



MESSAGE FROM RYHA PRESIDENT

Players and parents I hope your summer is going well. The 2015-2016 hockey season will be upon us in a blink of an eye so don't wait until a week before tryouts to check last season's equipment and see if it fits; if you do you might be out of luck at your local sporting goods store.

We had a great turnout at the recent Rochesterfest Youth Sports Night at our RYHA informational booth. At the end of the night we generated interest from 40 new families and we look forward to getting them on the ice. WE NEED YOU, parents and players, to be our advocates when it comes to recruiting new families to the great game of hockey. PLAY IT FORWARD!!

Registration dates for 2015 are September 8th and 9th Graham Arena 3, 6pm-8pm.
Late Registration will be September 16th in the main lobby of the Graham Arena Complex- 6:30pm-7:30pm.

As tryouts approach, some dates to keep in mind for the level your child is eligible to play:

Squirts: 7/01/2004 - 6/30/2006

PeeWees: 7/01/2002 - 6/30/2004

Bantams: 7/01/2000 - 6/30/2002

U10: 7/01/2004 - 6/30/2006

U12: 7/01/2002 - 6/30/2004

U14: 7/01/2000 - 6/30/2002

For more information, visit:

<http://www.minnesotahockey.org/page/show/85059-2015-16-age-charts-and-participation-levels>

Enjoy the rest of your summer!!

Todd Huyber
RYHA President

2015-2016

TEAM SPONSORSHIPS AND GRAHAM ARENA ADVERTISING

Team sponsorships are needed today for the upcoming season. Please let us know if you or your employer are interested in supporting your child's team this season.

Advertising opportunities are also available. Banner signs on the arena walls of Graham 1, as well as the dasher board signs in Graham 1 & 4 are available for advertising. All advertising proceeds support RYHA.

Thank you to those who continually support the program.

Contact Kasey Cummings at rochesternyouthhockey@gmail.com with any questions or requests regarding sponsorships or advertising.

TRYOUTS

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

Bantam—Tuesday, September 29th

U14 – Saturday, October 3rd

Supermite Evaluations—Saturday, October 3rd

PeeWee—Monday, October 5th

U12—Friday, October 9th

Squirt A—Monday, October 19th

U10—Wednesday, October 21st

Squirt B—Monday, October 26th



RECRUITMENT

There are plenty of great events coming up for players new to Rochester youth hockey. Our very own Graham Arena was selected as a location for the Little Wild hockey program this coming fall. For only \$100 kids ages 5-8 get four Learn to Play classes and a complete set of head-to-toe hockey equipment. This is a statewide program and we are thrilled to have Rochester added as a location. Local registration quickly sold out and we are excited to see participant numbers grow in our part of the state. If anybody is interested in helping out at these classes, we would love to have you! Volunteers are needed to hand out information about RYHA, take registrations, answer general questions, and help these new players with equipment, skates, etc. Classes will be held on Thursdays 9/10, 9/17, 9/24, and 10/1 at 6:30pm @Graham Arena.

Do you know a child that would like to try hockey? Our fall Try Hockey for Free day will be Saturday, November 7. Details TBD. This day will be an opportunity for kids with no hockey background to try the game with no pressure in a fun, welcoming environment. No previous skating experience will be required for this clinic.

Are you able to hand out information at your child's meet the teacher night? We are looking for anyone who is willing to set up a table at your school's events.

If you are willing to help out with any of these events, please contact RYHA recruiting at RYHATryHockeyDay@gmail.com

Pilar Gibson
RYHA Recruitment

SHANNON O'HARA FOUNDATION NEWS

Don't forget an easy way to donate to the Shannon O'Hara Memorial Scholarship Fund is by checking the box during online registration. To date, \$16,000 for higher education has been given to former RYHA players.

Upcoming Shannon O'Hara Foundation events:

SOF at HS Girls Hockey night - Thursday,
January 14, 2016 at Graham Arena
Mayo vs. Albert Lea - 5:30pm
JM vs. Century - 7:30pm

Shannon Cup Youth Hockey Tournaments -
Graham Arena
Girls 14A & 14B - January 15-17
Girls 10A, 10B, 12A & 12B - January 29-31

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

BE SURE TO...

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





FROM THE NOVELTIES DESK...

Spirit Wear will again be offered through our online SPIRIT SHOP this year. Look for the icon on the RYHA homepage, click and order. New items this year include player warm-ups, hoodies, shirts, hats, jackets and more! The online store will first be "open" this Fall for November delivery, and then will re-open again for pre-Holiday delivery. Look for exact dates to be announced soon. Stop by our table at registration to check out selections and try-on sizes.

