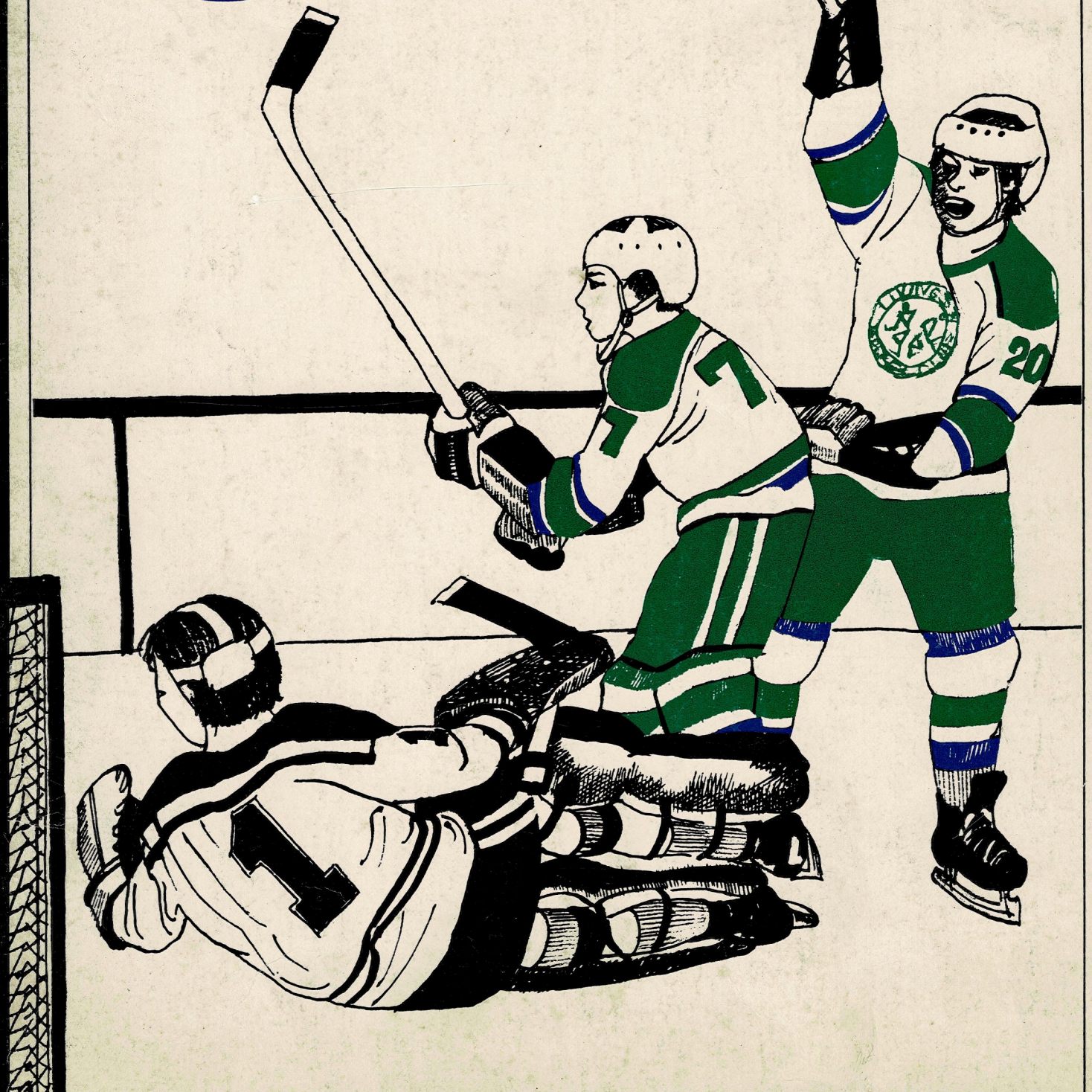




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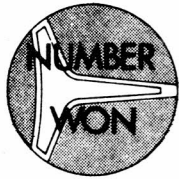
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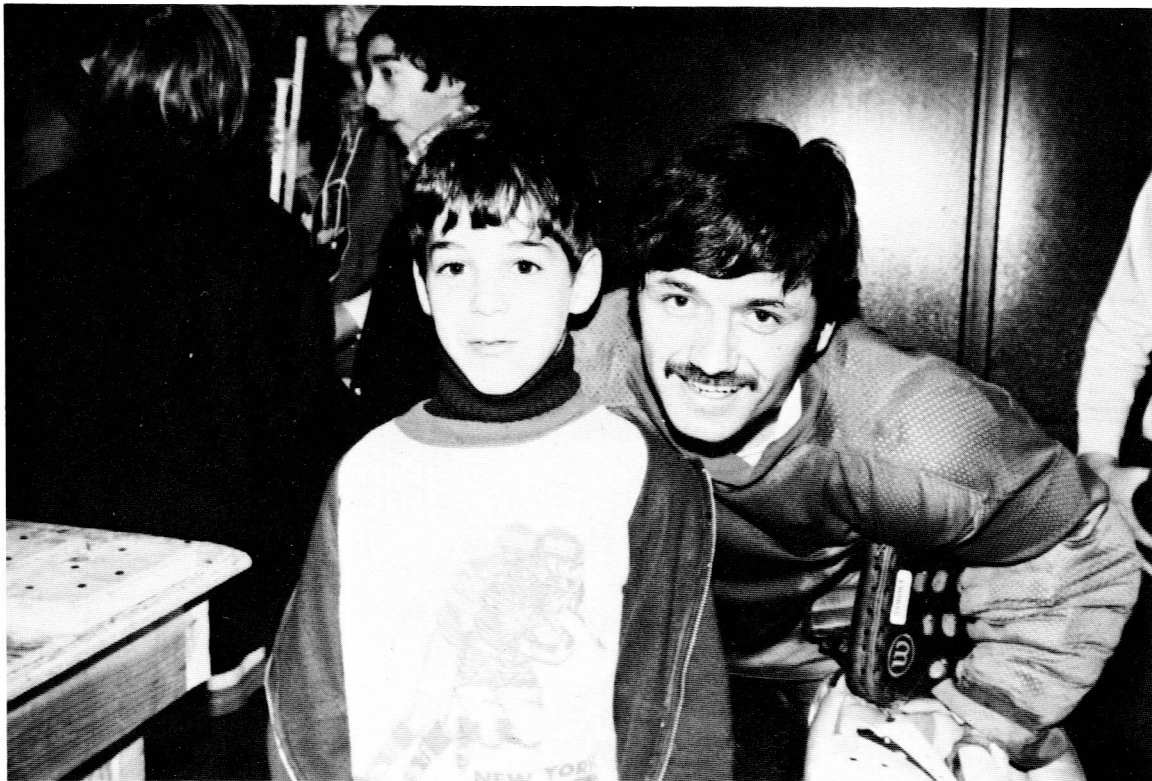
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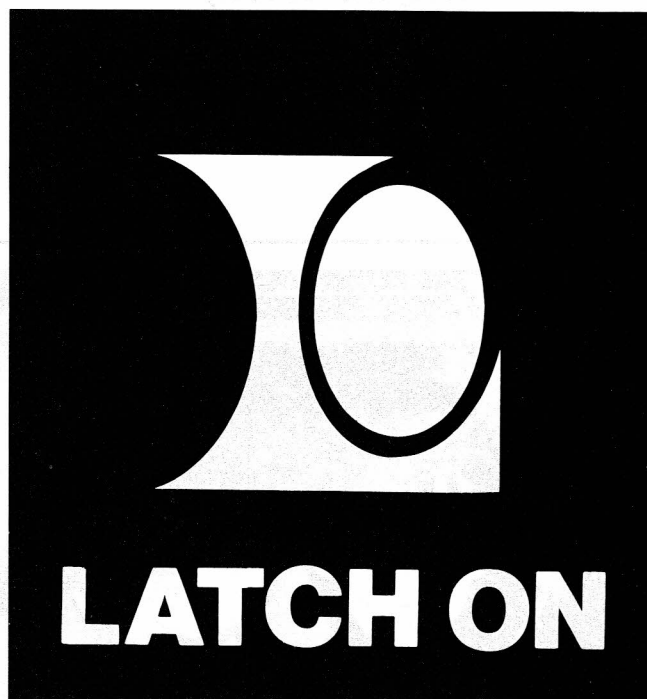
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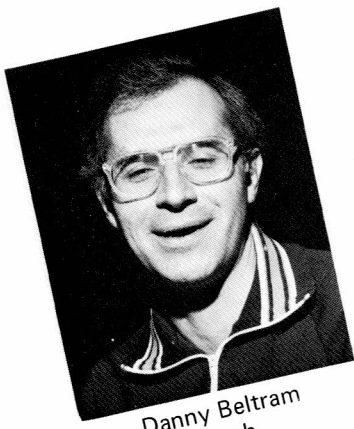
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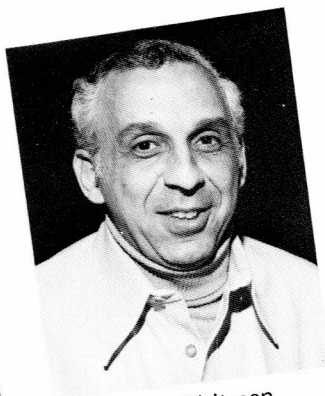
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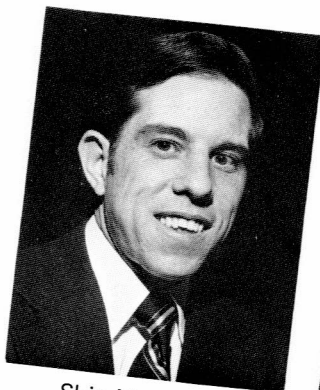
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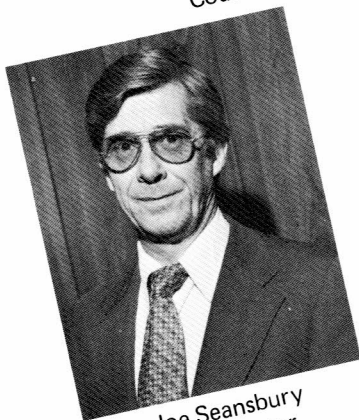
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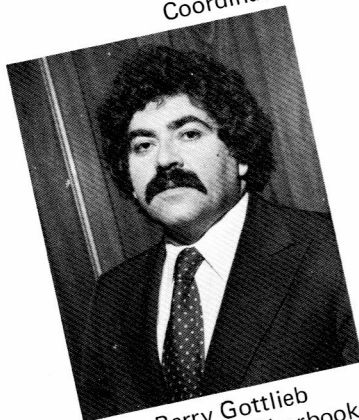
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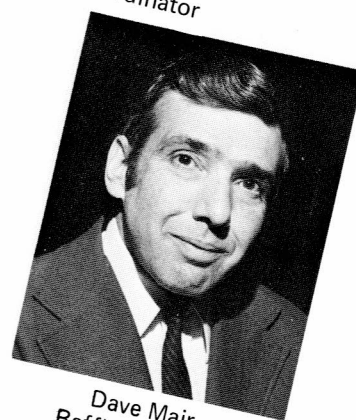
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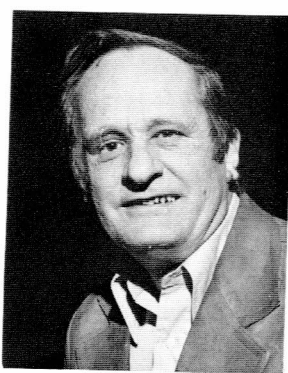
