



FROM THE NOVELTIES DESK...

RYHA is excited to announce a new partnership with Rochester PLAY IT AGAIN SPORTS. You may have noticed the kiosk location that opened in Graham Arena this winter. A select amount of RYHA apparel and novelties have been stocked there and are available to purchase. They will accept cash, check or Booster Bucks for these items (sorry, no credit card). Another feature of this partnership is that you may use your pizza sale Booster Bucks toward ANYTHING at the kiosk or their Elton Hills Drive store. This provides a great opportunity to update your gear!

As always, your Booster Bucks may be used towards the purchase of a personalized Bauer jacket, pants or jersey travel bag using the form below or stopping into

Shoot N Save.

http://assets.ngin.com/attachments/document/0064/8304/SNS_Bauer_Order_form.pdf

Online apparel orders will resume next season, but there is currently not the functionality to use Booster Bucks. Some remaining novelty items will be available at next Fall's registration, but hopefully, the available options offered at our sponsors (PLAY IT AGAIN and Shoot N Save) will allow plenty of opportunity to use those well-earned Booster Bucks.

Thanks so much for your support and a great hockey season!

Molly Kor

<http://ryha.pucksystems2.com/page/show/140404-novelties>

THANK YOU FROM THE RYHA BOOSTERS

A big thank you goes out to the numerous volunteers who helped make this season a success! Thank you to our level reps Laurel Wolesky and Kara Kleinschmidt for their help this season. A special thank you goes out to Molly Kor (Novelties Coordinator), Jamie Patrick (Picture Coordinator) and Janelle Rosin (Pizza Sale Coordinator). They have all put in countless hours to make RYHA better. Please consider how you might help out next season!

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 next season or other Booster activities, please contact Shannon Weick at weick4@charter.net

BE SURE TO...

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





CONGRATS AND THANK YOU!

Congratulations to our Chevy Youth Hockey Sweepstakes winners this season out of the Rochester market.

Minnesota Wild Game Ticket Winner - Sally Miller

- Pack of four (4) general admission tickets to the Minnesota Wild game at Xcel Energy Center on December 20, 2014

Minnesota Hockey Gear Package Winner – Jeff Huebert

Rochester Area Ultimate Pro Hockey Experience Winner – Jeff Affolter

- Four VIP tickets to a Minnesota Wild game on March 28
- One night of hotel accommodations for 4 people
- Dinner on the game date
- Various additional items, including a gift bag and gift cards!

The Chevy Youth Hockey Program also provides RYHA with a \$500 sponsorship check, T-shirts, Winter Caps, Skate Mats, Pucks, and hockey bag. They also hosted a Free Chevy Youth Hockey Instructional Clinic which was held at the Graham Arena on April 11th that was instructed by Minnesota Hockey.

Thank you to Clements and Chevrolet for their contribution to RYHA.

MITE HOCKEY!

(players ages 4-8)

It's been a great hockey season and spring is here and it's time to make your child into a well-rounded athlete ! USA hockey and ADM strongly recommend your child plays multiple sports and which will help develop your child into a better athlete so don't be afraid to put a tennis racket, baseball bat or ride a bike this summer ! We are working on several things for next year Super Mites one is extra ice time and the second will be developing a more consistent ice schedule. We are graduating about 70 players to Squirts this upcoming season and we will be looking to backfill our Termites and our Super Mite teams next year! We had over 380 mite players last season and this upcoming season we want to grow the number to 500!!! If you are planning on your child trying out for Squirts next season please review the website this fall before your child tryout out for all the details. We will be teaming up with RYHA for a golf tournament this summer and I will be sending out the details at a later date. I want to thank all of our volunteers this past season and without you we wouldn't have had such a great season.

See you at the rink!

Lorne Hedin, Mite Director



INSIDE THE CREASE

Now that the winter season is behind us it gives us time to reflect on the season and how much fun and success that each team had.

From a goaltender stand point it is no different. This is a time to reflect back on the positives of the season and to remember all of the good things that you accomplished this season. It is also a good opportunity to start thinking about areas you can improve and work hard this offseason to improve on those areas.

I also have the opportunity to reflect back on this season and think about what good came for our goaltenders. We were able to upgrade our equipment for the RYHA goaltenders. We were able to buy all new equipment for our supermite goalies so they are able to learn the position in proper equipment. We were able to purchase a synthetic crease and find a permanent home for it for our goalies to use. Most importantly we were able to continue our on ice training sessions to help improve the play of our goaltenders.

This on ice time is valuable for goaltenders to get the individualized work that they need. In order to have this time a few individuals need to be thanked. First, the RYHA board for providing the ice time for our goaltenders to develop. Next, are two gentlemen who give so much time to help

the RYHA goalies. They are Ron Moffitt and Billy Pahl. These two gentlemen donate numerous volunteer hours to help out all of the RYHA goalies. They are responsible for the on ice training and putting the program together. Without the countless hours these two have donated we wouldn't be able to run the classes. Thank you very much Billy and Ron. There are a lot more people that make these times happen. All of the countless dads' that help run drills. Scott Schneider for making sure his teams would always come and shoot on our goalies. Stan and Paul Hofbauer that started with us years ago and have come to every session to donate their time to help our goaltenders. It is just so exciting to see so many people come together to help each other and to help everyone improve. Thank you to everyone who has contributed time to help the development of our RYHA goaltenders.

I look forward to the future and how we can even improve the play of our goaltenders more to make all of them important parts of their teams!

See you at the rink!