RYHA-logo Bauer jackets and pants continue to be offered through our partnership with Shoot N Save. Complete the order form on the RYHA website and stop into their store. These make great birthday and/or Holiday gifts! Sizes will be available at registration.

There are a number of additional items that will be for sale during registration so bring your Booster bucks and shop early as sizes and quantities are limited. All proceeds from these sales go back to RYHA to help our program. Thank you for your support!

Contact Molly Kor with questions:
mollymanke@hotmail.com

RYHA PIZZA SALES

Changes, Changes, Changes!!! We are so excited to be helping out this hockey season with pizza sales! There are going to be some changes this year in regards to pizza sales and getting information out to parents. One of those changes will be having a table set up at registration to answer any questions that parents might have about pizza sales and what the requirements are for selling. This is also a good time to find out what is involved in being a pizza parent and see how you can

help your team by volunteering. Pizza sale dates will be available, along with a sample flyer so that you can see what is coming this season. We will also have a table set up at the Mite parent meeting so new families coming into the program can ask questions and hear about how the pizza sale program works. We can't wait to see everyone at registration and if you have any questions please feel free to contact us.

April Pahl and Dana Torgrimson
RYHA Pizza Sale Coordinators

GETTING READY FOR RYHA TOURNAMENTS

Once again RYHA will be hosting many tournaments this year. Below are the dates that we will be hosting the RYHA tournaments:
December 4th-6th – Squirt A
December 11th-13th – Pee Wee B
December 18th-20th – Squirt B
January 8th-10th – Pee Wee A
January 15th-17th – 14A, 14B, and Bantam A
January 22nd-24th – Bantam B1 and Bantam B2
January 29th-31st – 12A, 12B, 10A, and 10B
RYHA is excited to host all of these tournaments to provide a great opportunity to our players. Also the tournaments are only possible with volunteers, so we need your help in order to make these tournaments successful. If you are interested in helping coordinate the tournaments at any of the levels, please let me know by e-mailing me at robertcothern@yahoo.com. For those of you that have reached out already, thank you, and I will be contacting you soon.

Rob Cothern
RYHA Tournament Director



MITE HOCKEY! **(players ages 4-9)**

We take boys and girls, ages 4-9 in our Rochester mite hockey program. Termites play/practice on Saturdays and SuperMites play/practice on Saturday and Sundays. Termites are aged from 1/11/2011- 6/30/2008 and SuperMites are aged from 7/1/2008 – 6/31/2006. If we have a shortage of SuperMite players we may dip into the Termite to grab the older players to fill roster spots. We divide the Termite teams by age from the oldest to youngest. We may try to keep family members together for your convenience. SuperMites are grouped by neighborhood schools as much as possible. One of the biggest additions we are doing this season is adding bonus ice times for the Termites and SuperMite players. We created 6 bonus ice times that will be held on Sunday mornings at the Rec Center. This will come with an additional cost of \$25.00 per player on your registration fee so you will need to select the Termite Bonus hockey or SuperMite Bonus hockey. This will be offered to the first 80 termites and the first 80 SuperMites that sign up through our registration process. This is optional—you can still sign up for the standard programs as well:

Termite Standard Program	\$ 110.00
16 Ice Sessions, 6 OMC Sessions	
Termite Bonus Program	\$ 135.00
16 Ice Sessions, 6 OMC Session, 6 Bonus Ice Sessions	
SuperMite Standard Program	\$ 220.00
32 Ice Session, 6 OMC Sessions	
SuperMite Bonus Program	\$ 249.00
32 Ice Sessions, 6 OMC Sessions, 6 Bonus Ice Sessions	

This year we will have a featured game of the week for our SuperMite teams that will be held on Sundays at Graham 4 rink. The teams will get the opportunity to be a part of two All Star

games during the season. We will have Eastern and Western All Star jerseys for your child to wear during this game and I hope to have them by our SuperMite Draft Party for all to view. During the All Star game we will announce their names and play the National Anthem for them to enjoy the experience. During a player break, in the middle of the game, fans have the opportunity to do chuck a puck fundraiser for our hockey program. We will be looking for volunteers for this fun event.

If you are registering as a SuperMite player, please bring your registration number to Shoot N Save and enter for a chance to win a free 2015-2016 season registration that will be held at the SuperMite draft party. You must be present win at the draft party to win! Please note you will get your registration number as a part of your confirmation email. If your SuperMite wants to try out for Squirts, you still need to register as a SuperMite and, if your child makes Squirts, you will be expected to pay the difference in registration and by the USA hockey membership. If you have signed up for Squirts and they should be a SuperMite, you will be asked to register the correct way.

