



## Important Registration Information!! Squirt Age and Above!

It's that time of year again! Registration for RYHA is just around the corner and there has been an important change for all youth playing at the Squirt, PeeWee, Bantam, Junior Gold, and Girls City League this year.

In the past RYHA has included USA Hockey and MN Hockey fees in your registration fee and registered all players with USA Hockey when preparing rosters. Technology brings about change and we are all now required to register directly to USA Hockey. The process is simple and just takes a few minutes. The link can be found at <http://ryha.pucksystems2.com/>, with further instructions on this process.

**IMPORTANT:** When you are registered and have your registration confirmation number, email the confirmation number to [ktheight@msn.com](mailto:ktheight@msn.com). You will be required to make your \$40 payment at the time of this registration. Please note that this has been considered when setting registration fees for the 2009-2010 season.

USA Hockey registration is separate from RYHA and does not register your player(s) for the RYHA program! You must still register with us at our website and at registration scheduled for September 8<sup>th</sup> & 9<sup>th</sup>. ***No player will be placed on a RYHA team and will not be able to skate without first registering at USA Hockey.***

USA Hockey registration is NOT REQUIRED for Mite age players (those players with a birth date after June 30, 2000). If you have a Mite age player who is planning on trying out for squirts, this registration can be done following the Mite Development Tryouts held at the start of the season.

If you have further questions regarding USA Hockey On-line Registration contact Kathy Heightland at [ktheight@msn.com](mailto:ktheight@msn.com) or call the RYHA information line at 280-6086.

## 2009 – 2010 Registration

Sign up at Graham 3 September 8 & 9, 2009  
6:00-8:00 p.m.

Late Registration at Graham 3 September 16,  
6:30-7:30 p.m.

### Registration and payment are now available online~

New this year, the ability to register and pay registration fees online via the RYHA website - <http://ryha.pucksystems2.com/>.

On the RYHA website is a link to USA Hockey and as stated in the previous article, all skaters must register with USA Hockey and pay their \$40 fee online. After you have registered your child with USA Hockey, there will be a link back to the RYHA website. Click on that link and all data you entered on the USA Hockey website will be transferred to the RYHA registration form. Once all information is complete on the registration form, you will have the option to use your credit card and pay registration fees online. Be sure to print a copy of the completed registration form and your receipt (if paying online) and bring it to the Graham arena during the scheduled registration times.

Yes, you must still show up at registration at the Graham arena even when paying online. How does online registration and payment help? We hope by having the online payment option it will be more convenient to pay and things will move more quickly on registration night. There will be a Fast-Track table set up where you will be able to show your receipt and move quickly onto the appropriate table for your level of skater in order to receive other relevant information. A convenience fee will be assessed for using a credit card for payment online or at registration. This fee is to cover the costs RYHA is charged when you use your credit card.



The preferred method of registration is online. However, paper forms are provided with this newsletter and will also be available at the Graham arena during registration if you are unable to use the online link. If you use the paper form you will still be asked to create an account on the RYHA website before you leave the Graham arena the night of registration. The goal is to remove paper registration completely. Keep in mind this will be the slowest way to process your registration.

**PAYMENT PLAN OPTIONS ARE NO LONGER AVAILABLE.** Full payment of registration fees will be required at the time of signup.

Travel and team fees cannot be charged as they won't be collected until after your child has been placed on a team.

Reminder: You must still register your child with USA hockey before he/she will be allowed on the ice. USA hockey no longer allows RYHA to collect their fees and register your child, you must do that yourself.

## **Novelty Sales**

by Tami Paulson

There will be several new items available for sale during the two days of fall registration! We will have a limited number of sizes available, but all items can be ordered and received within 2-3 weeks.

We will have RYHA warm-up suits and winter jackets available for sizing to order and receive in time for the season to start. Orders will need to be paid for at the time they are placed. Order forms will be available at the novelties table.

The warm-up suits are the official warm-up suit for all teams this year. The RYHA board strongly encourages the use of this particular warm-up suit, which will allow the players to use it for more than one hockey season. There is an embroidered RYHA logo on the front of the jacket, and player names can be added as well.

