



HAWK TALK

January 2009

Parents,

As the banquet approaches, we need to remember that we will come together to celebrate the hard work of all our athletes during the year. 2008 was a success on so many levels from instructional football/cheer to National level cheerleading. On that note, we hope that you enjoy the time to remember some good times from last year and say THANK YOU one more time to all of the coaches and volunteers who make our league the best in the area.

Online registration for 2009 begins February 1st. Football number selection is first come, first serve and there will be no duplicate numbers at any level. Once you are paid in full, your number selection will be secured.

We have changed a few things for 2009, but kept some things the same. We understand that times are tough for many. For that reason, we have kept all fees the same this year. We will tighten our belts on our end to help make up the slack. The walk-a-thon will be our main fundraiser to make up the added Park District costs for field use. Other programs will charge you that fee up front.

Raffle tickets: There will be no more raffle tickets if you do not want to sell them. Over the past years we have heard that people could not care less about the tickets. The question is always- "Can't we just pay the whole fee?" Now you can. The entire fee is one lump sum with registration and slush. If you want raffle tickets to help out, you can get them. The tickets will be \$5 a piece so you don't have to sell as many. You can get the ENTIRE amount if you need to help offset the costs or you can get none if you want. Everyone is different and this will allow you to pick what is right for you and your family.

We have many exciting teams that have joined Pop Warner and more are to come. Romeoville, Roselle and Dundee are three more towns that we will have to play against in 2009. The conference website has all of the 20 towns that are in the conference.

Our general meeting is January 20th. If you want to get involved in 2009, please come out. We need help on so many levels. Be a part of the solution this year.

See you at the banquet,

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President
HEAA

Meet the Board

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IMPORTANT DATES

January 30 – Banquet JPW & Up – 6:00pm – 10:00pm – Stonegate
 January 31 – Banquet TM & MM 11:00am – 3:00pm – Stonegate
 February 1 – Online Registration Begins
 March 7 – Little Scholars Regional Banquet
 April 4 – Registration – Eisenhower 10:00am – 1:00pm
 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 4th 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 – 1st Games



BANQUET

End of year banquets are January 30th and 31st at Stonegate Banquets in Hoffman Estates. No extra tickets will be available at the door. We ask that every child is escorted by a parent.

Friday, January 30 – Junior PeeWee and Up from 6:00pm – 10:00pm
 Saturday, January 31 - Tiny Mite and Mighty Mite from 11:00am – 3:00pm



VOLUNTEERS NEEDED

We are looking for volunteers to help with: publicity, events/fundraising, concessions, and homecoming. Please contact Renee Robinson at hawknews@comcast.net if you are interested.



HAWKS MERCHANDISE

Hawks merchandise makes a great holiday gift! Check out the merchandise link on the website! Order sweatshirts, t-shirts, baseball caps, bandanas, beanie caps, ladies tank tops, kids apparel, jackets, vests, sweatpants, shorts, blankets, even beach towels and aprons!

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 to see a complete list of our sponsors.



GENERAL MEETINGS

The General Meetings will continue to be on the third Tuesday of the month 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, January 20th at 7:30pm.

BECOME A HAWK 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

Be sure to check out the magazine fundraiser on our website. Our online fundraising store has over 650 of the most popular magazine titles at up to 85% off newsstands prices. Purchase or renew your favorite magazine subscriptions and 40% of your purchase will go directly to our cause!

You can invite friends and family to help:

Send emails to your friends and family inviting them to purchase their magazine subscriptions online to help support a great cause.

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 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 HAWKS CORNER

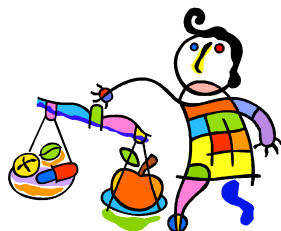
How Parents Can Help Their Children Eat Better

To improve your child's diet, you can:

- Buy more healthy foods
- Make your child's favorite foods more nutritionally dense or substitute similar foods that are, such as by:
 - Offering peanut butter cookies instead of chocolate cream cookies
 - Serving fortified cereals instead of sugary ones
 - Substituting fruit-flavored frozen yogurt for dessert instead of ice cream
- Gradual changes that are acceptable to the child can be encouraged to increase nutrient density
- Provide nutritious snacks and fluids for before and after practice and competitions, so your child does not have to rely on vending machines filled with sugary or high-fat snacks and soft drinks.
- Model healthy eating. If you set a good example for your child by exercising and eating a healthy, well-balanced diet, your child is more likely to "eat to compete" and grow into a healthy adult.

Variety and balance in the family menu will underscore the importance of eating different foods to provide the range of nutrients needed for growth and development. Ideally, this is achieved by regularly scheduled meals at home plus nutritious snacks. Providing nutritious meals around hectic practice schedules and away from home is a particular challenge. Workouts may disrupt your child's meal schedule, resulting in a greater reliance on convenient fast food or the child eating alone at home before or after the family eats. As a result, it is very important to help your child make nutritious choices wherever he eats, whether it is at a fast food, family-style or ethnic restaurant, a grocery or convenience store, or on an airplane, or while competing in a foreign country.

Parents should educate children about basic facts about the different food groups and how different foods help or hurt athletic performance. Attempts to teach children nutritional concepts and information should take into account their age and developmental level (for example, by explaining to a 7 year old that foods containing carbohydrates, like bread and pasta, provide energy for their muscles, and that dairy foods like milk help build strong bones).





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

**SEE YOU AT OUR NEXT
GENERAL MEETING:
Tuesday, January 20, 2009
7:30 p.m. @ HEPDCCIA/Blackhawk**



H.E.A.A. UPCOMING EVENTS



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-----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