



Newsletter Resurrected!

The RYHA newsletter was an annual publication years ago, but has since been in hibernation. It has been decided to start it up again. You will find this edition full of information across all areas of RYHA. Look for some new things happening this year, as well as some changes. Please be sure and read it thoroughly. The goal is to publish the newsletter quarterly. We hope that you find it helpful!

Interested in Sponsoring a Team?

Team sponsorships are needed today for the upcoming Youth Hockey Season. Is your skater moving up to the next level? Do you want to sponsor the same team as previous years? Advertising opportunities are also available. Advertising space is available for the banner signs on the arena walls of Graham 1 as well as the dasher boards signs in Graham 1 and 4. All dashers are covered with Lexan (plexi-glass) and remain vibrant and legible throughout the season. Contact Kasey Cummings at rochestermnyouthhockey@gmail.com with any questions or requests.

Updated RYHA Board List

This past spring, elections were held and some new appointments were made. The following is a current list of the RYHA Board Members for the 2014-2015 season:

Past President	Bob Benner
President	Tom Graham
President Elect	Todd Huyber
Treasurer	Kris Dietz
Secretary	Kathy Heightland
Hockey Advisory	Doug Zmolek
Tournament Director	Dan Christenson
MN Hockey Rep	Matt Hanzel
Operations Director	Chris Brunholz
Booster Director	Shannon Weick
Traveling Director	Scott Schneider
Girls Director	Guy Gallagher
Mite Hockey Rep	Lorne Hedin
Gambling Director	Jason Kanz
Gambling Manager	Mark Hickey

There are many opportunities to volunteer and get involved in our program. If you are interested in helping out in any way, speak with a board member and they will be happy to point you in the right direction!

Booster Group

We are bringing back Booster Representatives this year. Please consider volunteering to help with this position to bridge teams to RYHA. If you are interested in those positions or helping with Novelties or other Booster activities, please contact Shannon Weick at weick4@charter.net



RYHA Spirit Shop

Exciting news! In an effort to brand RYHA, we are aiming for a more uniform look across our association. **New this year, teams will not be placing individual team orders.** Your opportunity for apparel will only be through our new RYHA Team and Fan Apparel online Spirit Shop. You will find a great selection of warm-ups, t-shirts, hats and jackets for teams, players and fans to choose from. Our online store will be "open" this fall for November delivery and again for pre-holiday delivery. Stop by our table at registration on September 16 and 17 to check out selections and sizes.

Also, back by popular demand, Shoot N Save will be partnering with RYHA to offer RYHA-logo Bauer jackets and pants, complete with personalization. Stop by the table at registration to try-on sizes and place your order. Note that these will NOT be available through the online Spirit Shop.

As if this wasn't enough opportunity to purchase your RYHA apparel and novelties, we have more! Swing by the Spirit Shop "warehouse" to purchase discontinued items at a DEEP DISCOUNT! Follow the signs at registration to the storage space near the Graham 4 locker rooms. This would be a great opportunity to use up those Booster Bucks! Proceeds from these sales go back to RYHA to help our program. Thank you!

Contact Molly Kor with questions:
mollymanke@hotmail.com

SHANNON O'HARA FOUNDATION NEWS

The Shannon O'Hara Foundation was founded in 2012 after Shannon O'Hara passed away from a brain tumor at age 13. Shannon loved hockey and to celebrate her spirit, the foundation helps to fund scholarships each year for seniors graduating from Rochester high schools.

The foundation would like to thank RYHA participants for supporting the scholarship fund.

With your help, over \$50,000 has been raised and \$10,000 has been given to former RYHA participants who are pursuing higher education. Please consider making a donation during RYHA registration to help the cause.

There will be other chances to support the scholarship fund throughout the hockey season, including the RYHA girls tournaments, named the Shannon Cup in her honor. Mark your calendars for these important dates:

Shannon O'Hara Foundation Day at HS Girls Hockey

December 13, 2014 - Graham Arena

RYHA Shannon Cup Tournaments

Jan. 16 - 18, 2015: Girls 14A & 14B

Jan. 30 - Feb. 1, 2015: Girls 10A, 10B, 12A & 12B

We are excited for another hockey season and we look forward to seeing you around the rink!

Sincerely,
Jen O'Hara President, Shannon O'Hara
Foundation



MARK YOUR CALENDARS! TENTATIVE TRYOUT DATES

Tryouts will be underway soon. Please note the following start dates for tryouts. Tryouts can potentially last 4-7 days. Please visit the TRYOUTS tab on the RYHA website for the most up-to-date information.

