

# KaPow Klub News

It's Not Just Hockey, It's a LifeStyle

February 2010  
Volume 1, Issue 4

## Inside this Issue

- 1 A Note from the Directors
- 1 Indoor Klub News
- 2 Birthdays
- 2 National Indoor Tournament
- 2 KaPow'in It
- 2 Women's National Team News and Women's National Indoor Team
- 2 Men's National Team News
- 3 Men's National Indoor Team
- 3 Healthy Living and Nutrition and Recipes
- 3 Klub Kommittees & Events

KaPow Field Hockey  
5 Pine Tree Road  
Mountaintop, PA 18707

## A Note from the Directors

*Dear Klub,*

As the season comes to an end, there is a lot to reflect on. There have been ups and downs to the first year, but we believe the positives and successes have greatly outweighed our downs. It is the lessons we've all learned along the way that can help us to move forward and grow together. And continual growth, change and bettering ourselves are what we're all about!

We are so proud of the players, the parents, the coaches and umpires for all of your hard work, commitment, enthusiasm, and great attitudes you bring to KaPow Field Hockey. Your support along this journey has been invaluable and we are so lucky to be apart this great community. Thank you and we will see you next time we're in the valley!

All the best,

Kayla and Lauren

*Co-directors of KaPow Field Hockey*

## Indoor Klub Hockey News

Good luck to the teams that are traveling to Virginia Beach for NITs! KaPow's got your back :=)

The clinic for U14 that was originally scheduled for February 10<sup>th</sup> is now going to be held on February 24<sup>th</sup>. The U16/U19 clinic is the same time and date as previously posted. Please check the calendar.

For NIT teams, your player profile information is due on February 17<sup>th</sup>. Please email to the following:  
U14 – [directors@kapowfh.com](mailto:directors@kapowfh.com)  
U16/U19 – Team Parent – check your phone chain list.

For directions, game schedules and hotel information for any tournaments you participate in, please check the website under Klub and News. All information will be posted here.

## Klub Player's Birthdays

February and March Birthdays go out to:

### U6 Players

Ella Barbacci – February

### U10 Players

Madisyn Granoski – February  
Hollie Holthaus – February  
Sierra Holmberg – March

### U12 Players

Michaela Halsey – February  
Cara Jarmiolowski – February  
Madison Mulhern – February  
Grace Angelella – March

### U14 Players

Kelli Mickowski – February  
Allison Novak – February  
Brianna Gaylets – February  
Selena Garzio - March  
Molly Turner – March  
Madison Dowd – March

### U16 Players

Devin Holmes – February  
Rhiannon Hasenauer – February  
Kimberly Henry - February  
Larisa Joseph – February  
Megan Lasko – February  
Leanne McManus – February  
Kara Anders – March  
Sauni Davenport - March  
Aliza Furneaux – March  
Alyssa Monaghan – March  
Sarah Stewart – March  
Haley Waslasky – March

### U19 Players

Lottie Chipego – February  
Taylor Bowman – March  
Danielle Proctor – March  
Emily Spring – February  
Shelley Black – February  
Melissa Ramsey – February  
Courtney Jones – February

## National Indoor Tournament

Congratulations to the teams who qualified for NIT's. The teams that qualified and will be attending the tournament are as follows: KaPow Spain, KaPow England

## KaPow'in It!

U16s and U19s! Don't forget to sign up for the Habitat for Humanity Event.

Sign-up sheets will be at Wednesday's league nights (17<sup>th</sup> and 24<sup>th</sup>) and Sunday's practice (21<sup>st</sup>). We all can lend a helping hand!

## Women's National News



Game 4 – USA (Lauren) vs China

Team USA concluded their three nation series held in Chula Vista at the USA Training Center.

USA was pleased to welcome the two countries to take on a rematch of the 2008 Olympics.

USA showed improvements from day one to day nine as evidenced by our scoring potential and high intensity as stated from Terry Walsh Technical Director of High Performance.

USA is currently in Argentina until February 21<sup>st</sup> to compete in a four

game test series with Chile, China and Argentina.

Go USA, keep the pressure on and the intensity high, go girls!

USA is looking forward to hosting the AtaHolding Women's World Cup Qualifier, scheduled from March 26 to April 3, 2010 in Chula Vista, CA.

## Women's National Indoor News



The women's national team defeated Denmark 4-3 in an unofficial test match on January 6. USA heads to New York City for the Big Apple Cup held February 20-21.

## Men's National News



Team USA's trip at the BDO Men's World Cup Qualifier in Argentina was tough but informative for the Americans to use as a building block to future games. The men didn't take first place but it is not always about winning but how you finish. The men

were very pleased to know that they left the BDO defeating Chile 2-1.

## Men's National Indoor News



The Men's team started out a little weaker than expected since just finishing a strong training tour in Poland. The team worked on defense and attacking principles to see better results as the days went on at the Wasa Cup in Denmark.

## Healthy Living

Strength training targets many areas. When you strength train you not only gain strong muscles but it also improves your athletic ability, helps you feel better, it relieves stress, and you enhance your health. This month's strength training circuit from Kayla and Lauren will help improve your strength for the indoor hockey season.

