



HAWK TALK

May 2008

Parents,

The season is right around the corner! There is a list of important dates on the website. The most important dates are the parent meeting and the football certification. Both dates are mandatory. May 17th is our last registration. We have record numbers this year. 2008 will be a season to remember for the Hawks!

We are still in need of some assistant coaches at the Tiny Mite, Mitey Mite, Peewee and Unlimited levels. If you would like to be involved please contact John Georgeoff at jrgeorgeoff@patlininc.com.

The Slaughter game is coming up May 31st. You can see the flier online. We will be having a little "combine" with drills for both football and cheer. After the combine the kids can meet some players. Then we will have a tailgate party outside before the game. You will need to provide your own food and drinks. It will be a great day to meet other families and get ready for the season.

Don't forget about us at the 4th of July tent. We will be selling our Kabobs, burgers and other picnic type foods. We will also be walking in the parade on the 4th. Details about the location to meet and time will be posted online soon. You need to provide candy for your child to pass out.

If you have any questions about things coming up, feel free to contact any football or cheer commissioner.

Go Hawks!!

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President
Hoffman Estates Hawks

Meet the Board

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Congratulations to the 2008 National Little Scholars from the Hoffman Hawks. They are in the top 2% of the 410,000 Pop Warner participants in the country. They will be honored in Orlando over Memorial Day weekend. Keep up the Great Work!!

1st Team

Jessica Knoll

2nd Team

Danielle Ask	Yaritza Luna
Brianna Davenport	Alyssa Morreale
Anthony Forte	Keegan Mugerditchian
Alexander Garcia	Alexa Palazzo
Jessica Girardi	Jessica Potempa
Gabrielle Horabik	Kyle Robinson
Justice Johnson	Caitlyn Welsh
Alexis Lane	



IMPORTANT DATES

May 17th-Paperwork turn-in/weigh-in date @ Eisenhower 9:00am-12:00pm
May 31st - Cheer uniform sizing @ Eisenhower 9:00am-12:00pm
May 31st- Hoffman Hawks Day at Sears Centre—times/details on website
June 8th –Football camp @ Home field 12:00pm-2:00pm
June 22nd-Football camp 12:00-2:00pm (Hoffman High coaches at field)
June 29th- Cheer camp @ Lincoln Prairie 9:00am-1:00pm
Paperwork turn-in/Football camp 12:00-2:00pm @ Home Field
July 3rd- HEAA tent @ Hoffman fest 6:00pm-10:00pm
July 4-6th- HEAA tent @ Hoffman fest 1:00pm-11:00pm
July 12th- Equipment handout-FOOTBALL @ storage shed-times TBA
July 13th –Football camp 12:00pm-2:00pm
July 16th –**MANDATORY** parent meeting football/cheer- times TBA
July 20th –Football camp 12:00-2:00pm
July 20th-PopWarner discount night 5:00-7:00pm @ Dicks sporting goods
August 1st—**FIRST DAY FOOTBALL PRACTICE!!!**
August 4th –**FIRST DAY CHEER PRACTICE!!!**
August 9th- Picture day @ Eisenhower—times TBA
August 23rd—**MANDATORY** football certification day @ Fenton HS - Times TBA

*Football camps are voluntary.

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

Last Registration

May 17th is our last registration. If you know of anyone that still wants to join, forward them the information. Don't forget to go online and register your child/children. Go to www.hoffmanhawks.org and click on the registration link.

Slaughter Game

Attached is an invitation and information for Hoffman Hawk's night, May 31st at the Sears Centre during the Slaughter game. It will be a great way to start the summer off!

Website

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 and cheer clinic info is up on the website also.



Skirt Swap

Does your game skirt not fit from last year? Why not sell it? If you are interested in selling your skirt for \$10, bring it to the next registration on May 17th from 9:30 am to 10:30 am. All skirts will be inspected at drop off and available for purchase at Uniform Sizing on May 31st. No skirts will be accepted after May 17th. Purchasing swapped skirts will be on a first come first serve basis. All unsold skirts will be available for pick up on June 3rd at the Home Field Concession Stand from 6:30 pm to 7:30 pm. Checks will be mailed for all sold skirts.

