



HAWK TALK

September 2008

Parents,

The season is off and running! We have had a great pre-season and now the fun starts. What can you do now?

Meet the Board

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Be a good fan: Cheer for good plays and let the refs handle the game. Be positive with the players. Watch the girls do their routines at half time. Pick up trash if you see it lying around. If the garbage is full, let a board member know so they can get it fixed. Game days are much more than just showing up, watching the game and leaving.

Help out: Your coaches should have to worry about nothing else but coaching. We are lucky to have so many great coaches that care about your kids. We only need a few things. **ONE DAY** will be your concession stand day. There is no need to refuse to help out or give the Team Moms problems. With as much time as our coaches and Team Moms put in, you can give a few hours **ONCE**. You have no idea how much free time the Board gives up to make this league work. The Board is all volunteers-some without kids in the league. Be a part of the solution, not the problem.

Be a helpful parent: Make sure your child is at the field on time for practices and games. Make sure you are there to pick them up on time. If you have questions, ASK. Team Moms are there to answer any of the questions and be the liaison between the parents and coach. It is not the coach's fault if you are not on time and your child cannot participate. We have only one far game for travel this year and the rest are easy drives. Get there EARLY. Meet your coach. Have you gone up and introduced yourself? What about looking your coach in the face and saying "**Thank You.**"

HEAA is more than just football and cheer. We want the kids to learn how to manage their time and give their best. This all starts with you at home. The question you should be asking is "**What can I do to make this season better for my child and the league?**"

THANK YOU to our coaches and Team Moms. Without you, there would be no us.

Go Hawks!

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Mark Mueller
President
Hoffman Estates Hawks



IMPORTANT DATES

September 13 – Homecoming

October 12 – Cheer Competition
Annual Dance

October 25/26 – Football Playoffs Start

October 26 – Tiny Mite/Mitey Mite Competition

November 16 – Regional Cheer Competition

December 8-13 – Nationals in Orlando, FL

HOMECOMING WEEKEND

Homecoming games are September 13th and 14th. Please make sure your child arrives on time and prepared! Parents will be going onto the field with their children – cheer and football. Please make sure you are in the end zone when there are 3 minutes left in the game prior to yours, lined up with your child. This will help to have the day running on time.



SPONSOR SPOTLIGHT

A big “Thank You” to 2 of our sponsors: America’s Bar and Olde Towne Pizza.

A good time was had by all at the Parent Party sponsored by America’s Bar and the owner Rich Garcia.

Olde Towne Pizza and the owner Todd Suma sponsored the pizza all the players and cheerleaders had the night before picture day.

Next time you are at either place, say “Hi” and “Thanks for sponsoring our kids.”



YEARBOOK

There is now a bin inside the concession stand where everyone can drop off pictures or CDs for the yearbook. It will be checked regularly. We are looking for any pictures that anyone has from the 4th of July, including the parade and our booth at the fest. Please drop them in the bin as soon as you can. You can also hand pictures or CD’s directly to Marina Straussburger. She is at the home field most nights during practice. She also accepts submissions by email at mstrass438@aol.com.

Also, each team (football and cheer) needs to have at least one to two parents to be its “Team Photographers.” Each team needs to find at least one as soon as possible so that we can start getting pictures of practices and events as they come up. No fancy equipment or experience is necessary - just a basic digital camera and the willingness to help out. Marina can coach you on the types of shots she will need for the yearbook. If you are interested, please contact your team mom or email Marina this week.

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!



CONCESSION STAND

The concession stand is open during practice with basic items. We do this as a convenience to all of our families that rush to get to practice and those that stay at practice, but we need help. Anyone willing to volunteer during practice, please contact Therese Kelly at therese.kelly@jpmchase.com. Cheer; don't forget to come over to the concession stand if you need something!!

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.



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 month's meeting is cancelled. The next meeting is Tuesday, September 16th 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 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

Rest, Ice, Compression and Elevation (RICE): A First Aid Staple

The first four steps of first aid for injuries such as ankle sprains are known by the acronym "RICE," which stands for rest, ice, compression, and elevation:

- **Rest.** When your child is injured, small blood vessels at the injury site rupture and cause tissue bleeding, which, in turn, causes bruising and swelling. Because the swelling can produce more damage than the initial injury, it is important for your child to stop exercising immediately because moving forces more blood into the damaged area. Not only is rest important in the period immediately after your child is injured, but adequate rest is necessary before your child returns to sports. Returning too soon from an injury can cause further damage and result in a chronic, long-term condition, such as chronic ankle instability, even permanent disability. (Note: not all kids swell; even if there is no visible swelling or bruising, pain is an indicator of injury and means that rest is needed)
- **Ice.** Apply ice continuously for the first 15 minutes to keep the swelling down, then 10 minutes on, 10 minutes off for the first hour. Wrap the ice in a towel or elastic wrap before applying to the injured area. Do not apply the ice directly to the skin. Remember: ice is the best anti-inflammatory around; if pain returns when your child returns to play, kids should use it liberally.
- **Compression.** To prevent swelling, wrap the injured area with an elastic ("ace") bandage. Make sure the wrap is snug, but not so tight as to cut off circulation. (i.e. fingers and toes turning blue)
- **Elevation.** For leg injuries, raise the injured area above the athlete's heart to keep more blood moving to the injured area. This helps prevent painful swelling in the immediate post-injury period.





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

**SEE YOU AT OUR NEXT
GENERAL MEETING:
Tuesday, Sept 16, 2008
8:00 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