The winter coats will also have the RYHA logo on the front and names can be added as well.

Prices for these items are:

|                      |      |
|----------------------|------|
| Youth Warm-Up Jacket | \$40 |
| Adult Warm-Up Jacket | \$45 |
| Youth Warm-Up Pants  | \$30 |
| Adult Warm-Up Pants  | \$35 |
| Youth Winter Coat    | \$70 |
| Adult Winter Coat    | \$80 |

Wearing RYHA apparel is a great way to support the organization!!!

## **RYHA Boosters**

Hello, my name is Ariane Bromberg, your new Booster Coordinator. I've been a hockey mom since 1996; I'm excited about the upcoming hockey season. There are many volunteers already hard at work looking to improve the Booster Program for the 2009-2010 season. Again this year our major fundraiser will be pizza sales through Clubs Choice. We are diligently working on new products and packages to bring the best value to our customers and our association.

As the hockey season progresses we will be soliciting fundraising ideas from our members. The 2<sup>nd</sup> Annual Golf Tournament is a great example of membership driven fundraising. If you would like to volunteer with the booster club by selling novelties, assisting pizza sales, Honor Roll or pictures please drop me an email at [akbromberg@gmail.com](mailto:akbromberg@gmail.com).

Have a Great Fall, See you at the Rink!!!





## Greetings from the President

by Steve Broman

As I am starting my second year on the RYHA board, the one thing that jumps out at me as we start a new hockey season is how many volunteers it takes to run an organization like RYHA. I would like to touch on this as we prepare for the 2009-2010 season. For each team, not only do we need volunteer coaches who spend many hours getting practice plans together for each practice, but we also need volunteers to manage the teams. A manager needs to help organize other volunteers for their team in such duties as: pizza parent(s), picture parent(s), hotel coordinator, home game coordinator and home tournament coordinator. That being said, during the home games as well as tournaments we need volunteers to run the clock, keep the scorebook and open the penalty boxes for all games. These tasks may seem a little overwhelming, but learning these duties while your child is at a younger level of hockey will make it easier to do in the long run. I have seen through the years that home district games and tournaments are run smoothly when most of the parents are able to comfortably perform the game running tasks.

Another way to become a volunteer in the Association is through participation on the Board. There are 15 Board positions in RYHA which can be up to a 3-year commitment. The Board meets once a month to discuss improvements to the RYHA program to help players at all levels. Please feel free to contact me or any other board member if you would like information on any board position. Finally, one thing to keep in mind when we travel to away games and tournaments is that our players, coaches, and parents are representing the community of Rochester and the RYHA program. I hope that all will keep in mind that this is a game played by our youth and that we need to be respectful to the other players, coaches, referees and their facilities.

I am looking forward to a fun and exciting 2009-2010 hockey experience for all.  
See you at the rink!

## Congratulations!!!

The Rochester Hockey Foundation (RHF) has announced the recipients of the 2009 RHF College Scholarship. For over forty years the Rochester Hockey Foundation has awarded college scholarships and Great 8 and Chicago Showcase grants that directly support high school hockey players and also provides capital outlay contribution to the local arenas. These programs have been administered by Neil McCormack since 1979.

The following high school seniors have been awarded a college scholarship:

### Century~

Tyler Anderson, Cory Birkestrand, Kathleen Frischmann, Bill Grinde, Elizabeth Maidl and Andrew Thorson

### Mayo~

Brandon Buske, Brad Fisher and Melena Nelson

### John Marshall~

Max Foley

These students were acknowledged for their contributions to the Rochester community and the hockey community, recommendations from coaches and teachers, personal profiles, and their potential to succeed academically in college. Congratulations, we are proud of you!!!

## Heritage Walkway

by Steve Broman

While traveling throughout the state for tournaments, I have noticed many associations have honored their former youth players. These are players who have played at a higher level of hockey. The Board is hoping to honor our former RYHA youth players who have played in the Olympics, NHL, and/or Division I hockey. Our thoughts are to have banners with pictures of individual players placed in the walkway of Graham 4. We are trying to contact as many of these former RYHA youth players as possible to donate a picture of them in their uniform. If you know the address of such players, please send their address to me at [Bromans@charter.net](mailto:Bromans@charter.net).