We will continue using OMC Sports Medicine and Athletic Performance Center. We have made some adjustments to the program as far as dryland and the speed and agility training. We will have sessions with smaller amount of players to maximize teaching the necessary skills to help on the transition to ice.

If you have any interest on sponsoring a Mite team please let me know and I can you through that process.

Our program is run by volunteers: coaches, team parents, and board members. Please volunteer to make this program bigger and



better! I am giving away a \$ 20 gift card to Shoot N save for those of you that have a

Rochester Mite player this season and have taken the time to read this article all the way through. Please send the email to lorne.hedin@Graybar.com and put in the subject line "GIFT CARD". I will announce the winner on our Rochester Mite Hockey Facebook page. We are trying to grow this program and create some fun memories. If you have any questions concerns or comments, please feel to reach to me at any time.

Lorne Hedin, Mite Director

Lorne.hedin@graybar.com

1-507-286-1240

Please like us on Facebook:

Rochester Mite Hockey Association

Key MITE Dates:

August 17th on line registration opens!

Please note if you registered on line you don't have to come the Graham Arena for registration!

Sept 8th&9th Graham #3 6-8 pm registration

Sept 16th Graham Lobby Late Registration
6:30-7:30 pm

Sept 28th Termite Jersey Pickup:OMC 55th ST NW

Oct 5th Termite OMC Training Camp Begins

Oct 9th SuperMite draft party at the Wicked Moose

Oct 19th SuperMite OMC Training Camp begins

Oct 24th Termite On Ice Season Starts at the Rochester Rec Center

Oct 31st SuperMite On Ice Season Starts at Graham Arena

January--Saturday TBD for our 6th annual Outdoor Game

Feb 20th Termite last day Game Day and trophies will be handed out

Feb 27-28th SuperMite last weekend game will be played and trophies will be handed out

GEARING UP TO GUARD THE CREASE!

Hello RYHA Goaltenders and Parents-

This time of year has a lot of people getting ready for tryouts and goalies are no different. If you are a new goalie to RYHA, welcome. If you are a seasoned pro then welcome back. I will be updating the goalie calendar with the updated dates of when we will start having our on ice training to start again. We are shooting for September to get them started again. If you are looking for the goalie page you go to www.ryha.net, click on teams, and then the goalie page is on the bottom of the list.

If you are in need of turning goalie equipment in or getting some different sizes I am going to try and have the room open during the Graham registration dates of September 8th and 9th. Please stop over if the room is open. I will also have some equipment out for sale that I am trying to get rid of for a very discounted price that may be good for some street hockey use, or playing in the basement. I hope your summer was fun and relaxing and you were able to step away from hockey for awhile!

See you at the rink!

Rob Cothorn, RYHA "Goalie Guy"





BOOSTERS

HOCKEY SOCKS NEEDED! We plan to sell hockey mittens this season. In order to have them made, we are in need of hockey sock donations. Sort through all those extras at your house and drop them off during registration.

We are always in need of eager volunteers! As the season gets started, please consider how you can help give back to our hockey program. Some examples of volunteering needed are: team parents, pizza parents, novelty help, etc. If you are interested in volunteering this season, please email me at weick4@charter.net

Shannon Weick
RYHA Booster Representative

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
Games available this year are:

- ** Saturday, Oct. 10 at 7pm vs. St. Louis Blues (home opener!)
- ** Saturday, Dec. 26 at 7pm vs. Pittsburgh Penguins
- ** Tuesday, April 5 at 7pm vs. San Jose Sharks (spring break week)

Tickets will be sold on a first come, first serve basis and they sell quickly. We are excited to have this opportunity back for RYHA this season!

HOCKEY HAPPENINGS AT GRAHAM ARENA

- ☆ **September Youth Open Hockey**
 - ✓ Days and times will be posted on the RYHA website under the "Open Hockey" tab
 - ✓ \$3 per skater

- ☆ **Peak Performance Hockey Camps**
 - ✓ The Complete Defenseman Camp II
 - September 22nd – 27th
 - Ages 8 – 14
 - \$85

 - ✓ Fall Skills & Drills Tryout Development Camp
 - September 3rd – 27th
 - Ages 7 – 14
 - \$145

 - ✓ PPHC Website: www.peakhockey.com
 - ✓ PPHC Phone: 507-358-8991
 - ✓ PPHC E-Mail: info@peakhockey.com