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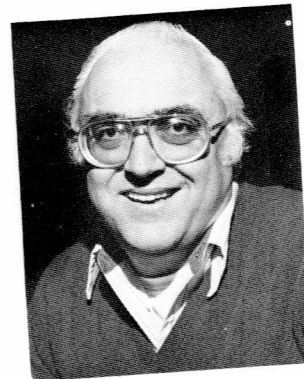
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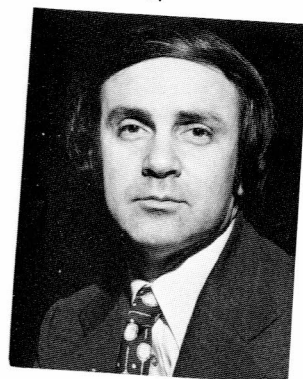
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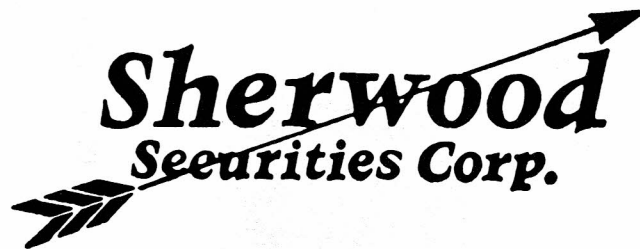
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In the early 1960's Doc Heorner had a dream of putting together a youth hockey program to supplement the high school sport which had been inaugurated in the late fifties. Through his diligence, persuasiveness, hard work and financial backing the boys actually took to the ice for their first practice in the Fall of 1965. Lending some degree of moral support were Frank Evans, Jim Measday, Charlie Perna and Julie Levin, but foremost in all ways was Doc, a man who throughout his professional, Church, Little League, and Boy Scout leadership has always expressed and lived a firm belief in young people.