Rob Cothorn, RYHA "Goalie Guy"





MAYO CLINIC SPORTS MEDICINE CENTER: MINDSET TOWARD THE OFFSEASON

It is important to take time off after the completion of your season. This is a great time to take up other sports you enjoy or have wanted to try. During this recovery period, it is important to know that you don't want to completely become deconditioned. Keep activity light, allowing both your mind and body to recover from the long season. Additionally, the offseason is a great opportunity to build a solid nutrition foundation that will carry you through the next hockey season. Establishing a healthy routine, such as balanced meals, high-quality snacking and drinking plenty of water, will set you up for success. The Mayo Clinic Sports Medicine Hockey Performance Team recommends utilizing this time to start planning your goals for the summer/off-season and how you can reach them. The off-season is dedicated to making gains in strength, speed, power, and stamina through progressive programming and training consistently.

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

"It's not your strengths that keep you in the game, it's your weaknesses that throw you out"

-Brian Burke, Calgary Flames President of Hockey Operations

OMC SPORTS MEDICINE & ATHLETIC PERFORMANCE

Spring is here! Olmsted Medical Center - Sports Medicine and Athletic Performance have spring programs out and running from now until the end of May. Programs include, Learn To Skate, Super Mite Rising Star, One on One Programs, and 6 Week Standard Programs. Are you in need of help registering or finding a program right for you or your athlete, contact OMC-Sports Medicine and Athletic Performance @ 507-535-1977.

Looking for summer options? Athletes wanting to focus on improving their skills: shooting, stick handling, skating and stride work along with strength, speed, agility and quickness will find it in our summer camps.

The Hockey summer Camps are open for registration but are filling quickly. Act now and get the **Early Bird Special now until April 30th**. Summer 3-Day camps, 4-Day camps are available for squirts/10U up to High School/College athletes, running from June 15th-August 7th. Also, the One on One program, Learn to Skate, Ultimate programs, Super Mite Rising Star Programs will be running throughout the summer as well. You can register on line through our scheduling page, Mind Body online.com, which can be found on our web site

www.olmstedmedicalcenter.org or call 507-535-1977. You can also find us on the RYHA web site under Camps/Schools-OMC Sports Medicine and Athletic Performance-2015 Summer Hockey Training Any questions or looking for more information you can contact Steve Nelson senelson@olmmed.org 507-535-1968 or Mike Aikens maikens@olmmed.org 507-535-1967



2014-2015 RYHA TOURNAMENTS

The 2014-2015 RYHA Tournaments were another success this year!!

Here are some numbers of what happened this year:

We hosted 16 different in season tournaments; 3 district tournaments, and 2 state tournaments. We had 116 teams played in our tournaments. The tournaments took place over 8 weekends. We played 215 games and had over 250 ice cuts.

All of the above wouldn't have happened without YOU, the volunteers. Each tournament is run by the dedicated parents who volunteer their time to make sure that their child has a great experience.

As the new tournament director this past year I tried some different things at some tournament to see what could be done to make the tournaments more of an experience for the teams. Each year I will continue to try and bring more fun and excitement to the RYHA tournaments. If you would like to be involved in helping create the tournament experience I would love to hear from you and always looking for additional help. This year I would love to find a tournament coordinator to help with each level. So a Bantam Coordinator, a PeeWee Coordinator, a Squirt Coordinator and then 14U, 12U and 10U on the girls side. If you are interested in helping please let me know by emailing me at robertcothern@yahoo.com

Thanks for a great year and I look forward to the future!

See you at the rink!

Rob Cothern
RYHA Tournament Director

USA HOCKEY CONCUSSION MANAGEMENT PROGRAM

By Michael Stuart MD and Alan Ashare MD
(part 3 of a 4 part series)

Management Protocol

1. If the player is unresponsive- call for help & dial 911
2. If the athlete is *not breathing*: start CPR
 - ✓ DO NOT move the athlete
 - ✓ DO NOT remove the helmet
 - ✓ DO NOT rush the evaluation
3. Assume a neck injury *until proven otherwise*
 - ✓ DO NOT have the athlete sit up or skate off until you have determined:
 - no neck pain
 - no pain, numbness or tingling
 - no midline neck tenderness
 - normal muscle strength
 - normal sensation to light touch
4. If the athlete is conscious & responsive without symptoms or signs of a neck injury...
 - help the player off the ice to the locker room
 - perform an evaluation
 - do not leave them alone



5. Evaluate the player in the locker room:

- Ask about concussion **symptoms** (How do you feel?)
- Examine for **signs**
- Verify **orientation** (What day is it?, What is the score?, Who are we playing?)
- Check **immediate memory** (Repeat a list of 5 words)
- Test **concentration** (List the months in reverse order)
- Test **balance** (have the players stand on both legs, one leg and one foot in front of the other with their eyes closed for 20 seconds)
- Check **delayed recall** (repeat the previous 5 words after 5-10 minutes)

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

“When in doubt, sit them out”

- Remove immediately from play (training, practice or game)
- Inform the player’s parents
- Refer the athlete to a qualified health-care professional
- Medical clearance is required for return to play

7. If any of the signs or symptoms listed below develop or worsen: go to the hospital emergency department or dial **911**.

- Severe throbbing headache
- Dizziness or loss of coordination

- Memory loss or confusion
- Ringing in the ears (tinnitus)
- Blurred or double vision
- Unequal pupil size
- No pupil reaction to light
- Nausea and/or vomiting
- Slurred speech
- Convulsions or tremors
- Sleepiness or grogginess
- Clear fluid running from the nose and/or ears
- Numbness or paralysis (partial or complete)
- Difficulty in being aroused

8. An athlete who is *symptomatic* after a concussion requires complete **physical** and **cognitive rest**.

- A concussed athlete should not participate in any physical activity, return to school, play video games or text message if he or she is having symptoms at rest.
- Concussion symptoms & signs *evolve over time*- the severity of the injury and estimated time to return to play are unpredictable.

(please see the next issue of the RYHA newsletter for the 4th and final part of this series)