



TOPEKA JR. ROADRUNNERS

HAPPY NEW YEAR!

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Don't forget that Youth Hockey Night is scheduled for January 26 where the Roadrunners will take on Amarillo at Landon Arena. This is a great opportunity to support the Topeka Youth Hockey Organization as well as the RoadRunners. There will be lots of fun planned for our Jr. RoadRunners so invite your classmates, friends and family to join us for an exciting evening of hockey!

Make sure to get ticket vouchers from Michiko Snell ahead of time. She can be reached at michiko.snell@cox.net or 785-231-9220. The vouchers are \$11 each. You then turn the vouchers in at the box office for a general admission ticket. If the vouchers are redeemed at the box office on game night your player will receive \$4 in their account to apply towards their ice fees.

Lets make this a great fundraiser! The puck drops at 7:05. Make sure to check your email for more details coming from your division directors. We hope to see you there!

"If you want money, go to the bank. If you want bread, go to the bakery. If you want goals, go to the net."

- Brooks Laich

MEET THE COACH

Each month, we will feature one of our many talented TYHA coaches.

This month's coach is **Derek Burkett**,
head coach of our **Pee Wee** Division.

My hockey experience is quite different than most, I am sure. My love for the sport started on NHL95 on the SEGA Genesis. A friend of mine got me started playing the game and I loved it right away. A few years later the Scarecrows came to town and I bought season tickets. After watching the game for about two years my son wanted to do it. My mother asked Todd Genenbacher how old he had to be to start playing. He quickly said "well we don't change diapers" and my mom quickly responded "no, I will do that before". So at the very young age of 20 months old I got my son on the ice. To be on the ice with him I had to learn how to skate. For the first year of practices we pretty much learned together. I have been coaching here in Topeka ever since. About 5 years ago I started playing in the local adult league and have learned a lot through playing the game myself. This is a game I hope to play for many, many years to come.

My favorite NHL team for sure would be the Colorado Avalanche. When I first got into the game, they were a dominant team and not too far from home either.

The best thing about coaching the kids is the gleam in their eyes when they get a skill for the first time. Also to watch the kids grow from the first of the season to the end of season tournament. They change so much in just a short amount of time. Each child improves over the season and the team as a whole comes together. A beautiful thing to get to see.

My most memorable moment in my hockey career is an easy one to think of. It was the '09-'10 season and I was the assistant coach to Mike Ellison. Our team was never one of the top teams throughout the season. We started off the season with one kid that could get breakaways. By the end of the year we were playing as a team. Somehow at the end of season tournament we managed to put things together like never before. We played team hockey the whole weekend and managed to beat the three top teams in our league. We won the whole tournament. Coach Mike and I both "had something in our eyes" as they awarded our team the trophy. Hands down the best moment I have had thus far.

The best advice I can give to any one wanting to play this great game is to get out there and do it. Whether you are 2 or 52 get out and learn to play. From our youth groups "Learn to Play", the "Drop In" sessions for the adults, or the plain 'ol public ice sessions strap on your skates and practice. Everybody has to start somewhere. Step on the ice and have some fun.

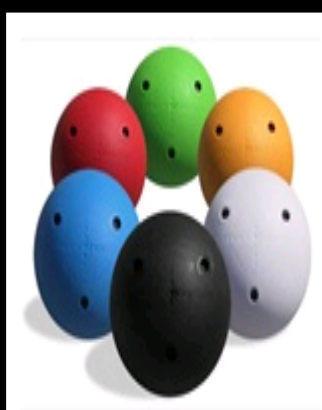
Coach D

HOW TO PRACTICE AT HOME

Topeka hockey players don't have ice year round or consistently during hockey season. This can pose a challenge when young players want to improve their game and Mom and Dad don't feel like driving to Kansas City to find an open sheet in July. Here are a few ideas to keep your player sharp and give them a chance to refine their skills at home!



The green biscuit is for dryland stick handling



Hockey balls are great for stick handling too!

TIP: Hang on to old or worn out sticks so you have a 'street' stick you don't mind using on concrete or asphalt

TIP: Stick handling should be practiced as often as possible, on or off the ice! This is something that can be done alone or grab some friends and play a game of pick-up in the driveway



The PassMaster rebounds the puck to you for repeated play



Portable goals can be used anywhere



Garage goalie, designed to attach to an open garage



Take it up a notch and try stick handling on a wobble board to build core muscles and improve balance!

These are just a few ideas to get you started. The internet offers many of other ideas and resources for dry land hockey practice. Check it out, or email your coach for specific recommendations to improve your game! PS— Many a pro player practiced stick handling with a crushed can or an old tennis ball in his parent's basement. Hockey on!

Ask the Ref, by Mike Eichten

Did you ever wonder about a specific hockey rule or penalty? Mike Eichten, our Director of Officials, will answer your questions here!

Questions can be emailed to publicity@topekayouthhockey.org and will be answered by Mike Eichten in future newsletters.

Q) Is all contact in a non-checking classification penalized as checking or roughing?

A) A player cannot deliver a body check to any player while participating in a non-checking classification. Examples include: Makes deliberate physical contact with an opponent with no effort to legally play the puck; uses overt hip, shoulder or arm contact with the opponent to physically force them off the puck; physically impedes the progress of the opponent with hips, shoulders or torso without establishing legal body contact and having no intent of playing the puck.

Did you know?

When Wayne Gretzky was little he often required police escort off the ice because the other player's parents would boo him and throw hot chocolate at him. They believed his skill and ability to score had to be a result of cheating. By age 13, he had scored over 1000 goals!

He played up several divisions starting at age 6. His jerseys were so big, he had to tuck them into his breezers on one side, a habit he carried on through his professional career.