A year later the Livingston Pee Wees earned their way to the A.H.A.U.S. National Tournament in Michigan and accorded themselves in fine fashion with two wins, a tie and two losses against the best in the country. One of the forwards is now finishing medical school, a center manages a steel distributorship, a goaler is a college professor, and all the other little Pee Wees are now fine young adults - perhaps the greatest testimony that can be given to a man of Doc's foresight and energies.

Subsequently he founded the Mid-Atlantic Amateur Hockey Association, took it into A.H.A.U.S., was it's President from inception in 1972 until January 17, 1977 when he chose to move "slightly aside" and to spend even more effort as Chairman of the North American Amateur Hockey Safety and Protective Equipment Committees.

Internationally Doc was a team physician at the Summer Olympics in Munich in 1972, the doctor for the ski team at Innsbrook in 1976, and for the gymnastic team at Montreal last summer; and he has lectured on conditioning programs in Russia, Sweden, and Canada as a recognized international expert. The professional hockey Rangers and football Giants have him as a member of their staffs.

But mostly he is just "Doc" to thousands of Livingston area young people, the Orthopedic Surgeon who became an obstetrician for the birth of the Livingston Hockey Club. We hope that each of you who reaps the benefits of his foresight will find the time to say thanks in person to Doc, and to his ever-tolerant wife, Joy.



