



# HAWK TALK

July 2008

Parents,

## Meet the Board

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Mandatory parent meetings will take on July 16th at Eisenhower Jr High in the cafeteria. Please make sure you are early. The conference has a cheer coach's clinic that night also in the gym, so the lot may get full. If that is the case, you can park on Rosedale. The times are in the newsletter.

We will have the 2008 t-shirts on sale for everyone to buy. Those of you from last year know that they go pretty fast. It is great to see parents with the Hawk shirts on game days!

Tom Rogan from Rogan Shoes will be at the parent meeting taking care of cheer shoes and selling cleats. He will have staff there to help you. Also, July 20th from 5:00-7:00 pm, Dick's Sporting Goods in Schaumburg will be having Pop Warner Day. There are special deals they will have that day. I suggest you go to Dick's before the 16th and see what they have. If you can get them cheaper from Rogan, then you know for the meeting. Dick's will have cleats at 20% off that night.

If you miss equipment handout, do not panic. The make-up date is July 20th from 12:00-1:30pm during the last camp. Come to the field and we will walk your son over to get his gear. Cheerleaders should all be fitted by now and will get there gear at parent night.

To everyone that volunteered over the 4th of July fest--THANK YOU! Greg Dorobiala, Steve Mednus and Mark Bartolomucci were there the whole weekend along with several board members - Thank You - we couldn't have done it without you. We will make that an annual event!

Valu Cards: We were able to get Valu Cards again! These cards have great discounts at local businesses like Jerseys Pizza, Buona Beef, Jiffy Lube, Poplar Creek Bowl and many more. They are only \$10 and are good for 1 year. They will save you hundreds of dollars a year keeping the card in your car. These are only if you want them. We have 50 available and can get more if needed.

The season is approaching fast. If we can answer any questions, feel free to ask.

Mark Mueller  
President  
Hoffman Estates Hawks



## **IMPORTANT DATES**

July 12<sup>th</sup> - Equipment handout - FOOTBALL @ storage shed-times See below  
July 13<sup>th</sup> -Football camp 12:00-2:00p  
July 16<sup>th</sup> -**MANDATORY** parent meeting football/cheer- times – See below  
July 20<sup>th</sup> -Football camp 12:00-2:00p  
July 20<sup>th</sup> -Pop Warner discount night 5:00-7:00 @ Dicks sporting goods  
August 1<sup>st</sup>—FIRST DAY FOOTBALL PRACTICE!!!  
August 4<sup>th</sup> -FIRST DAY CHEER PRACTICE!!!  
August 9<sup>th</sup> - Picture day @ Eisenhower—times TBA  
August 23<sup>rd</sup>—**MANDATORY** football certification day @ Fenton HS- Times TBA  
August 30<sup>th</sup> – 1<sup>st</sup> Games of the Season

\*Football camps are voluntary.

\*Parent night and certification are MANDATORY or your child will be dropped.

## **Football Gear Handout**

Tiny Mite-Mitey Mites—9:00a-12:00p (instructional)

Junior PeeWee-Unlimited-12:00p-3:00p

There will be no parking in the lot of the Public Storage facility. Park on Pierce and walk your sons over.

## **Mandatory Parent Meetings**

The Parent Meetings will be held at Eisenhower Junior High, 800 W Hassell Road, Hoffman Estates, IL 60169 on Wednesday, July 16<sup>th</sup>.

### Football

Tiny Mite 6:00

Mighty Mite 6:30

Jr PeeWee 7:00

PeeWee 7:30

Jr Midget 8:00

Midget/Unlimited 8:30

### Cheer

Tiny Mite- 6:00

Mitey Mite- 6:30

Junior PeeWee-7:00

Junior Midget- 8:00

Midget- 8:30

## 2008 T-Shirts

The 2008 t-shirts will be on sale at parent meeting night. The cost is \$10. See the pictures below of the front and back of the t-shirt.



Front



Back



## HELP!

We have 3 positions we are looking for volunteers for: running the Walk-a-Thon, general Advertising and Publicity, and an assistant to the Treasurer. If you are interested in any of these, please contact Renee Robinson at [hawknews@comcast.net](mailto:hawknews@comcast.net) or 847-359-8217.

## [www.hoffmanhawks.org](http://www.hoffmanhawks.org)

Remember to visit the website often as that is where most of our information is posted. You will start seeing coupons from our sponsors at the back of the newsletter. This allows exposure for those businesses that support us. If you know of anyone that wants to get involved-the form is attached. Football camp info is up on the website also.

## Hawks Merchandise



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! Support your team and look great this season!



## General Meetings

The General Meetings will continue to be on the third Tuesday of the month at 8:00 pm. The location is at the Hoffman Estates Park District Community Center and Ice Arena (formerly known as Blackhawk). This months meeting is cancelled. The next meeting is Tuesday, August 19 at 8:00pm.

## **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](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.



## **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.

# **Healthy Hawks Corner**

A heat related illness occurs when the body is not able to regulate, or control, its temperature.

If left untreated, a heat illness can lead to serious complications, even death. If detected and treated early, however, most serious problems can be avoided.

## **1. Proper Hydration**

- Pre- and post-exercise hydration
- Drink water and electrolyte drinks
- Limit excessive caffeine consumption

## **2. Be Aware of Supplements**

- Research has shown supplements use can raise blood pressure, speed heart rate and contribute to dehydration.
- Products containing ephedrine contribute to fatal heart rhythm difficulties, heat related illnesses, stroke, and seizures.
- Ephedrine raises the body's heat production and body temperatures and increases the risk of developing heat illnesses.
- Supplements are not regulated by the Food and Drug Administration (FDA). As a result, nutritional labels may be inconsistent.
- Creatine may be linked to muscle cramping if working out in the heat of the day.

## **3. Keep Cool**

- Use ice towels
- Use cold tub
- Wear light-weight, light-colored clothing

## **4. High Risk Athletes**

- Overweight & unfit athletes have a tendency to overheat.

## **5. Stay Healthy**

- Eat a well-balanced diet
- Salt food lightly, if not hypertensive
- Monitor weight before and after each practice session
- Monitor urine: Clear or light yellow for color of urine
- Get plenty of rest

## **6. Notify Medical Professional if experiencing any signs of dehydration and heat illness**



## **-----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.**



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

**SEE YOU AT OUR NEXT  
GENERAL MEETING:  
Tuesday, Aug 19, 2008  
8:00 p.m. @ HEPDCCIA/Blackhawk**



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



July 12 – Equipment Hand Out  
July 13 – Football Camp 12:00-2:00  
July 15 – General Meeting  
July 16 – Parent Meeting-Mandatory  
July 20 – Football Camp 12:00-2:00  
July 20 – PW Discount Night @ Dick's 5:00-7:00

August 1 – 1<sup>st</sup> Football Practice  
August 4 – 1<sup>st</sup> Cheer Practice  
August 9 – Team Pictures  
August 23 – Certification - Mandatory  
August 30 – 1<sup>st</sup> Games of Season