## Welcome to Mite Hockey!!

The 2009-2010 Hockey Season is approaching and it is time to unpack the hockey equipment to see if anything fits after the spring and summer growth spurts. The importance of proper fitting equipment cannot be stressed enough. The skates are probably not going to fit; at least they won't if they fit properly last March at the end of the hockey season. The name of the game is skating. It is hard enough to skate with proper fitting skates but it is virtually impossible to skate with poor quality skates that don't fit. The only way to ensure proper fit is to have the foot measured by a knowledgeable person that understands the sizing and proper fit of hockey skates. Skates are not sized the same as street shoes and can vary significantly from brand to brand. Rochester has several local sporting good stores that sponsor our great sport. Hockey equipment can be purchased locally at Shoot-n-Save, Gillespie's Sports, Play it Again Sports and Dick's Sporting Goods. The people at these stores are trained in the proper fit and carry a wide selection of new and used equipment. Please take advantage of their expertise and try to purchase the best equipment that fits your budget. While skates are very important, all of the equipment should be checked for size and condition. Replace anything that appears damaged or broken.

Registration will take place September 8<sup>th</sup> and 9<sup>th</sup> at Graham 3 Arena at the County Fairgrounds. The format for the Rookie/Termite and Super-Mite programs will remain much the same as last season. The first day of the season is Saturday October 31<sup>st</sup> for the Termites and Supermites. The Rookie season is set to begin on November 7<sup>th</sup>. All players will receive group assignments approximately one week prior to the start of the season. There will not be sessions on the week-ends following the Thanksgiving, Christmas and New Year Holidays. The Jamborees are tentatively scheduled for the first week-end in March; however, ice scheduling conflicts could change the date.

Rookies and Termites will get jerseys at the parent meeting held approximately the 2<sup>nd</sup> week of the season. Plan on attending this meeting as we will

explain the Rookie/Termite program, expectations, and important dates and also provide the schedule for the year. The meeting will be held during the regular Saturday session times. Super-Mites will be given jerseys and schedules by their coaches or team parents shortly after the start of the season. A letter summarizing the Super-Mite program will be distributed.

The youth hockey program constantly seeks additional volunteers. Consider the many volunteering options throughout the season such as team parent, pizza parent, jamboree help, novelty sales, and several "one time" needs that may arise. Please consider volunteering your time and talents to help the program succeed. The season will be upon us shortly and hopefully it will be a great year with fun for all. If you have questions about the upcoming season call the Hockey Information Line at 507-280-6086.

### **Key dates for Rookies, Termites and Super-Mites** **(all dates subject to change)**

|   |  |
|---|--|
| Registration Dates                              | September 8 <sup>th</sup> & 9 <sup>th</sup> , 2009 |
| Late Registration Date                          | September 16 <sup>th</sup> , 2009                  |
| Start of the season<br>(Termite and Super-Mite) | October 31, 2009                                   |
| Start of season for Rookies                     | November 7, 2009                                   |
| Termite pictures                                | November TBD                                       |
| Super-Mite pictures                             | November TBD                                       |
| Pizza sales begin<br>(required for all skaters) | January 9, 2009                                    |
| Rookie/Termite Jamboree                         | March 6, 2010<br>(tentative date)                  |
| Super-Mite Jamboree                             | March 7, 2010<br>(tentative date)                  |





## Girl Hockey Program 2009-2010

by Mike McCormack

We are expecting to continue growing the girl's hockey program in Rochester. This season we anticipate adding a 14UB team to the mix. We expect to have teams at 14UA, 14UB, 12UA, 12UB, 10UA, 10UB and the remaining girls would play in the girls city league (GCL). We expect the GCL to consist of 4-6 teams depending upon registrations.