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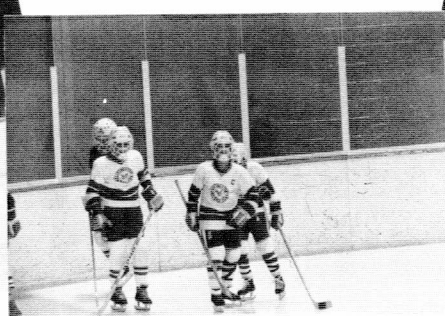
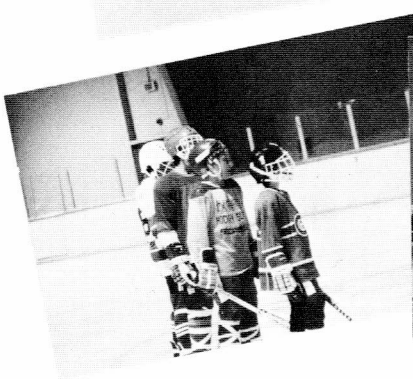
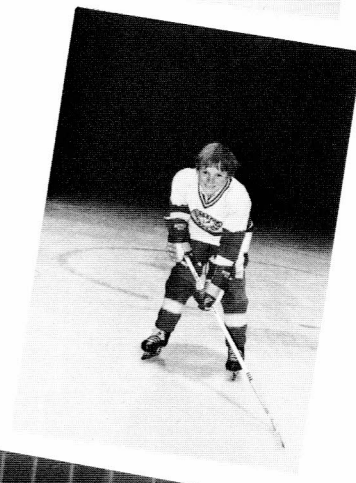
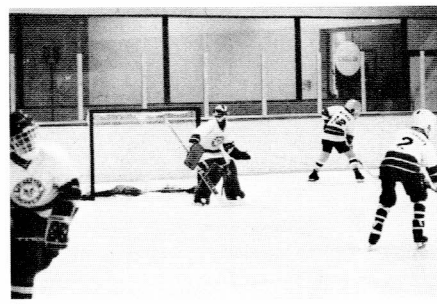
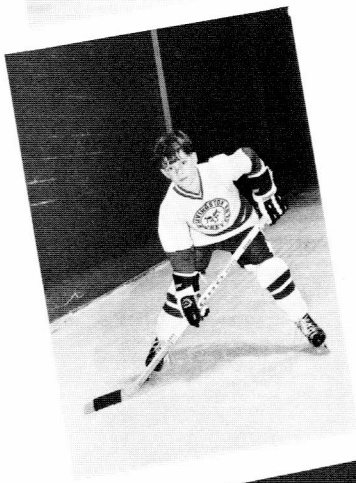
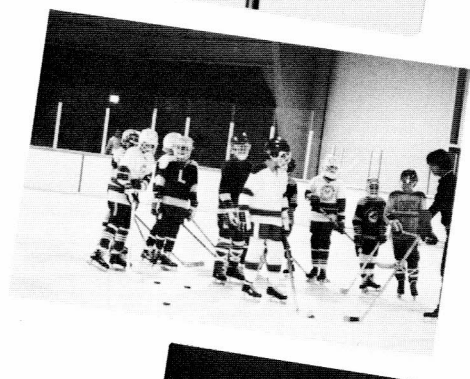
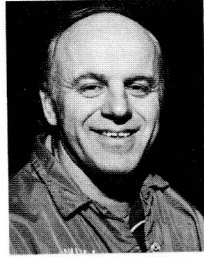
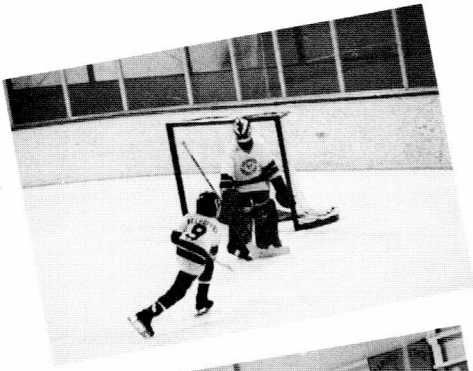
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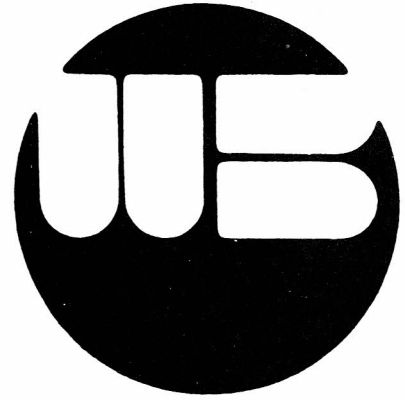
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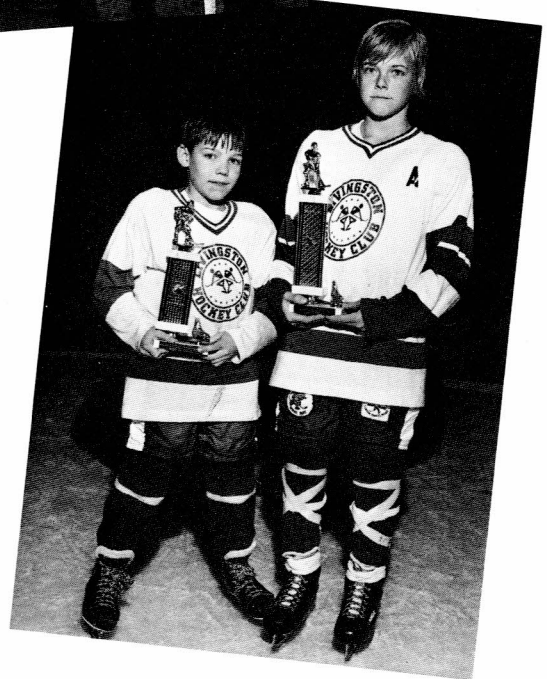
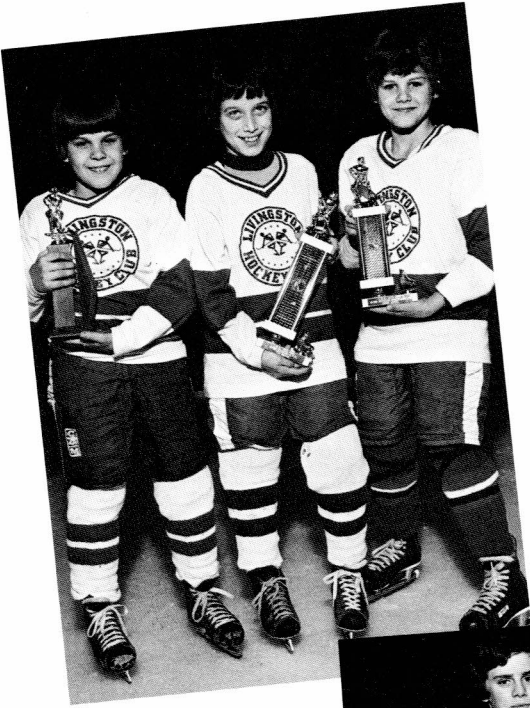
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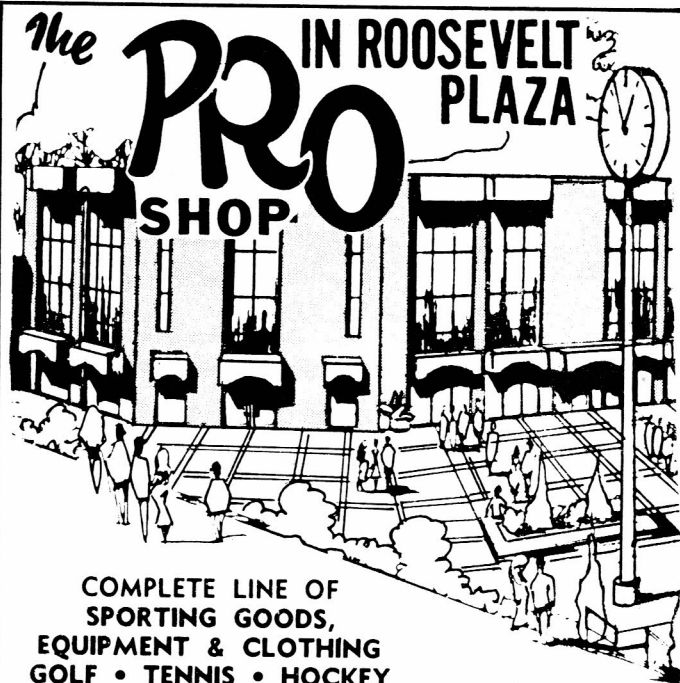
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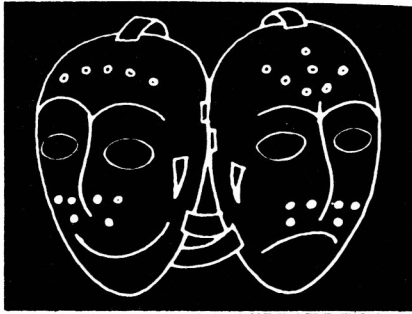
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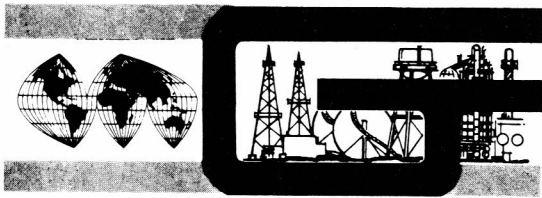