Circuit:

Tricep Dips X 10  
Deep Body Squats (body weight) X 15

\*Double Leg Leap Bounds X 3  
Pull Ups X 4

Sprinter Sit Ups X 20

\*\*Supermans X 10

\*Jumping off two legs, leap as far as you can. Stick the landing before doing the next jump.

\*\*Laying on your stomach, lift arms and legs off ground. Pause for 1 to 2 seconds and bring arms and legs to ground.

## Nutrition and Recipes

Kayla will be at Wednesday League Night February 24<sup>th</sup> with samples of yummy Juice Plus chewables. As mentioned previously, these chewables contain 17 different fruits and vegetables, giving you the nutrition to close the gap between what you *do* eat and what you *should* eat.

This month's recipe comes to us from Shape's Chef Bill Wavrin of Mexico. The recipe is filled with calcium and cancer-fighting antioxidants, vitamin C and lycopene.

Serves: 4

Prep Time: 5 minutes

Cook Time: 8 minutes

### Nutrition Score per serving:

(2 quesadillas/6 wedges) 261 calories, 350 g calcium, 33 g carbs (50%), 8.5 g fat (29%), 13 g fiber, 14 g protein (21%), 859 mg sodium

## Ingredients

1/2 cup part-skim mozzarella cheese, grated

1/2 cup feta cheese, crumbled

2 teaspoons blue cheese, crumbled

1 teaspoon olive oil

2 medium tomatoes, diced

6 scallions, diced

1 jalapeno pepper, seeded and diced

2 cloves garlic, minced

1 teaspoon fresh oregano, or 1/2

teaspoon dried, chopped

3 tablespoon fresh cilantro, chopped

8 8-inch flour or whole-wheat tortillas

## Directions

Combine cheeses in a bowl; set aside.

Heat oil in a large nonstick skillet over medium heat. Add tomatoes, scallions, jalapeño, garlic, and oregano. Cook 2 minutes, until fragrant, stirring frequently. Stir in cilantro. Remove vegetables from pan; set aside.

Return skillet to heat and add one tortilla. Top 1/2 of the tortilla with 2 tablespoons each of cheese mixture and vegetable mixture. Fold over untopped side and cook 1 minute per side, until cheese melts. Remove from pan and cover with foil to keep warm. Cut each quesadilla into three wedges and serve warm.

## Updates from the KaPow Kommittees

If you have ideas, please direct them to the chair people below. If you are interested in joining a committee, please email us at [directors@kapowfh.com](mailto:directors@kapowfh.com).

### Community Service –

Elna Williams:

[elna.williams@epix.net](mailto:elna.williams@epix.net)

\*KaPow will partner with Habitat for Humanity to help make dreams come true. **Habitat for Humanity Event - Sign Up NOW!**

### Tournament Coordinator - Marilyn

Pasqualichio: [Agentmlyn@aol.com](mailto:Agentmlyn@aol.com)

\*Responsible for all arrangements related to KaPow teams' participation in Tournament play.

### Public Relations –

Rick & Beth Stefanides:

[bethstef17@aol.com](mailto:bethstef17@aol.com)

Tara Mack: [tjmack\\_6@msn.com](mailto:tjmack_6@msn.com)

\*Responsible for maximizing public awareness of KaPow Klub programs and events.

### Fundraising –

Maureen Anistranski:  
[mrsa604@msn.com](mailto:mrsa604@msn.com)

Cindy Davenport:  
[cwinder18@hotmail.com](mailto:cwinder18@hotmail.com)

\*Responsible for all Klub-Related fund raising programs

### Uniforms & Merchandise –

Tina Gaylets: [t9261@epix.net](mailto:t9261@epix.net)

\*The shop will be opened once a month. The merchandise to expect at the shop will be shin guards, mouth guards, sticks, and gloves.

### Bookkeeper - Karen Jones:

[kj6756@msn.com](mailto:kj6756@msn.com)

\*Responsible for processing, depositing and recording revenues received.

## KaPow Klub Facebook Page

Watch for Klub updates!

## Directors Setting the Example

Let's send out a BIG congratulation to Kayla and Lauren for their hard work and dedication to the sport of field hockey.

The Mixed Division **Champions** were True North with 2008 Olympian Lauren Powley at the National Hockey Festival in CA. True North had members from past and present National Teams. The team they faced was the Pelicanos. It came down to strokes to win the division for True North.

Kayla was selected to the **2010 Pan American Elite Team**. The Pan American Elite Team is made up of women athletes chosen from the

2009 Pan American Games. Kayla was one of five chosen for this year's elite team. The four other Olympic players chosen were Carrie Lingo, Rachel Dawson, Tiffany Huisman, and Keli Smith. The Elite team will be coached by Luciana Aymar of Argentina. Luciana is a three time World Hockey Player. Good Luck Kayla!



*Kayla playing against Jamaica 2009.*

## Monthly Tournament Events

**Parker Ford Tournament**  
February 20th

**National Indoor Tournament**  
March 5-7<sup>th</sup>



*Kayla playing against Netherlands at the three game series in Chula Vista*



Olympian Kayla Bashore #26 (third in from the right) and Olympian Lauren Powley #28 (on the right end)