The 14UA, 14UB, 12UA, 12UB, 10UA, 10UB are all selected based upon tryouts that will be held in October. All of these teams except for the 10UB team participate in a traveling league versus other South East Minnesota teams along with teams from the near side of the twin cities region. Their leagues consist of 14-16 games with half played at home and half played on the road. The teams also participate in a variety of tournaments that ranges from one to four depending upon the team. The 10UB is a limited team made up from girls that also participate in the GCL. This team practices at most once per week in addition to their GLC schedule. They also play in a couple of tournaments and may pick up an occasional extra game. The purpose of the 10UB team is to give these girls some exposure to the traveling experience without the commitment required from a fulltime travel team. The 10UA and 10UB teams play in an end of the season league jamboree. The 14UA, 14UB, 12UA, 12UB must qualify for their end of the season tournament based on the win/loss record.

What is new in the girls program this season? RYHA has not fielded a girls 'B' team in our oldest age group for at least five years. There are over 40 girls that registered with RYHA last season who are in the target age for 14U. These families were asked for a good faith response as to whether they would be playing 14U, high school, girls' city league, or if they were undecided. Most families responded that they were planning on 14U or were undecided but leaning towards 14U. Based on these responses we've planned and budgeted for a 14UB team. Since the high schools expanded from two teams to three teams it has been a process of growing the girls program to increase our numbers so that more girls have the experience and skill level required to successfully compete at a high school level.

We are also looking at modifying the GCL program to create a two tier program. This is still in the planning stage and we will have the details at registration in September. One of the challenges that we faced was the large age and skill level differences among the girls in this program. Teams had players ranging in age from 8-14. For the most part this was not a problem but there were some that were uncomfortable with the wide age mix.

The girls' hockey program collects used or unwanted hockey equipment that we loan out to prospective and current players to help them keep their costs lower. If you have used equipment that you would like to donate or if you are in need of equipment you may contact Mike McCormack at 202-5019.

### Girls Off-Season Player Development

Recent articles in various hockey magazines have been discussing the pros and cons of playing hockey year round. A recent issue of the USA Hockey magazine added to this discussion. Most of the articles make the point that players need to be well rounded athletes and will benefit by taking some time away from the rink. Another reality is that hockey is a unique sport that requires players to work on their skills, and not just a couple times per week from October through February. Some girls involved in Rochester hockey have chosen to completely stay away from the rink in the off season, others have played AAA spring leagues and others have participated in clinics.

Some of the hockey development programs that have occurred locally include the Rochester Hockey Foundation girl's camp, Top Shelf, the Summer Skills Development, the Graham Spring League. These programs are all structured so that players can participate but still have time to play soccer, softball, lacrosse, volleyball, golf, etc.

What can your daughter do if she hasn't skated since the end of the season? Fall Hockey School will be starting around August 23rd. Fall Power Skating School will begin August 16<sup>th</sup>. Brochures were mailed in July. Look for this in the mail if your daughter participated in RYHA last season or check in the office at the Rec Center.

The simplest (and no cost) thing that you daughter can do is to practice stick handling with a ball for a few minutes everyday. She can also practice shooting pucks or balls at a wall, tarp, blanket or sheet of plywood.



## Coaching

by John Dingle

I view coaching in the same light as teaching in the class room. It is the coaches' responsibility to respect, to educate, to train, to inform, to mentor, to discipline (positive reinforcement) so the athlete desires to return the next day and to help the athlete to improve their skills in the game of hockey.

### Coaching:

- Respect
  - Respect the players
  - Respect the parents
  - Respect the game of hockey
- Fundamentals-hockey is a simple game, working on skating, passing, shooting, and conditioning will go a long way towards an individual's success. This translates to "Team Success"
- Be a teacher and a motivator first and foremost, not a disciplinarian
- Treat all players equally
- Be prepared and be honest\*
- Raise the level of play for all players
- Don't take yourself too serious
- Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are\*
- Accept constructive feedback
- Coaching is more than wins or loses, it's a lifetime of positive experience's, if done correctly

It has been my experience over the years that just being called "coach" does not qualify one to be a coach, nor does being a good athlete lead to being a great coach. Coaching is learned over time. It's the ability to create a way for people to contribute to something and to learn how to work together for the betterment of the team, not the individual. And without that ability all your efforts are for not.