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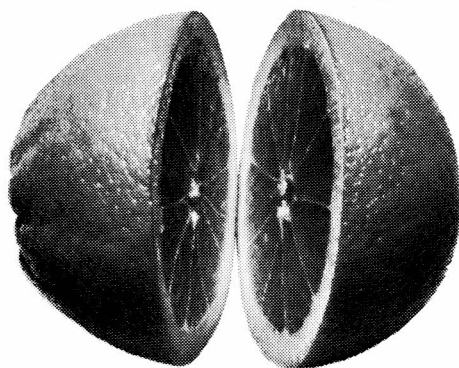
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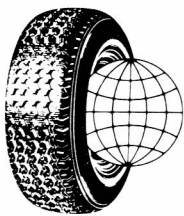
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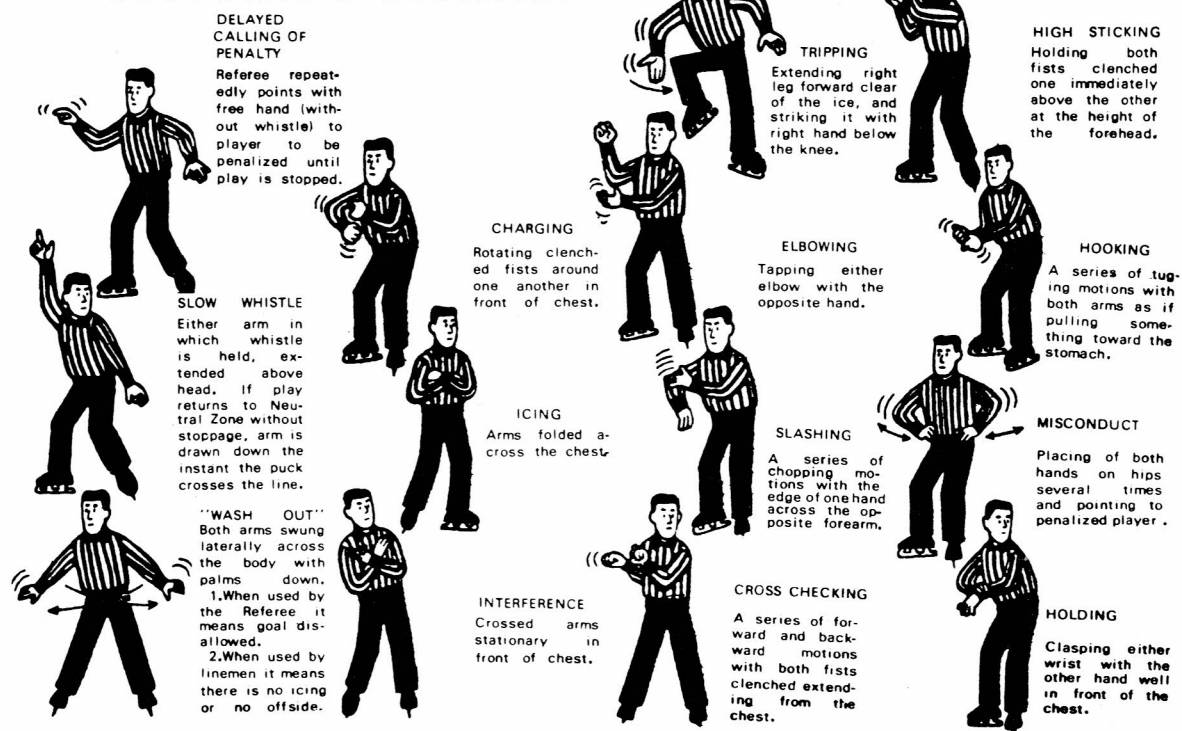
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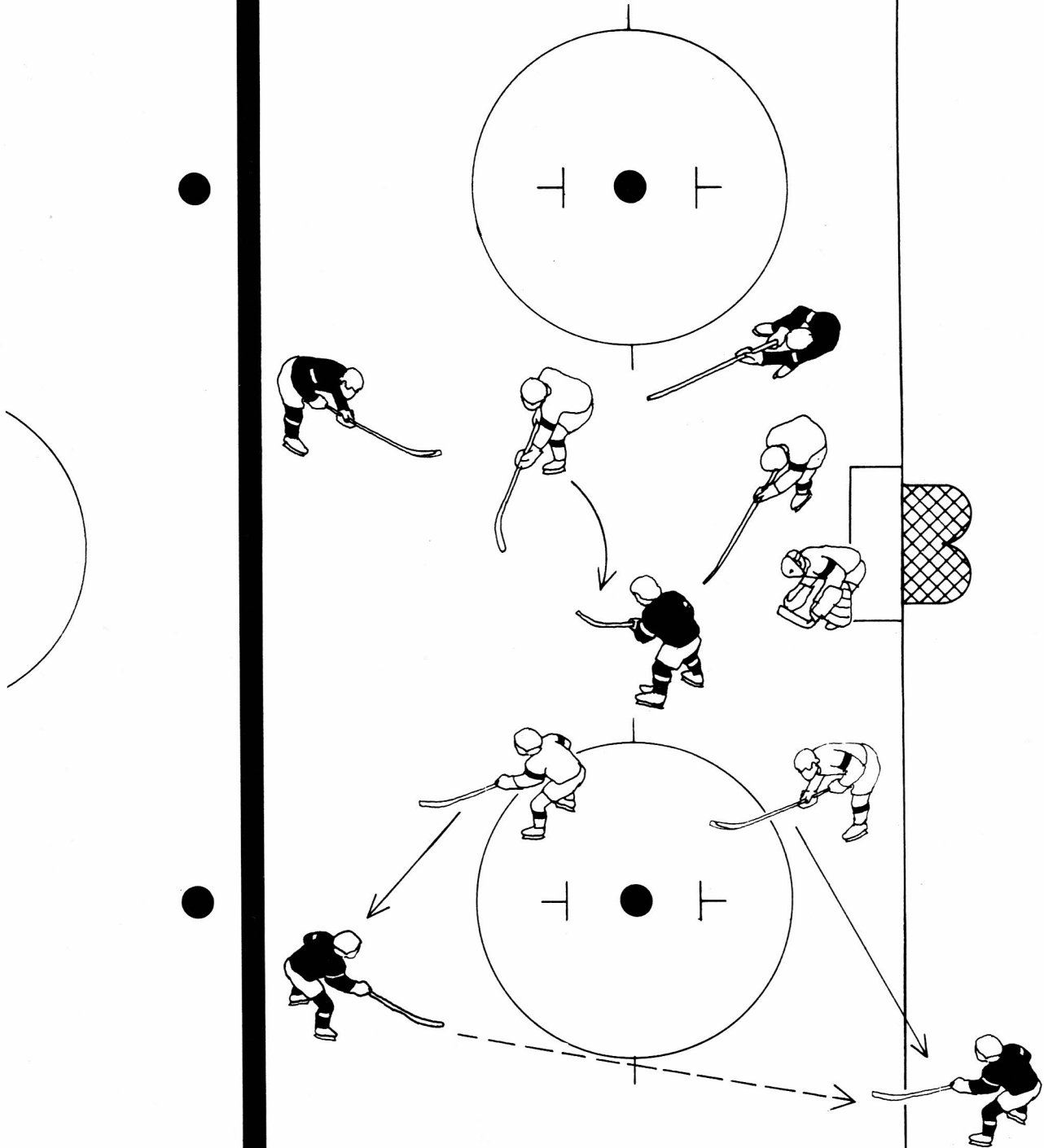
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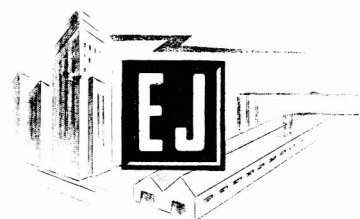
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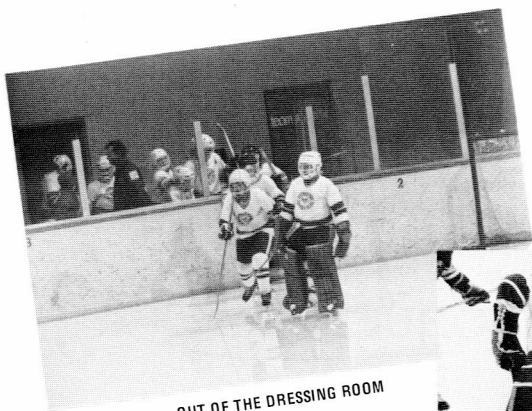


