



2014-2015 TEAM SPONSORS

Thank you to the following businesses that sponsored team(s) for this season. Their contributions and support to RYHA is greatly appreciated. Please return the favor and support these businesses that support our program.

Active Tool & Die
 Ahlstrom Plumbing
 Apollo Dental Center
 Atlas Insurance Brokers
 Clements Chevrolet
 Cozik Plumbing & Heating Inc.
 Deputy Sherriff's Association
 deWerd Financial Group
 Dick's Sporting Goods
 DoubleTree by Hilton
 Dunlap & Seegar
 Edina Realty – Ed Garris
 Edina Realty – Justin Schwartz
 EZ Fabricating, Inc.
 Family Fun Center
 Heartman Insurance
 Henderson's Construction Plus
 Hov's Plumbing
 Med-City Collision
 Meshbeshier & Spence Lawyers
 Olmsted Medical Center
 Park Place Motor Cars
 Pepsi
 Play-it-Again Sports
 Psimos Oral Surgery
 Rochester Police Benevolent Association
 Ryan Windows & Siding
 Shoot-n-Save Sports
 Star Transportation
 Superior Mechanical

Superior Screeners
 Swee's Automotive Specialties
 T.E.C. Industrial, Inc.
 The Affiliated Group
 The Loop Restaurant & Bar
 Viking Automatic Sprinkler Co.
 VFW Post 1215
 Westgate Auto Repair

SHANNON CUP GIRLS HOCKEY TOURNAMENTS TO BENEFIT THE SHANNON O'HARA FOUNDATION

Come to Graham Arena to catch the action during the RYHA girls tournaments and to purchase new SOF merchandise. New apparel will be available including hooded sweatshirts and sweatpants.



RYHA Shannon Cup Tournaments

Jan. 16 - 18, 2015: Girls 14A & 14B
 Jan. 30 - Feb. 1, 2015: Girls 10A, 10B, 12A & 12B

And don't forget - mark your calendars for the **SOF/RYHA Scholarship night Feb. 14, 2015**. This year's scholarship recipients will be named during the Mayo vs. Century boy's hockey game, 7:30pm at Graham Arena.



FROM THE NOVELTIES DESK...

Orders for personalized Bauer jackets, pants and jersey bags can be placed at any time. The sample sizes and order forms are available at Shoot N Save and will also be available during the Novelties Sales listed below. All orders received on or before Saturday, December 13 should be available for pick-up by Dec. 25. Please don't wait until the last minute. Booster bucks can be used towards these purchases until Dec.31.

http://assets.ngin.com/attachments/document/0064/0914/SNS_Bauer_Order_form.pdf

While you're at the rink, it's a great time to do your Holiday shopping! There are a few remaining chances to use your Booster Bucks before they expire! RYHA Novelties will be for sale the following dates/time:

Sat., Dec. 13 @ Graham Arena from 9am-Noon

Sizes and quantities are limited, so shop early for the best selection. Cash, check, Booster Bucks, and credit cards accepted.

Those of you who placed online Spirit Shop orders during our last sale should plan to pick-up your item(s) in the Graham lobby on

**Friday, December 12 from 7 – 9 PM or
Saturday, December 13 from 9 AM – Noon**

If you are gone, please plan for someone else to pick up your items as it is a lot of merchandise to move and store.

Thank you for your support!
Contact Molly Kor with questions or suggestions: mollymanke@hotmail.com

FROM THE RYHA WEBMASTER

Coaches, managers, and parents: Please send me your stories and pictures from tournaments and events. I would love to post them on the RYHA front page. I will be posting upcoming High School games on the RYHA front page. Please support our local high schools...our kids will be there soon.

Don't forget to check out our equipment exchange page:
<http://ryha.pucksystems2.com/page/show/3899-equipment-exchange>

Lastly, I highly recommend our members use the **Google Chrome** browser vs. Microsoft Internet Explorer (IE). Our service provider, NGIN, has been having issues with IE. If you are using IE you may be missing out on content and some features on our site may not work for you.

John Freund
RYHA Webmaster
jfreund51@gmail.com

John Freund, Webmaster

BOOSTERS

For the most up-to-date information, visit our website at:

<http://ryha.pucksystems2.com/page/show/143263-boosters->

If you are interested in helping with Novelties or other Booster activities, please contact Shannon Weick at weick4@charter.net



INSIDE THE CREASE

HOW DO I HELP MY RYHA GOALIE???