\* Source: John Wooden

## RYHA Sponsors and Potential Sponsors

It's not too early to start thinking about your sponsorship for this next season . . .

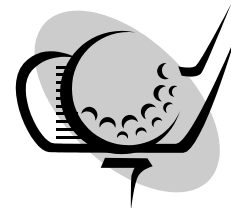
Will your skater be moving up to a new level? Do you want to keep the same team you had last season? We had a number of teams make it to the playoffs. Did you sponsor one of these teams? It's great exposure for your company, and a huge help for RYHA.

The plan is to avoid any last-minute scrambles for team assignments. Many of our long-standing sponsors request the same team each year. Please give us any requests for a team now, and we will be happy to comply.

We will also be accepting sponsors for our Banners (hanging ads) and Dashers (rink ads). The new dashers are more vibrant and durable than those used in the past. All dashers are protected with Lexan (plexi-glass), which makes a huge difference in the quality of your ad.

Contact Kevin Meyers at [kbmey@charter.net](mailto:kbmey@charter.net) with any questions or requests. Hockey season is just around the corner.

## RYHA Golf Challenge



The second annual RYHA Golf Challenge is schedule to take place August 24, 2009 at Somerby Golf Course. Check out the RYHA website for details.

# ROCHESTER YOUTH HOCKEY ASSOCIATION

## 2009-2010 REGISTRATION

(Additional information and forms available on [www.ryha.net](http://www.ryha.net))

Play hockey with your friends – Everyone welcome, new and returning players.

Sign up at Graham 3 Arena September 8 & 9, 2009, 6:00-8:00 p.m.  
Late Registration at Graham 3 September 16th, 6:30-7:30 p.m.

Check here if first year in Rochester Hockey or if address is different from last registration.

Player's name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Last Name, First Name

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Name of School: \_\_\_\_\_ Grade: \_\_\_\_\_

Parents' Names: Father: \_\_\_\_\_ Mother: \_\_\_\_\_

Primary E-Mail Address: \_\_\_\_\_ Sex: M  F

### GIRLS REGISTRATION: AGE on 6-30-09: \_\_\_\_\_

|                        |                      |                      |                      |
|------------------------|----------------------|----------------------|----------------------|
| Girls City League Only | Girls U10 (under 10) | Girls U12 (under 12) | Girls U14 (under 14) |
| \$250                  | \$250                | \$300                | \$450                |

### BOYS REGISTRATION: AGE on 6-30-09: \_\_\_\_\_

|  |                         |                         |                         |                          |
|--|-------------------------|-------------------------|-------------------------|--------------------------|
| Supermites trying out for<br>Traveling Squirts | Squirts<br>(Ages 9, 10) | PeeWees<br>(Ages 11,12) | Bantams<br>(Ages 13,14) | Jr. Gold<br>(Ages 15-18) |
| \$250  | \$250                   | \$300                   | \$450                   | \$450                    |

How many years of ice hockey experience? \_\_\_\_\_ Are you a goalie?  Yes  No

We hereby agree to assume all responsibility for any injury sustained by our child \_\_\_\_\_ by playing or practicing in hockey under the jurisdiction of the Rochester Youth Hockey Association during the 2009-2010 season. We also agree to hold the City of Rochester, Rochester Youth Hockey Association, their employees, officers and coaches harmless against any and all damages, losses, liabilities, or claims arising out of or relating to any injury or loss.

**I also agree to participate in the Youth Hockey fundraiser through the sale of pizza or cash buyout.**

**Refund Policy: RYHA will refund a player's registration fee less a \$25.00 handling fee for requests submitted in writing prior to late registration 9/16/09. Make checks payable to RYHA.**

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Signature of Parent/Guardian)

Will you help the team with?  Team Parent  Pizza Parent  Head Coach  Asst Coach  Other

**The following traveling fees will be due once tryouts are over and players are assigned to teams.**

Individual team fund fees may also be requested by team managers as agreed to by team.