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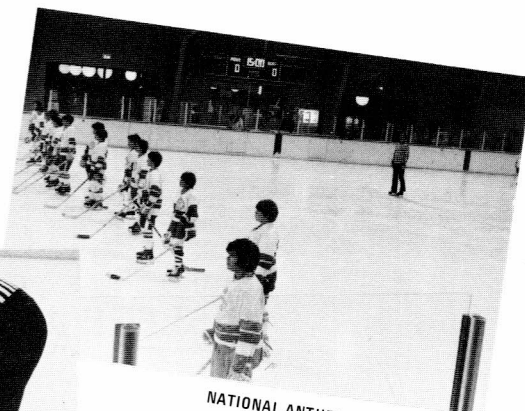


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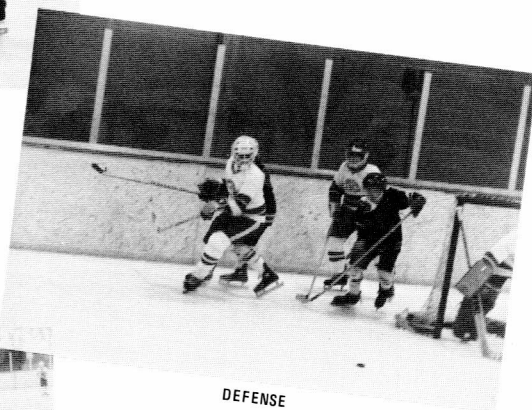
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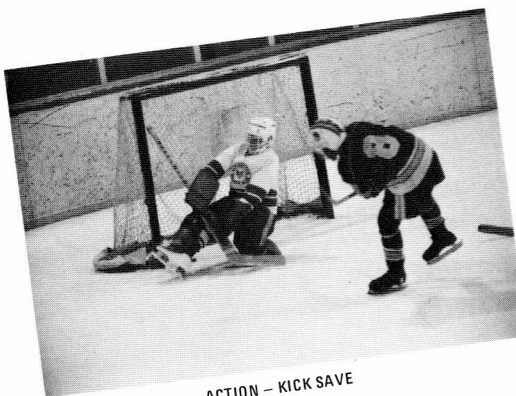
OPENING FACE-OFF