If you are a RYHA coach, you may be asking yourself that very question. Well I want to help you answer that question. How many of you know that we have an RYHA Goalie page on the RYHA website? If you are unfamiliar with where it is located you go to the RYHA Website, click on Teams, and then on the left hand side towards the bottom you will see Goalies.

<http://ryha.pucksystems2.com/page/show/999262-goalies-2013-2014->

On this page you will find our goalie training calendar. Our goalie training is FREE, on ice, goalie specific training for YOUR Goalie. I HIGHLY encourage you as a coach to be encouraging your goaltenders to attend these sessions, even if it conflicts with your practice. Please don't make your goaltender choose between goalie classes and your practice. Please support them in wanting to improve as a goaltender by attending these sessions. Most of them are divided by age so we are working on more age specific training. We also highly encourage ANY coaches that want to attend these sessions to please come out and go around to the different drills so that way you are able to incorporate those drills into your practices.

Also on this goalie page you will find Training Aids. Once on the goalie page just look to the top left corner and you will see Training Aids. Click on that and you will find a lot of

different, printable drills that you could bring to practice in order to help develop your goaltender. Another good resource is www.usahockeygoaltending.com They have a lot drills and videos on this website as well.

We understand the time constraints on coaches in a practice so we want to try and help as much as possible. Any questions please let me know.

Rob Cothorn, RYHA "Goalie Guy"

RYHA RECRUITMENT

The next USA Hockey "Try Hockey for Free" day will be this spring. Please stay tuned for an exact date. Any child age 4-9 can participate in a practice and some fun on-ice games free of charge. Limited equipment will be available on site. Registration will be online at www.tryhockeyforfree.com

Rochester Families!! We will need volunteers both before and during this event. Please keep an eye out for volunteer opportunities for this great event.

Questions can be addressed to RYHATryHockeyDay@gmail.com

Pilar Gibson, Recruitment



USA HOCKEY CONCUSSION MANAGEMENT PROGRAM

By Michael Stuart MD and Alan Ashare MD
(part 2 of a 4 part series)

Diagnosis

Players, coaches, parents and health care providers should be able to recognize the symptoms and signs of a concussion:

Symptoms

- Headache
- Nausea
- Poor balance
- Dizziness
- Double vision
- Blurred vision
- Poor concentration
- Impaired memory
- Light Sensitivity
- Noise Sensitivity
- Sluggish
- Foggy
- Groggy
- Confusion

Signs

- Appears dazed or stunned
- Confused about assignment
- Moves clumsily
- Answers slowly
- Behavior or personality changes
- Unsure of score or opponent
- Can't recall events after the injury
- Can't recall events before the injury

*(please see the next issue of the RYHA
newsletter for part 3 of this series)*

MAYO CLINIC SPORTS MEDICINE CENTER: NUTRITION AND RECOVERY FOR THE IN-SEASON ATHLETE

To combat the physical and mental toll a hockey season puts on the body, while also optimizing performance, it is crucial to implement effective regenerative and recovery strategies into your routine. Nutritionally, Luke Corey, EXOS Performance Dietitian at Mayo Clinic Sports Medicine Center, recommends hockey players hydrate with water before, during and after a game or practice. "6 – 8 oz. of water pre-game, 6 – 8 oz. of water or sports drink every 20 minutes during a game, and 6 – 8 oz. of water immediately post-game is optimal." Packing recovery snacks, such as chocolate milk, granola bars, fruit and yogurt, will provide the body with the nutrients required to repair any tissue damage and re-fuel for the next game. Regeneration of muscle tissue is also critical for recovery, as elaborated by Casey Clark, EXOS Performance Specialist. "Soft tissue exercises such as foam rolling, and stretching can help re-build tissue and support strength and performance gains."



OMC SPORTS MEDICINE & ATHLETIC PERFORMANCE

How time flies. Olmsted Medical Center-Sports Medicine and Athletic Performance Facility will be hitting its one year anniversary this December.

Winter programs running from now until the end of February have been added to Mind Body Secure online store and scheduling page. These include our 6 week standard program, One on One program, Learn to Skate program, and Super Mite Rising Star program. Please contact Steve Nelson or Mike Aikens with any questions at 507-535-1977.

The Stanley Cup summer camp, which ran from June-August, was a big hit. Our summer testing results were awesome! We had great increases for our skaters' knee bend, stride length, and posture. Shooting accuracy and velocity showed great improved as well. We plan to have the program again next summer and expect it to fill quickly. Dates and times will be coming out this winter. Stay tuned and keep looking on our scheduling page, Mind Body online.com, which can be found on our website @ www.olmstedmedicalcenter.org.