Squirt A = \$350; Squirt B2= \$275; PWA = \$450; PWB = \$400; PWB2 = \$250; BA = \$525; BB=\$300; BB2=\$275; BC=\$150; JR GOLD= \$225; GU14A = \$350; GU14B=\$300; GU12A = \$450; GU12B = \$250; GU10A=\$300; GU10B=\$145

Registration use only: PAID:  Check # \_\_\_\_\_  Credit Card Received by \_\_\_\_\_

## Rochester Mite Hockey Association 2009-2010 Registration

Information and forms are available at [www.ryha.net](http://www.ryha.net) and click on Mites.

**Sign up at Graham 3 on September 8<sup>th</sup> & 9<sup>th</sup> 2009 from 6:00-8:00 pm**

Late Registration: September 16th, 2009, 6:30-7:30 p.m. at Graham 3

Check here if first year in hockey or if address is different from last registration

|                                    |       |  |  |
|------------------------------------|-------|--|--|
| Player's Name:                     |       | Date of Birth:   |  |
| Player's Address:                  | City: | Zip Code   |  |
| Player's Home Phone Number:        |       | Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female |  |
| Name of School:                    |       | Grade Level:   |  |
| Termite group played at last year: |       | Supermite Team played on last year:                                |  |

**Age on 6-30-09: \_\_\_\_\_ (BIRTHDATE MUST BE BEFORE 7-1-2006)**

|   |  |   |
|---|--|---|
| <b>Rookie/Termite Level</b><br>(Ages 3, 4,5,6)<br>No birth certificate needed to register | <b>Supermite Level</b><br>(Ages 7,8)<br>No birth certificate needed to register  |   |
| Rookies <input type="checkbox"/> \$75.00<br>First year in hockey<br>ages 3 and 4          | Termites <input type="checkbox"/> \$100.00<br>(Ages 5 and 6)<br>* 4 year old that played Rookie last<br>year can play Termites | <input type="checkbox"/> \$195.00<br>(Ages 7 and 8) |

### Parent/Guardian Information (parent/guardian information required)

|                |                                      |                                     |   |
|----------------|--------------------------------------|-------------------------------------|---|
| Name:          |                                      | Home Phone Number:                  |   |
| Address:       | City:                                | Zip Code:                           |   |
| Email Address: | Relationship to player:              |                                     |   |
| Will you help? | <input type="checkbox"/> Team Parent | <input type="checkbox"/> Head Coach | <input type="checkbox"/> Asst Coach <input type="checkbox"/> One Time Volunteer |
|                |                                      |                                     |   |
| Name:          |                                      | Home Phone Number:                  |   |
| Address:       | City:                                | Zip Code:                           |   |
| Email Address: | Relationship to player:              |                                     |   |
| Will you help? | <input type="checkbox"/> Team Parent | <input type="checkbox"/> Head Coach | <input type="checkbox"/> Asst Coach <input type="checkbox"/> One Time Volunteer |

We hereby agree to assume all responsibility for any injury sustained by our child \_\_\_\_\_ by playing or practicing in hockey under the jurisdiction of the Rochester Mite Hockey Association during the 2009-2010 season. We also agree to hold the City of Rochester, Rochester Youth Hockey Association, Rochester Mite Hockey, their employees, officers and coaches harmless against any and all damages, losses, liabilities, or claims arising out of or relating to any injury or loss. **I also agree to participate in the Youth Hockey fundraiser through the sale of pizza or cash buyout. Refund Policy: RMHA will refund a player's registration fee less a \$25.00 handling fee for requests submitted in writing prior to November 30th.**

*\* Make checks payable to RMHA \**

|      |  |                              |  |
|------|--|------------------------------|--|
| Date |  | Signature of Parent/Guardian |  |
|------|--|------------------------------|--|

**Office Use Only:**

Received by: \_\_\_\_\_ Check # \_\_\_\_\_ C.C. \_\_\_\_\_





## Concussion Survey at Rochester Youth Hockey Association Registration

Aynsley M. Smith R.N., Ph. D and Michael Stuart, MD

With approval from the RYHA Board (Mayo Clinic IRB approval pending) the Mayo Clinic Sports Medicine Center hockey research team members (Drs. Michael Stuart, Aynsley Smith, David Krause and Research Assistant Andy Link) will be on site during RYHA registration September 8<sup>th</sup> and 9<sup>th</sup>.