- U12 – Thursday, Sept. 25th
- Peewee – Sunday, Sept. 28th
- Bantam – Monday, Sept. 29th
- *U14 – Approximate Time Frame - Saturday, Oct. 4th
- *U10 – Approximate Time Frame – Saturday, Oct. 11th

*Squirt A and B - to be determined. Please see the RYHA website under the TRYOUTS tab for the most up-to-date information.

INSIDE THE CREASE

It is an exciting time to be an RYHA goalie! There are a lot of plans in the works to help improve the play of all of RYHA goaltenders. The RYHA Board continues to support the development of RYHA goaltenders and have made some significant investments to help the position advance. Here is a rundown of what we have done and will be doing in the future.

1. We gutted the goalie equipment room and took a complete inventory of what we have to make sure we are purchasing the correct equipment and sizes to fit the needs of our current and incoming goalies. RYHA has done a great job of fitting their goaltenders with any of the equipment they may need to be successful. We have currently in stock leg pads, chest protectors, catchers,

blockers, breezers, sticks, skates and some other miscellaneous supplies.

2. We created a team page for the RYHA goalies and coaches to go to in order to see the updated list of available equipment for the players. You will find our calendar there as well with dates and times of goalie development classes that are offered FREE to all RYHA goalies and anyone thinking about being a goalie. We also keep a Shut Out Wall on there during the season for everyone to see the success of our goaltenders. For the coaches, the page is full of drills and ideas on how to incorporate your goaltenders into a practice.

3. Throughout the remainder of the summer and into the fall we will be creating a goaltender off ice/dry land training area. This area will be equipped with a synthetic crease and other training devices for our goaltenders to use in order to better utilize your off ice time. Once we get more details and have it set up, more information will be available on how to utilize this area. I would really like to thank the RYHA Board for making it a reality.

4. We will also be creating ways for our goaltenders to have more pride in being a RYHA goalie and using these efforts to recruit our younger goaltenders

Like I mentioned, it is a great time to be an RYHA goalie and I am excited to see the improvement in skill development of our goaltenders. Once again thank you to the RYHA Board for making this a priority, it is much appreciated.

Rob Cothorn, RYHA "Goalie Guy"



SOME WORDS FROM THE WEBMASTER

Online Equipment Exchange

For a long time people have been asking about re-starting the RYHA equipment exchange. I looked around at a lot of other associations online equipment exchanges, and I wasn't too thrilled with the options. By far, the two most common set ups are 1) "Email the webmaster and they will manage it for you" and RYHA is way too big for that; or 2) Use a discussion/comment window which allows people to self-enter items but is not a good forum for updating and displaying items. Instead, I chose to use a new functionality given to us by our service provider that allows us to create our own custom registrations. It's very similar to how you register for the RYHA hockey season. What I like about this method is it allows our members to enter and manage their own listings. It also allows for a nice reporting environment that is consistent and sortable (skates/stick/etc...). Given this is a new functionality, please let me know if you find any errors or have ideas to improve the system. You can find the Equipment Exchange page clicking on the Equipment Exchange button on the left side of the RYHA home page.

http://ryha.pucksystems2.com/page/show/3899?referrer_id=

Send In Your Stories/Pictures/Events

I would like to start an ongoing "what's happening" in RYHA news section with pictures and stories. Good examples would be tournament success, fun events, team charitable function or whatever your team is up to. Send me your stories and pictures, and I will post

them on our home page for all to see. Email me at jfreund@gmail.com

Are You Ready for Tryouts?

Check out our Camps/Schools page to find information about preseason training opportunities going on in Rochester. <http://ryha.pucksystems2.com/page/show/5706-hockey-camps-and-schools>

John Freund, Webmaster

GIRLS HOCKEY

I hope everyone is enjoying their summer and getting recharged for another great season of hockey. I am excited to be jumping in as the new Girls Hockey Director for RYHA. As we plan for the upcoming 2014-2015 season we anticipate that we will have two 14U teams, (1) A and (1) B team. We will have enough numbers to support three 12U teams, (1) A and (2) balanced B teams. At the 10U level we will have two teams, (1) A team and (1) B team. We will no longer have a Girls City League (GCL). Players not trying out or those players that do not make a 10U team will be placed in the Supermite program. Tryouts dates are still being finalized for the 14Us and 10Us, so please check at registration or on the website for more details. The 12Us will have tryouts on Sept 25th, 27th and 28th. I look forward to seeing everyone at the rink!