JANUARY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Squirt Select Clinic @ 2:00	3	4	5 U8-1 v. Jr. Mav @ 8:40 (IEC) U8-3 v. Saints @ 11:20 (LC) Bantam v. CC @ 5:15 (CC) Pee Wee v. Stars 1 @ 6:30 (Expo)
6 Squirt 1 v CC2 @ 8:20 (CC) U8-3 v. CC3 @ 9:30 (CC) U8-1 v. CC3 @ 10:40 (CC) Bantams v. Stars 1 @ 11:50 (KCIC) Squirt 2 v. Stars 1 @ 12:20 (KCIC) TYHA BOD Meeting @ 6:30	7	8	9	10	11 Squirt Select Tournament	12 Squirt Select Tournament
13 Squirt Select Tournament	14	15	16	17 U8 @ 6:00 Squirts @ 7:15 PeeWee & Bantam Dry- land @ 7:15; ice @ 8:30	18 RoadRunners v. WFS @ 7:05	19 U8-2 v Jr Mav @ 8:30 (Expo) U8-1 v Saints 3 @ 8:30 (Expo) RoadRunners v. WFS @ 7:05
20 U8-1 v Saints @ 8:00 (Expo) U8-2 v. U8-3 @ 8:00 (Expo) Pee Wee v CC @ 8:20 (CC) Squirt 2 v Jr Mav 2 @ 10:30 (Expo) Squirt 1 v Jr Mav 1 @ 2:15 (Expo) Pee Wee v Jr Mav 4 @ 5:20 (EIEC)	21 Squirt Select Practice @ 7:15	22 U8 @ 6:00 Squirts @ 7:15 PeeWee & Bantam Dry- land @ 7:15; ice @ 8:30	23 LTPH @ 5:45	24 U8 @ 6:00 Squirts @ 7:15 PeeWee & Bantam Dry- land @ 7:15; ice @ 8:30	25 RoadRunners v. AMA @ 7:05	26 U8-2 v CC4 @ 8:30 (Expo) U8-1 v Star 4 @ 8:30 (Expo) Bantam v Star 3 @ 2:10 (KCIC) Squirt 1 v Jr Mav 2 @ 2:10 (IEC) Pee Wee v Jr Mav 2 @ 3:20 (IEC) Bantam v Star 2 @ 5:20 (KCIC) RR v AMA @ 7:05
27	28 Squirt Select Practice @ 7:15	29 U8 @ 6:00 Squirts @ 7:15 PeeWee & Bantam Dry- land @ 7:15; ice @ 8:30	30 LTPH @ 5:45	31 U8 @ 6:00 Squirts @ 7:15 PeeWee & Bantam Dry- land @ 7:15; ice @ 8:30		

TOPEKA YOUTH HOCKEY ASSOCIATION

**League standings as of
12/28/12**

The last scheduled game is
2/17. Go Jr. Runners!

Squirts

Regular Season Standings									
Team	GP	Win	Loss	Tie	Points	HTH	GF	GA	PCT
Stars 3	9	9	0	0	18		71	9	1.000
Carriage Club 1	8	6	1	1	13		48	22	0.812
Stars 1	8	6	2	0	12	1	47	29	0.750
Stars 2	10	6	4	0	12	1	44	34	0.600
Topeka 1	10	6	4	0	12	1	36	28	0.600
St. Joe	9	5	4	0	10		35	35	0.556
Stars 4	10	4	5	1	9		55	39	0.450
Carriage Club 2	9	4	5	0	8	1	47	57	0.444
Topeka 2	11	4	7	0	8	1	36	39	0.364
Saints 2	8	4	4	0	8	2	38	16	0.500
Jr. Mavs 2	7	1	5	1	3	1	18	44	0.214
Saints 1	9	1	7	1	3	1	10	59	0.167
Jr. Mavs 1	8	0	8	0	0		4	78	0.000

Points = Calculated Points | HTH = Head-To-Head | GF = Goals For | GA = Goals Against | PCT = Winning Percentage

Pee Wees

Regular Season Standings									
Team	GP	Win	Loss	Tie	Points	HTH	GF	GA	PCT
Saints	9	7	2	0	14		37	22	0.778
Topeka	9	6	2	1	13		29	17	0.722
Jr. Mavs 4	8	6	2	0	12		34	18	0.750
Stars 1	8	5	3	0	10		30	19	0.625
Jr. Mavs 3	9	4	4	1	9	1	38	39	0.500
Jr. Mavs 1	7	4	2	1	9	1	34	17	0.643
Jr. Mavs 2	7	4	3	0	8		27	19	0.571
Carriage Club	8	2	5	1	5		27	29	0.312
Stars 2	10	2	8	0	4		29	37	0.200
St. Joe	9	0	9	0	0		6	74	0.000

Points = Calculated Points | HTH = Head-To-Head | GF = Goals For | GA = Goals Against | PCT = Winning Percentage

Bantams

Regular Season Standings									
Team	GP	Win	Loss	Tie	Points	HTH	GF	GA	PCT
Stars 1	7	6	0	1	13		46	8	0.929
Saints	9	5	3	1	11	1	24	22	0.611
Stars 3	7	5	1	1	11	2	35	17	0.786
St. Joe	7	4	2	1	9		20	11	0.643
Stars 2	7	3	2	2	8		22	18	0.571
Carriage Club	9	3	5	1	7		24	29	0.389
Jr. Mavs 2	8	2	5	1	5		17	29	0.312
Topeka	9	1	8	0	2	--	11	49	0.111
Jr. Mavs 1	5	1	4	0	2	--	7	23	0.200

Points = Calculated Points | HTH = Head-To-Head | GF = Goals For | GA = Goals Against | PCT = Winning Percentage

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