Parents of all Squirt, Pee-Wee, Bantam and Girls 10U, 12U, 14U and Girls City League will be asked to sign an informed consent permitting their child(ren) to complete a 'Survey of Hockey Players' regarding concussions. Players will also be asked to sign an assent form. The survey has 22 questions, is anonymous (confidential) and is usually completed by players in 5-10 minutes. Pee-Wees and Girls under 12 years of age will also be asked to complete an identical, anonymous survey in February that will be sent to them in the mail.

The purpose of this survey is to learn; (1) at what ages hockey players experience symptoms of concussion, (2) are they more frequent in boys or girls, (3) are finesse players or more aggressive players most likely to sustain impacts that cause symptoms of concussion and (4) what words do youngsters use to describe how they feel after receiving a blow to the head.

Learning the 'words' young players use to describe concussive symptoms will allow us to make certain that coaches, athletic trainers, physicians, nurse practitioners and parents learn to associate the words children use with the appropriate response: removing the youngster from the game; seeking medical assistance, etc.

We, as is the case for many of you, are also parents, coaches, or players who hold hockey in very high regard. As such, we also want to ensure that players participate and enjoy the game with as few injuries as possible.

Thank you,

Handwritten signature of Aynsley M. Smith in black ink.

Aynsley M. Smith, RN, Ph.D.  
Sports Psychology; and Research Director,  
Mayo Clinic Sports Medicine Center,  
Associate Professor Department of  
Orthopedic Surgery and Physical Medicine  
and Rehabilitation, Mayo Clinic, Rochester

Handwritten signature of Michael J. Stuart MD in black ink.

Michael J Stuart, MD  
Professor and Vice-Chairman, Department of Orthopedics  
Co-Director, Sports Medicine Center  
Mayo Clinic  
Rochester, MN 55905  
[stuart.michael@mayo.edu](mailto:stuart.michael@mayo.edu)





## Head Impacts and how they are Currently Being Measured

by Aynsley Smith, RN, PhD and Michael Stuart, MD, Mayo Clinic Sports Medicine Center

It is estimated that between 1.6 million and 3.8 million brain injuries occur annually in sports. This number is likely much higher since 53% of concussed high school athletes are suspected of not reporting their injuries to medical personnel. Unfortunately, the numbers are also high in youth ice hockey. In one large study in Canada, only the youth hockey players who lost consciousness were seen by a physician. The players with other signs and symptoms of a concussion such as headaches, dizziness, nausea, vomiting, and memory loss were not properly evaluated or treated. To better understand the impact forces, linear and rotational accelerations that result in concussions, research using instrumented helmets during play is currently underway.

At the Safety in Ice Hockey Symposium in May of 2008, 1/3 of the papers presented were on concussion. One of the scientists co-chairing the meeting was Rick Greenwald, PhD, who developed the Head Impact Telemetry System (HITS) (Simbex LLC, Lebanon, NH). HITS is a wireless monitoring system, that identifies athletes in contact sports, who have sustained impacts to the head capable of producing an injury. How does it work?

The HITS utilizes an encoder unit located in the helmet and a sideline computer. The encoder has six single axis accelerometers placed in specified locations in the helmet, a telemetry unit, a data storage device and a battery pack. These tiny pieces of equipment are in waterproof plastic and are fitted into the padding of the hockey helmet. The HITS is adapted to whatever helmets the team wears and are prepared in the team's colors so they are identical to other helmets and meet all the standards for safety. Impact data are recorded at 1000Hz and are transmitted to the computer for clinical use and data storage. Helmets can transmit the signals from as far away as 150 yards of the computer. Data received by the computer are processed through an algorithm to determine the location and magnitude of each impact to the head. If a hockey game is videotaped such that all physical contacts (collisions, checks, etc) are available for analysis, those events can be compared to the time when high impact forces are recorded by HITS. If a game is not videotaped, players sustaining high impacts have to be interviewed to rule out forces that might be recorded if a helmet was dropped, thrown or otherwise banged.