Guy Gallaughier, Girls Hockey Director



WELCOME TO MITE HOCKEY! (players ages 4-8)

The 2014-2015 Mite Hockey Season is approaching quickly and we have a lot in store for you this season! First things first we are very excited to be working with the OMC Sports Training Team to help kick off the start of our season. Your child will be able to go to OMC - Sports Medicine and Athletic Performance Facility with their teammates and coaches and get to work on their skating, shooting and proper body positioning. They will get to work with the trained OMC staff and with your child's hockey coach to teach your child some basic skills that will help them on the ice. We will also have our 5th annual outdoor hockey day on Saturday Jan 17th at the Olmsted County Fair Grounds. We started this outdoor hockey game event with two teams and now we have over fifteen teams and we even plan on making this event even bigger this year. We will also have our second annual SuperMite draft party on Sunday, October 19th at the Wick Moose. We will end the season with our Termite Jamboree at the Rec Center and our SuperMite Olympics at the Graham Arena. Besides our web site with our individual team pages listed, we have added Facebook to our program, so like us at Rochester Mite Hockey for even more information as it comes along. It is now 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 properly since 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, Dick's Sporting Goods and Sports Authority. The people at these stores are trained to properly fit skates 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. Online registration is open! You can come register in person on September 16th or 17th at Graham Arena 3. Please bring in a check or credit card if you are coming to register in person. If you need to file for a financial scholarship please come in and fill out the proper paper work. If you paid via credit card, you don't need to come in person to register. The first day for Termites is October 18th at the OMC training facility. The first day for SuperMites October 24th at Graham Arena. There will be no practices the weekends following Thanksgiving and Christmas, but there will be practice following New Years. Termites will get jerseys at the parent info meetings that will be held on October 3rd and 4th at OMC Sports Training Center. SuperMites will be given jerseys and schedules during our draft party on October 19th at the Wicked Moose. The Mite hockey program constantly seeks additional volunteers. Please consider volunteering in the following areas: Team Parent, Pizza Parent, Picture Parent, Termite Snack Coordinator, Novelty Sales, Outdoor Hockey Day, OMC, SuperMite draft party, SuperMite Olympics, Termite Jamboree. Given the number of volunteers needed, we are also looking for a volunteer coordinator. Please contact me if you are interested. There are a lot of things that happen behind the scene and we need everyone's help to make this one of the premier programs in the State of Hockey! If you have any questions about the upcoming season call the Hockey Information Line at 280-6086.

Thanks,
Lorne Hedin

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

Online Registration.....NOW OPEN!
Onsite Registration at Graham Arena #3.....
Sept. 16th&17th 6-8 p.m.

Termite Parent Meetings @ OMC... Oct. 3rd & 4th
Termites season start @ OMC..... Oct. 18th
SuperMites season start @ Graham.....Oct. 24th



USA Hockey Concussion Management Program

By Michael Stuart MD and Alan Ashare MD
(part 1 of a 4 part series)

The standard of care for current medical practice and the law in many states requires that any athlete with a suspected concussion is immediately removed from play.

- A concussion is a traumatic brain injury- ***there is no such thing as a minor brain injury.***
- A player does not have to be “knocked-out” to have a concussion- ***less than 10% of players actually lose consciousness.***
- A concussion can result from a blow to head, neck or body.
- Concussions often occur to players who don’t have or just released the puck, from open-ice hits, unanticipated hits and illegal collisions.
- The youth hockey player’s brain is more susceptible to concussion.
- In addition, the concussion in a young athlete may be harder to diagnosis, takes longer to recover, is more likely to have a recurrence and be associated with serious long-term effects.
- Treatment is individualized and it is impossible to predict when the athlete will be allowed to return to play- ***there is no timetable.***

A player with any symptoms or signs; disorientation; impaired memory, concentration, balance or recall has a concussion.

Remember these steps:

1. Remove immediately from play (training, practice or game)
2. Inform the player’s parents
3. Refer the athlete to a qualified health-care professional
4. Treatment begins with complete physical and cognitive rest
5. When free of symptoms, the athlete begins a graded exertion protocol.
6. Medical clearance is required for return to play

(please see our next issue of the RYHA newsletter for part 2 of this series)

RYHA Tom Konakowitz Memorial Golf Scramble

Where: Eastwood Golf Course

When: Friday August 22nd, 1:00pm

Shotgun Start

Cost: \$85 per person

Includes: Golf, cart, dinner at the Wicked Moose, and prizes.

*Dinner only option for non-golfers for \$15
Golf Challenge Brochure and sign up form:

<http://ryha.pucksystems2.com>



WILD TICKETS

A number of group tickets for MN Wild games have been reserved for RYHA. If you are interested in purchasing tickets, please email Shannon Weick at weick4@charter.net. Once we find out which games RYHA has access to and the prices, an email will be sent out to those who voiced interest and will be sold on a first come, first serve basis. We are excited to have this opportunity back for RYHA this season!