- ☆ **ISI Hockey Camp**
 - ✓ September 12th – 27th
 - ✓ Ages 7 – 16
 - ✓ \$99



MAYO CLINIC SPORTS MEDICINE CENTER: PREPARATION FOR THE SEASON

Between trips to the lake and to the cabin, you have been putting time into your offseason training to build a strong and healthy foundation. Over the past 12 weeks, you have developed your strength and power, fine-tuned your nutrition, focused on your conditioning, speed, flexibility, and pillar strength. As the summer winds down and you transition back to school, it's important to think about your performance training over the next 8 weeks. The Mayo Clinic Sports Medicine Hockey Performance Team wants to help you stay the course and continue fine tuning your performance throughout the start of the season. Don't lose the gains you've worked hard for over the summer. This will ensure a healthy and productive start to your season.

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

OMC SPORTS MEDICINE & ATHLETIC PERFORMANCE

Preseason conditioning camp is open for registration. Get a jump on the competition by taking advantage of the Blade Treadmill, a first rate weight room, and speed agility quickness training. This program will consist of 45 minutes in the hockey room along with 45 minutes of weight training and speed agility quickness training. The emphasis will be placed on getting athletes in peak condition for the start of the hockey season to help eliminate injuries and maximize performance. Summer Camp is wrapping up and the testing results have been awesome. Athletes are seeing tremendous gains both on and off the ice with improvements in stride length, balance, speed, shooting and strength. Our Yoga for Hockey was a big hit. Improvements with flexibility and core strength improved dramatically.

We are looking forward to seeing the hard work pay off during the season for all of our athletes.

Fall, hockey room only, programs are now available September through October. Programs are available for all ages, including Adult Novice Program for adults looking for some added help with shooting, stride, mechanics and posture. These programs can be found through our web site

www.olmstedmedicalcenter.org or by calling 507-535-1977. As always, you can find us on the RYHA web site under Camps/Schools-OMC Sports Medicine and Athletic Performance

If you have any questions, are looking for more information or can't find programs for your athlete you can contact Steve Nelson senelson@olmmed.org 507-535-1968 or Mike Aikens maikens@olmmed.org 507-535-1967



Hockey season will soon be upon us and the Play it Again Sports Pro Shop at Graham Arena will be open once again for your skate sharpening and last minute hockey supply needs. We plan to begin the season open 7 days per week, like last year. If the weekday sales don't increase we may reduce our days to Friday, Saturday & Sunday as those days were the days we were most needed. One way to insure that we will be open daily for your convenience is to drop off your skates at the Pro Shop for sharpening after practice and pick them up the next day before practice. We will be open weekdays from 3pm-8pm, Saturday 9am-8pm and Sunday 9am – 6pm. Of course these hours will be adjusted during tournaments as required. Remember you can use your Booster Bucks for payment at both the Graham Arena Pro Shop and at our Play it Again Sports store. Thanks for your patronage,
Ron vonBrethorst, Owner

USA HOCKEY CONCUSSION MANAGEMENT PROGRAM

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

USA Hockey Post-Concussion Functional Return to Play Protocol

This protocol should not be initiated until after the athlete has been released to participate in the functional return to play protocol by a qualified health care provider. ***If symptoms appear during a functional test, the test should be stopped and the athlete monitored until symptoms resolve.*** No further

functional testing should be performed that day. Functional testing may resume the following day at the previously asymptomatic level if the athlete remains asymptomatic. If symptoms do not resolve, appropriate medical attention should be obtained.

After each phase of functional testing, the presence of post-concussive symptoms should be assessed and progression to the next phase of functional testing will require the absence of post-concussive symptoms. Each phase requires **a minimum of 1 day** before progressing to the next phase.

Level 1: Physical and cognitive rest.



Level 2: Light aerobic exercise such as walking or stationary cycling. No resistance training. May read 20-40% of normal volume. Limited TV, but no video games. Partial school day as tolerated.



Level 3: Sport-specific exercises. No resistance training. May read 40-60 % of normal volume. No video games. Full school day as tolerated.



Level 4: Non-contact practice. Resistance training OK. No video games. Full school day.



Level 5: Full contact practice. Full school day. Video games OK.



Level 6: Return to unrestricted competition and cognitive activities if medical clearance is provided by a qualified health care provider



Registration for the 2015-2016 hockey season is
scheduled for
September 8th-9th 6-8pm in Graham 3.
Online registration is now open!



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

Late Registration:

September 16th
Main Lobby Graham Arena Complex
6:30-7:30 pm