In a recent analysis of high school football, player impacts were recorded to the front, back, sides and top, areas divided by degrees of the helmet. Also recorded were each players body mass index (BMI), estimated head mass, number of impacts per session per athlete, estimated peak jerk, estimated impact force, impact impulse and impact duration. Impulse is the amount of force delivered over a period of time. Greater impulse results in a greater change in momentum and large changes in momentum are believed to present a greater injury risk.

In the same football study hits to the top of the helmet produced linear accelerations greater than those at other locations whereas the impacts to the front of the helmet resulted in the highest rotational accelerations. As would occur with ice hockey the forces measured in games were greater than forces measured in practices. Although, a constant relationship has not yet been established between the g forces and symptoms of concussion, it has been estimated that a linear acceleration of 70-75 g is necessary to result in concussion. In a recent football study of concussive impacts in 13 players, the HITS quantified mean linear acceleration at 102.8g. In a recent high school football study, 271 impacts exceeded 70g and 78 impacts exceeded 98g. A similar finding is likely in ice hockey.

Last winter, five hockey players volunteered to wear instrumented (HITS) helmets. Rochester senior men's players wore the helmets to ensure the technology functioned in the Graham Arena complex. We thank Andy Link, Don Roberts, Todd Huyber and Todd's teammates for their assistance. Although the game was "no checking", an impact of 69g was recorded in one player simply following a fast end to end skate accompanied by a sudden STOP. Our hockey research team is seeking funds to study these forces in more depth over the next few years.



**THERE WILL BE A NUMBER OF NEW FACES IN SAINT PAUL THIS WINTER AND WE WANT TO SEE YOU BACK AT XCEL ENERGY CENTER!**

New Wild Defenseman  
Shane Hnidy

New Wild GM Chuck Fletcher  
& Head Coach Todd Richards

New Wild Right Wing Martin Havlat

New Wild Defenseman Greg Zanon

**CLICK HERE TO DOWNLOAD THE 2009-10 SCHEDULE**

### **RYHA Is Proud to offer 2009-2010 Wild Game Tickets**

Rochester Youth Hockey will again be selling tickets to 5 Minnesota Wild Hockey games.

Tickets are available on a first come first serve basis to any current and newly registered youth hockey players and their families. **We have a total of 40 tickets per game.** You can reserve as many tickets per game as you want, and as many games as you want. All tickets/seats are located on the upper level ends.

**Ticket Prices - Standard Game Tickets** are \$26 a seat. **Premium Game Tickets** are \$31 a seat. Premium Games are determined by the Wild based on the Team they are playing that night. **(No payment is necessary until the Wild send us the tickets).**

If you would like to reserve tickets to any of the games, please do the following: Send an e-mail to Brent Koster at [b2d2koster@charter.net](mailto:b2d2koster@charter.net) (in the subject area please state Wild Tickets) and provide the following information:

- Youth Hockey Player's name
- Current level playing at for the 2009-2010 season
- Team played on the 2008 – 2009 (only if in hockey last year)
- Game (s) requested- include the date and team the Wild will be playing
- Number of seats requested per game

#### Games available:

- Friday, October 30th – 7:00 pm – NY Rangers- **Premium Game - \$31/seat- Marion Gaborik's New Team**
- Friday, November 27th – 1:00pm – Colorado- **Premium Game - \$31/seat -**
- Saturday, December 26th – 7:00pm – St Louis – Standard Game - \$26/seat
- Saturday, January 9<sup>th</sup> – 7:00pm – Chicago – Standard Game - \$26/seat
- Saturday, February 6th – 7:00pm – Philadelphia – **Premium Game - \$31/seat**

Sign up now to reserve your spot to be on the Team of 18,000 and come see the New Faces in Action!!



## **Rochester Youth Hockey Association Board of Directors**

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Check out the RYHA website at  
<http://ryha.pucksystems2.com/>

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