All of Rochester's Termites and Super Mites which had been training at OMC-Sports Medicine and Athletic Performance this fall will be finishing up with their team sessions this weekend. We are receiving very positive feedback, and the programs were a huge success. These athletes can look for Learn to Skate and Super Mite Rising Star program for more training at Sports Medicine and Athletic Performance this winter.

MITE HOCKEY!

(players ages 4-8)

As you can tell we are getting into the heart of the hockey season and the excitement level is building from week to week. The Termites are on the ice and looking good from our T1 group all the way to our T5 girls group. I have received some good feedback that our skill development has been much improved since the addition of OMC to our program. We still have some openings for some of our teams in Termites, so if you know of any child that would be interested, please send them to our RYHA website. Our Super Mite program is also moving in the right direction and most of our 10 teams have had a couple games in already. As you may or may not know, having a good mite hockey program provides a base for our youth and high school hockey programs. I am glad to say we are growing numbers over last year and I hope we can continue that trend in the years to come. Being that locker rooms are normally crowded with players and families going in and out, please label all your equipment before you lose it. It's also very helpful if you have your child dressed and ready at least 10 minutes before practice so our coaches can keep the practice on time.

Minnesota Hockey Day is on January 17th, and we will be having our 5th annual outdoor hockey day in celebration of this day. We will be starting our outdoor games in the mid-afternoon and wrapping up in the early evening so please dress accordingly. I will be posting the ice times later this month, so please make plans to attend this event! With the holidays coming, please note that the Graham and the Rec Center will have open skating times posted on their websites. Please get your hockey players out there for additional ice time. With cold weather here, it also means that our local outdoor hockey rinks will soon be up and running. Please take advantage of the outdoor ice also.

I want to once again thank all of our gifted coaches for volunteering all their time and efforts to help make the program what it is today!

Lorne Hedin, Mite Director



TOURNEY TIME!

RYHA is hosting the following 2014-2015 tournaments:

December 5-7 Squirt A
December 12-14 PeeWee B
December 19-21 Squirt B

January 9-11 PeeWee A
January 16-18 Bantam A
January 16-18 Girls U14A
January 16-18 Girls U14B
January 23-25 Bantam B1
January 23-25 Bantam B2

January 30-February 1 Girls12A
January 30-February 1 Girls12B
January 30-February 1 Girls10A
January 30-February 1 Girls 10B

Be sure to stop in at Graham Arena and cheer for all of our RYHA teams!

**JANUARY 17TH IS THE 9TH
ANNUAL HOCKEY DAY IN
MN!**



RYHA is inviting hockey players wear their team jerseys to school on **Friday, January 16th** to show their team spirit for Hockey Day MN!

JUST IN...

Like us on Facebook!
Search "Rochester Youth Hockey Association"



**VISIT THE PARK AND REC
OUTDOOR HOCKEY RINKS
THIS WINTER:**

Allendale Park
Manor Park
Nachreiner Park
Viking Park
Northern Heights Park
Withers Sports Complex
Graham Park

Warming Shed Hours:

Monday through Friday 4-9 p.m.
Saturday and Sunday 12-9 p.m.

Please visit their website for Winter Vacation hours and location addresses:

http://rochestermn.gov/departments/park/activities/winter/Outdoor_icerinks.asp



ANNUAL HOCKEY PIZZA FUNDRAISER

Pizza Parents needed for every team

If you are a pizza parent and haven't received an email from me or your team coach or manager,

please contact me at: ryhapizza@gmail.com

Pizza Parent meeting: January 7th 6-7p.m.

Thanks for volunteering!

RYHA pizza sales begins Saturday, January 10th, 2015

Please watch for emails from your pizza parent as to when they will get your packets to your team after Wednesday, January 8th. Again this year will be online ordering for nonperishable items and your pizza parent will have details.

Important Dates:

January 10th - Start Selling!

January 22nd - End of Sales (or sooner if necessary for your team)

February 11th - Pizza Pick Up Day from 11 am - 6 pm

**Again this year you will be able to do a regular buy-out or donation to Channel One! More information will be provided in your packets. In 2014 we donated well over 2,000 pizzas to the food shelf in buy-outs and donated pizzas. Our goal this year is to donate over 2,500 pizzas to Channel One. Giving back to the community that supports us is a great way to say thanks!

Janelle Rosin

RYHA Pizza Sale Coordinator

ryhapizza@gmail.com