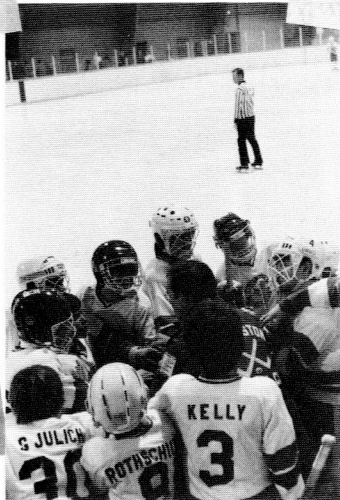
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DEFENSE



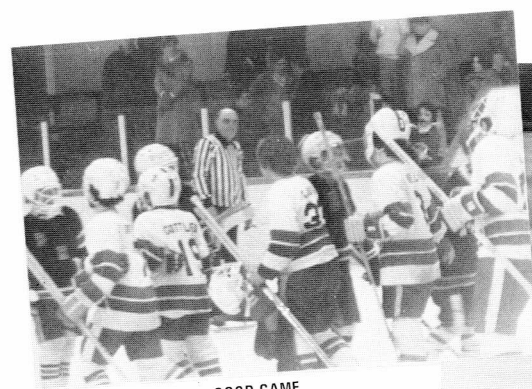
ACTION - KICK SAVE



PEP TALK



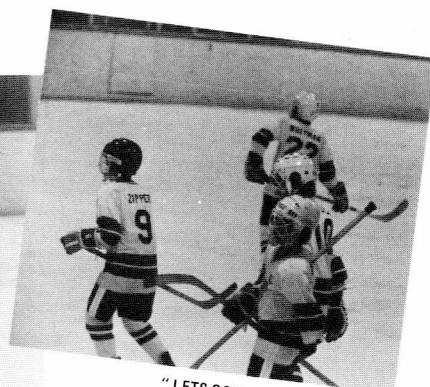
VICTORY!



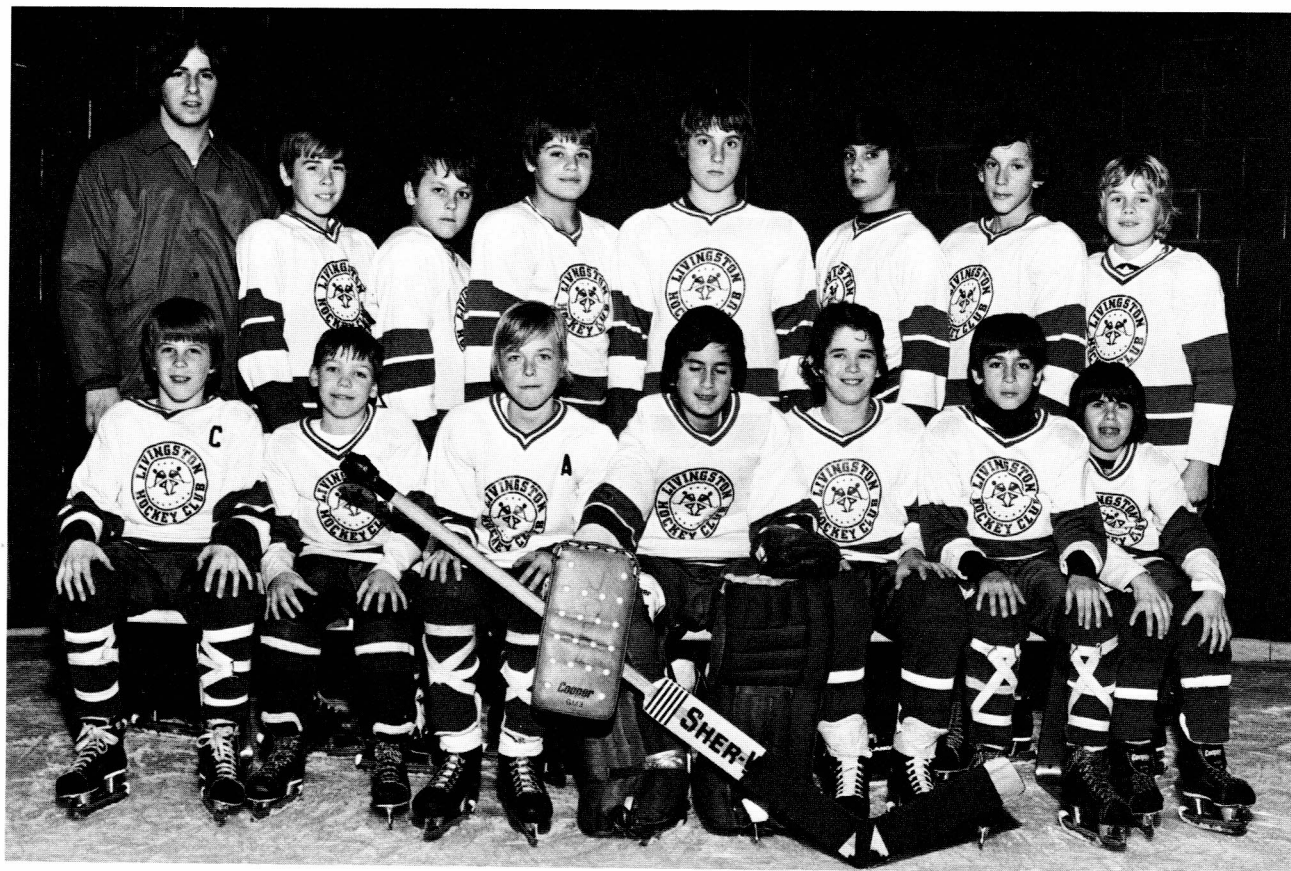
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THE L.H.C. GUIDE TO HOCKEY

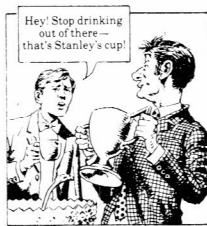
The game soon spread everywhere—well, almost everywhere.