Rochester Youth Hockey Charitable Gambling

In 2005, RYHA made a down payment of \$1.2 million for the construction of the Graham 4 arena and has committed to an additional donation of \$3.2 million over the next 15 years. None of this cost is built into your registration fees. The money donated by RYHA for capital improvement projects is raised, in partnership with our local arena sponsors, through charitable gambling. In addition to building Graham 4, RYHA paid for the majority of the construction costs for the original Graham 1 Arena and contributed \$1.6 million from grants, donations and charitable gambling towards the construction of Graham 2 and Graham 3. This total covered 75% of the construction costs of the Graham 1 Arena and 50% of the Graham 2 Arena.

The next time you are out and about, please patronize our arena sponsors and partners:

- Northstar Bar
- Viking Lounge
- Beetles Bar & Grill
- Big Brads
- Pappy's Place
- Top Shots

- Wild Bills
- The Bears Den
- Broadway Bar & Pizza
- 3Ds Sports Bar
- Rooster's
- Colonial Lanes
- Fat Willy's
- Kathy's Pub
- Uncle John's
- Cowboy Jacks
- Wicked Moose

OMC Sports Medicine & Athletic Performance

Olmsted Medical Center Sports Medicine and Athletic Performance has completed our first summer of hockey training. We have been successful with our Summer camp programs for athletes from Squirt/10u levels through the high school and college level. The camp included three days of training per week, with two hours spent between the Hockey Ultimate Training (HUT), Speed, Agility and Quickness (SAQ) training and weight training.

In the fall, we will continue to offer our general programs, including but not limited to: Preseason Conditioning, Learn To Skate, Six Week Standard, One-on-One, Hockey Ultimate and Adult Novice programs.

If you would like a tour of our facility or more information to learn how to schedule your athlete, please call Steve Nelson or Mike Aikens, Skating and Hockey Trainers, at 507-535-1977 or email us at omcsm@olmmed.org. You can also access our programs on-line at: www.olmstedmedicalcenter.org



RYHA RECRUITMENT

Try hockey for free day was a huge success this past March! Rochester had 137 kids register, including boys and girls ages 4-11. RYHA ended up being first place in the nation for total participants registered, and as a result we were given 40 sets of helmets and gloves from CCM and USA hockey. This equipment will be used for future try hockey for free days, and will help Rochester hockey grow.

Thank you to all of the volunteers who helped make this event a memorable, fun time for the participants!

I am looking for volunteers who would be willing to hand out RYHA information at meet the teacher days and any other back to school or local events. Word of mouth will be a huge factor in helping us grow our program. Please consider volunteering, as every little bit helps. If every hockey family gets one child to come to a try hockey day or bring a friend event, RYHA could see tremendous growth.

If anyone is interested in helping out with bringing back the equipment swap, I'd like to hear from you.

Email RYHAtryhockeyday@gmail.com for recruitment volunteer or equipment swap information. Thank you!

Pilar Gibson, Recruitment

Mayo Clinic Sports Medicine Center Pre-Season Hockey Performance Program

Dominate every shift: Build the strength, explosiveness, agility, balance, and endurance to play at your best for every shift. Maximize your on-ice skills with off the ice training from the leading experts in integrated sports performance training.

Skating Treadmill and Synthetic Ice Training:

- Improve puck handling skills
- Increase shot power and accuracy
- Enhance skating mechanics for more power and speed

EXOS Performance Program Highlights:

- Boost your speed
- Improve your agility
- Reduce the chance of injuries
- Increase explosiveness
- Expand overall athleticism
- Get answers to your nutrition & supplementation questions

To learn more about our program offerings, please visit our website or call Mayo Clinic Sports Medicine Center at (507) 266 - 9100

<https://sportsmedicine.mayoclinic.org/performance-solutions/hockey.php>

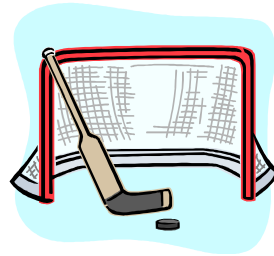


Registration for the 2014-2015 hockey season is
scheduled for
September 16th-17th 6-8pm in Graham 3.
Online registration is now open!



Be sure to check out the RYHA website at
<http://ryha.pucksystems2.com/>

TRY HOCKEY FOR FREE DAY



September 6th 3-5p.m.
Rochester Recreation Center
Email: lorne.hedin@graybar.com
to register