get the correct training before the season starts.

Our National qualifying cheer teams and our Unlimited football team will be recognized by the Hoffman Estates Village Board on Monday, Feb 23rd for their success last year. Congrats to all of those teams!!

The best way for our program to grow is by word of mouth. Spread the word to your friends and neighbors. We hope 2009 will be the biggest yet. We are proud to start our 43rd year of HEAA!!

GO REDHAWKS!!

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Mark Mueller  
President  
HEAA



## **IMPORTANT DATES**

March 7 – Little Scholars Regional Banquet  
 April 4 – Registration – Eisenhower 10:00am – 1:00pm  
 May 16 – Chicago Slaughter Redhawk's Night Out  
 June 7 – Registration– Eisenhower 10:00am – 1:00pm  
           Cheer Uniform Sizing – Eisenhower 10:00am – 1:00pm  
 June 14 – Football Camp 11:00am – 1:00pm  
 June 28 – Football Camp 11:00am – 1:00pm  
           Final Paperwork Turn In  
 July 3-5 – Food booth at HE Fest  
 July 4 – HE 4<sup>th</sup> of July Parade  
 July 12 – Football Camp 11:00am – 1:00pm  
 July 18 – Football Equipment Hand Out  
 July 19 – Football Camp 11:00am – 1:00pm  
 July 22 – Parent Meetings  
 August 1 – Practice Starts  
 August 8 – Picture Day  
 August 19 – Team Mom Meeting  
 August 29 & 30 – 1<sup>st</sup> Games



## **Huge Thank You**

Thank you to Tina Rommel and Marina Strassburger! The banquets were a huge success thanks to Tina's hard work. The yearbooks are outstanding thanks to many grueling hours and days by Marina.



## **Cheer Coaches Needed**

Anyone interested in head coaching, assistant coaching or teen coaching please go on-line and fill out an application and submit to Renee Koziel at [hawkscheer@sbcglobal.net](mailto:hawkscheer@sbcglobal.net) by Feb 28<sup>th</sup>. You will be contacted for interviews in March.



## **Year Round Cheer-**

How exciting to get our first season under way. The girls have been practicing hard and learning a whole new routine. Please come by and watch what these girls can do. Support the Lady Redhawks on Sunday, March 15<sup>th</sup> at Harper College or Sunday April 19<sup>th</sup> at NIU, times TBA.



## **Speed Training and Passing League**

Please see the attached flyer for information on the March and April speed training and passing league sessions sponsored by the LEAP program of the Hoffman Estates Police Benevolent Fund.



## **CHICAGO SLAUGHTER GAME**

Redhawk's Night Out at the Chicago Slaughter game at the Sears Centre is Saturday, May 16<sup>th</sup> with kickoff at 7:15pm. Tickets are \$10. See the attached flier for details!



## **VOLUNTEERS NEEDED**

We are looking for volunteers to help with: concessions and homecoming. Please contact Renee Robinson at [hawknews@comcast.net](mailto:hawknews@comcast.net) if you are interested.

## **www.hoffmanhawks.org**

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

## **OUR SPONSORS**

Please don't forget our sponsors during the off season! Go to [www.hoffmanhawks.org](http://www.hoffmanhawks.org) to see a complete list of our sponsors.



## **GENERAL MEETINGS**

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

## **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.

## FUNDRAISING

**Escrip** - We have also started a new fundraiser called *escrip*. Participating business partners contribute a percentage of your grocery loyalty, debit, and credit card purchases to HEAA. Visit [www.escrip.com](http://www.escrip.com) to see a complete list of participants and to sign up. Our group ID is 500017098.

- You register one or more of your existing cards for use in the program.
- Participating merchants will make contributions to HEAA based on purchases made by you, just by using the cards you have registered.
- Your purchases are tracked and available to you online, allowing you to see just how much you are earning on your child's behalf.



## HEALTHY REDHAWKS CORNER

### **10 Fitness Do's and Don'ts**

Recently, the American Council on Exercise (ACE) surveyed 3,000 fitness professionals to identify the most common—and perhaps the most costly—fitness mistakes based on what they see at the gym everyday. Here's what you need to know so you don't make those common mistakes and so you can get the most out of your exercise routine while keeping safety first.

### **Hot Habits**

Incorporate these into your workout to boost safety and fitness:

- **Warm Up.** People tend to shrug off this prelude to exercise, either giving it minimal time or bypassing it altogether. But just like cold dough, cold muscles won't be as pliable to work with (without risking tears) as warmed ones. Try gentle movements, like walking, to prepare your muscles before leaping into a more rigorous workout.
- **Stretch More.** "Stretching seems to be a 'lost art,' but it can improve range of motion and flexibility, and reduce the risk of muscle tightness and strain," says Debi Pillarella, MEd, a certified personal trainer and a national fitness spokesperson for ACE. Get the most from your stretch right after your workout, while your muscles are still warm.
- **Bring a Bottle.** Always bring a bottle of water with you to the gym and drink from it regularly—before you feel thirsty. "Thirst is a signal that you're already on your way to dehydration," says Pillarella.
- **Find "Just Right."** Many people either work out too intensely—risking injury—or not intensely enough. Ask your gym's fitness advisor to help determine workout goals that are right for you based on your age and fitness level.

### **Risky Routines**

Avoid doing these and improve your workout IQ.

- **Lifting Too Much.** Talk to your fitness advisor to ensure you're lifting weights that are appropriate for you—otherwise you could injure your muscles. If you feel you're ready to challenge yourself, add weights gradually and always listen to your body. "Lifting to the point of 'tingle' or fatigue is fine," says Pillarella, "but be wary of lifting to the point of 'failure' or muscle exhaustion."
- **The Machine Lean.** Stair-climbers, elliptical machines, cross trainers, and treadmills may seem like equipment made to lean on, but this may put undue stress on the wrists and back. Monitor your posture during exercise for the most effective results.
- **Jerking Around.** If a free weight is so heavy that you must "jerk" it up to get it to move, you're probably straining your muscles as well, which may mean you're courting injury. Find a weight you can control with a smooth lift. This goes for weights on machines as well.
- **Going Nuts With Food and Drink.** If your workout lasts less than two hours, you shouldn't need energy bars or sports drinks to fuel your workout. And here's a surprise: "Some bars are high in calories," says Pillarella, "so always check labels to make the best selections."





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

**SEE YOU AT OUR NEXT  
GENERAL MEETING:  
Tuesday, March 17, 2009  
7:30 p.m. @ HEPDCCIA/Blackhawk**



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



- |  |  |
|--|--|
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| Final Paperwork Turn In                              | August 29 & 30 – 1 <sup>st</sup> Games   |
| July 3-5- Food booth at HE Fest                      |  |
| July 4 – HE 4 <sup>th</sup> of July Parade           |  |

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

H.E.A.A. Website      Conference Website      Regional Website      National Website  
[www.HoffmanHawks.org](http://www.HoffmanHawks.org)    [www.chicagolandpopwarner.org](http://www.chicagolandpopwarner.org)    [www.midamericapopwarner.com](http://www.midamericapopwarner.com)    [www.popwarner.com](http://www.popwarner.com)

**Check the HEAA website often for updates**