In 1908, the first professional team was formed. However, because the sport had not caught on yet, almost anyone was able to make the team.



And then, a man named 'Stanley' donated \$50 for the purchase of what later became known as 'The Stanley Cup.'

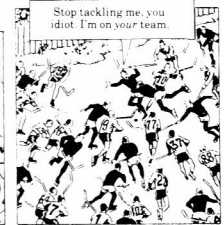


I. HISTORY—Hockey is believed to have started in Canada during the 1930's.

Hearing of the game, college students made a try at it in June, 1931. However, the season they chose made playing difficult.

Finally, someone suggested waiting until winter. At first, the game was a combination of football and hockey.

with no limit to the number of players per side.



Today, hockey is seen by millions of people each week and is getting stronger all the time. And now that we know the background of the sport, let us take a brief look at the finer points of the game.

II. EQUIPMENT

The most important piece of equipment is skates, which should be chosen carefully. These are considered a poor choice.



Once chosen, the skates should be tied tightly around the ankle to give support.



Once you have your skates, you must select a stick.



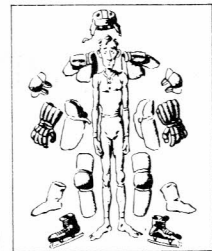
The stick should be neither too long...



...nor too short.



And then, you'll need all sorts of padding and clothing.



Once in place, you'll be all set to go out there on that rink and KILL!



III. HOCKEY SKILLS—To become a good player, there are various skills that must be perfected.

Skating is probably the most important. A good player should know how to skate in any direction.



But even more important, he should know how to stop!



The next skill to develop is stickhandling. Learn how to use that stick in any situation!



A player should also perfect passing, for it has to be exact.



There are several types of passes. One is the lift, where the puck actually leaves the ground.



And another is the slap pass where you hit the puck to your teammate and then:



Besides passing, a player should also be good at shooting the puck.



Another skill is checking. One type is body checking where a player bumps against an opponent to try to throw him off balance.



Then there is stick checking where a player tries to poke the stick away from an opponent with his stick.



And, of course, a good hockey player should know a third type of checking.



IV. PLAYING THE GAME—Now let us look at certain parts of the game.

Each period begins with a 'face-off' where the puck is dropped by the official and swung at by the two opposing players.



At all times, the puck must be kept moving.



Another big part of the game is penalties, one of which is 'icing'.



For this, a player is sent to the penalty box. Often, there can be more than one man off the ice at the same time.

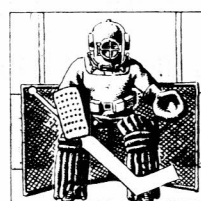


V. THE GOALIE—This is the man responsible for stopping the other team from scoring.

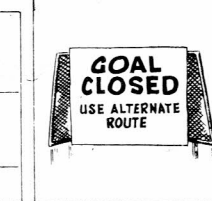
And because hockey is a heavy contact sport, every so often, you might see a minor disagreement break out on the rink.



Because the puck is always coming at him, some goalies like wearing added protection.



You'll find that a goalie will try anything to block a shot.

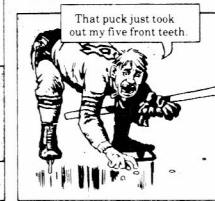


Yes, a goalie will grab anything within reach to stop that puck.

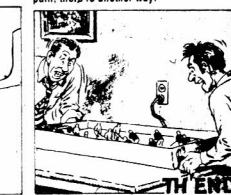


VI. CONCLUSION—And now that you know the game, it's time you got out there and played.

One last word of caution, though. Hockey is a rough sport that can take a lot out of you.



However, do not despair. Should you like playing the game, but want to avoid the pain, there is another way.



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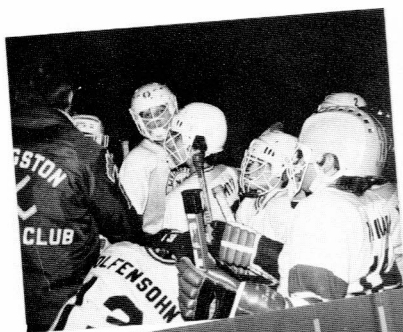


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A HOCKEY MOTHER'S DREAM

By Melinda Kaplan

As hockey season draws to a close,
I discard woolen socks - take out panty hose,
Bid adieu to alarm clocks and pale, tired faces
Hello again world I'm going places!!!
South Mountain Arena just ain't my bag
And Sundays in Peddie have become a real drag
I'll take bubble baths and have my hair curled
So long Danny Michaels - I'm coming home world!!!
The pro shop's business will suddenly fall,
And Hermans I'm sure will vacate the mall
They'll be no more shopping for sporting good sales -
Open your doors, here I come Bloomingdales!!!
As hockey season draws to a close,
I wipe my eyes and blow my nose
Discard wollen socks, take out panty hose
And am ever so grateful for the sport my son chose!

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If you think you dare not; you don't.
If you like to win, but you think you can't
It's almost a cinch you won't.
It's all in a state of mind.

You've got to think high to rise.
You've got to be sure of yourself
Before you can win a prize.
Life's battles don't always go to the stronger or faster man,
But soon or late the man who wins
Is the man who thinks he can.