Uniform and Shoe Sizing – Mandatory

Uniform Sizing will be held on Saturday, May 31st from 9:00 am to Noon at Eisenhower Junior High. If you are unable to attend please contact Sandra Stevens at 847-514-2571 prior to May 31st. See attached flier for uniform pricing.

Cheer Camp

Catch this year's Cheer Camp! Meet Cheerleaders from all the Chicagoland Pop Warner towns, see old friends, and learn a fun routine. See attached registration form and sign up today!

Spirit Wear Contest

Design the 2008 Spirit Shirt that everyone in HEAA will be wearing. Final t-shirts will be white. Send in your design on an 8 x 10 piece of paper to the PO Box or hand it in to a board member. All designs must be received by May 20th. The winning design will get a prize.

Show Your Hawks Spirit at Your School

Wear your Hawks wear to school on Fridays.



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 7:30 pm. The location is at the Hoffman Estates Park District Community Center and Ice Arena (formerly known as Blackhawk). The next meeting is Tuesday, May 20th at 7:30pm.

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.



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



How To Tell If Your Child's Shoes Are Worn Out

To determine if a child's shoes need to be replaced due to wear, you need to check the following:

1. **Bottom sole.** Look for excess wear on the bottom sole, especially if your child's feet have a tendency to pronate (roll to the inside) or supinate (roll to the outside), which will cause one side to wear more than the other. Dr. Carol Frey, Assistant Professor of Orthopaedic Surgery at UCLA and Chief of Foot and Ankle Surgery at West Coast Sports Performance in Manhattan Beach, California, recommends placing your child's shoes on a flat surface and looking at them from behind. If they roll in or out too much, they are probably worn out. Wear patterns can also be helpful in evaluating an athlete's biomechanics and what shoes may work best for them, says Dr. Phyllis Ragley, past President of the [American Academy of Podiatric Sports Medicine](#) ("AAPSM"). Shoes can also become slick and lose traction when the soles and lugs are worn down, so that is something else to keep an eye on.
2. **Mid-sole.** According to Dr. Michael Lowe, past President of the [AAPSM](#), shoe wear should not be evaluated primarily by sole wear. The most important wear factor for a running shoe or court shoe, says Lowe, is compression fatigue of the mid-sole material (the material between the sole and the upper leather). Like any compressible material, it has a certain life expectancy, after which fatigue begins to lessen its efficiency and ability to decrease impact forces (see sidebar).
3. **Sock liner.** Check the inside liner of the shoes for areas which may be worn through. This may provide information about places where the shoe was causing excess friction on the child's foot. Be aware of those problem areas when purchasing new shoes.

-----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.



**Hoffman Estates
Athletic Association**

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

**SEE YOU AT OUR NEXT
GENERAL MEETING:
Tuesday, May 20, 2008
7:30 p.m. @ HEPDCCIA/Blackhawk**



H.E.A.A. UPCOMING EVENTS



May 17 – Last Registration - Paperwork Turn-In/Weigh-In
May 20 – Spirit Wear Designs Due
May 31 – Hawks Night Chicago Slaughter, Cheer Shoe Sizing
June 8 – Camps Start, Weigh In, Equipment Sizing
June 22 – Football Camp
June 29 – Football Camp, Paper work turn-in, Cheer Camp
July 3rd – HEAA Tent at Hoffman Fest
July 4th – HE Parade & Tent at Hoffman Fest
July 12 – Equipment Hand Out

July 13 – Football Camp
July 16 – Parent Meeting-Mandatory
July 20 – Football Camp.
July 20 – PW Discount Night @ Dick's
August 1 – 1st Football Practice
August 4 – 1st Cheer Practice
August 9 – Team Pictures
August 23 – Certification - Mandatory
August 30 – 1st Games of Season