



PRESIDENT'S MESSAGE:
ACTION NEEDED – REC CENTER ELTON HILLS DR. ENTRANCE

The City of Rochester's current plan is to close the Elton Hills Drive entrance to the Recreation Center that accesses the east lot of the building for users of the ice rinks. The only full in/out entrance will be through the old Podein property on the north side of the lot (the red circle on the attached [Rec Center Diagram](#)). There will be an exit further up Elton Hills Drive near Dunn Brothers, but this will not be an entrance. Anybody that has tried to make a left turn from Broadway into the uncontrolled north entrance or attempted to make a left turn while exiting onto Broadway from this exit, immediately recognizes the danger of this situation. City staff sees the routing of traffic through this uncontrolled turn as merely inconvenient to users as opposed to being extremely dangerous.

The users of the Rec Center, including Rochester Youth Hockey, the Rochester Figure Skating Club, the swim clubs, the Ice Hawks and the high schools will be petitioning the [Rochester Park Board](#) to leave this entrance open. This petition will be presented at their **January 5, 2016 at 4:30 PM** meeting in Room 104 of the Government Center. To date, the City has refused all requests to even consider leaving this entrance open. We need as many people as possible to show up at this meeting. Don't rely on the hope that others will attend this meeting instead of you. We need a strong show of support or this entrance will be closed permanently and once it is closed, it is never going to open again. In advance of this meeting, we need you to contact the Park Board to let them know how important this safety issue is.

When writing to the Park Board, it is most effective to contact the commissioner that represents your ward. You can find your ward at: <http://pollfinder.sos.state.mn.us/>. When you get to the final screen, it will show something like this: "**Precinct Name: ROCHESTER W5 P5**". In this instance, W5 means that you live in Ward 5 which would mean that you are represented by Richard Dale. When contacting the commissioner for your ward, include your street address in the email so that they know that they represent you. The email only has to be a few sentences as the contact is the most important part. Take the time to write this short email; once the entrance is closed, it will never be opened again.

Rochester Park Board Members:

Larry Mortensen	President	larry.mortensen@charter.net
Linnea Archer	Ward 1	liarcher@rochester.k12.mn.us
Mike Quinn	Ward 2	quinnlaw@rconnect.com
John Sipple	Ward 3	sipple@raappraisals.net
Dr. Paul Scanlon	Ward 4	pscanlon@mayo.edu
Richard Dale	Ward 5	richarddale43@gmail.com
Vern Yetzer	Ward 6	vyetzer@charter.net

If you have any questions, please do not hesitate to contact me at: psihuyber@aol.com

Todd Huyber
RYHA President



2015-2016 TEAM SPONSORSHIPS

Thank you to the following businesses that sponsored a team(s) for this season. Their contributions and support to RYHA are greatly appreciated. Please thank and support these fine businesses!

Advanced Financial
Apollo Dental Center
Atlas Insurance Brokers
BuyRVSellRV
Carpet One
Clements Chevrolet
Collins Orthodontics
Cozik Plumbing & Heating, Inc.
Deputy Sheriffs
deWerd Financial
Dick's Sporting Goods
Dunlap & Seeger
Exclusive Home Builders
Gibson's Management Company
Hawk and Son's
Heartman Insurance
Hov's Plumbing
Huber Eyecare
Justin Schwartz - Edina Realty
LeVel
Meshbesh & Spence Lawyers
Olmsted Medical Center Sports Medical & Athletic Performance
Ottman Excavating
Overby Orthodontics
Pepsi
Play-it-Again Sports
Psimos Oral Surgery

Rochester Police Benevolent Association
Ryan Windows & Siding
Shoot-n-Save Sports
Star Transportation
Superior Screeners
Swee's Automotive Specialties
T.E.C. Industrial, Inc.
The Denel Ihde-Sparks Team - Remax Results
Tony Robertson - Property Brokers of MN
Twigs Tavern & Grille
VFW Post 1215
Viking Automatic Sprinkler
WPS Antennas

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

BE SURE TO...

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



Post your team's highlights!

And follow us on Twitter:



@RochMNHockey



REC CENTER UPDATE

The construction on Area 1 of the Rec Center is progressing. Area 1 includes the east side of the building on both the upper and lower level. The major components of this renovation on the upper level include an enlarged ticket area, Rec Center offices moved to the east side, large lobby, new concession stand and ADA compliant restrooms. Work on the new ticketing area is progressing. Until that is complete, we will continue to use door 6, the north entrance, as our main entry. We hope to have the ticket area open in December and will be moving our offices when they are complete.

The hockey locker rooms on the lower level have been completed. The contractors now need to complete a punch list of final items that need attention. The number of locker rooms was increased from four to eight. All of the locker rooms, except two, are larger than the previous locker rooms. As we started to use the space, we realized we will need to add some more benches to some of the locker rooms. Another amenity added on the lower level was a dedicated training room. In the past we were forced to use a locker room for this if one was available. The final addition on the lower level was an enlarged junior hockey locker room. This locker room includes a classroom area, showers, and an equipment room with laundry facilities.

We still have work that needs to be completed on the lower level. The Rochester Figure Skating Club's office and girl's locker room were delayed due to unforeseen structural issues. This forced us to send Kiefer, the Mondo rubber floor installers, to another job. They will have to return to complete the Mondo floor installation between the rinks, in the skate change area and in the Figure Skating locker rooms. This may create some access issues when the final flooring is installed.

We appreciate everyone's help and understanding as we work to complete this project and look forward to everyone using our new and updated facilities.

Ed Staiert
Recreation Center Manager

FROM GRAHAM ARENA:

All open hockey schedules are posted on the RYHA website under the "Open Hockey" tab.

Coaches and Managers – don't forget to send an e-mail to Bob Montrose at bmontrose@rochestermn.gov to get your game opponents listed on the locker room screen at the arena. You can send a last minute text to 358-8991 and I can remotely add the team if I am available to do so but plan ahead and send in your home game schedule so your guest team feels welcome. Simply send five things: your team, guest team, date, time, arena

Parents! Please help us keep your kids in line at the arena by asking them to behave with "indoor" behavior. We know the kids are excited to be at the rink, but there should be some common rules established to prevent kids from running reckless around the complex. No ball playing, shooting pucks (except for the range), and running and screaming. We have a lot of guests in the rink that would appreciate your help in explaining to your children that the arena lobby is not a huge playground.

It's high school hockey season and the games are starting. When there is a HS game, the shooting range in Graham Arena One is not open and the track in Graham Arena Four is not available (if the game is in that arena). These are ticketed events and no one is allowed entrance without a ticket. Please plan ahead before making your dryland training schedule so you know when a building is available.

Bob Montrose
Graham Arena Complex Manager



SHANNON O'HARA FOUNDATION NEWS

The Shannon O'Hara Foundation would like to thank RYHA for including the SOF logo on the RYHA jerseys. Our hope is that Shannon's spirit lives on and that each time a player wears that jersey, they remember what Shannon stood for: be a good friend, be a good teammate, and give it your all no matter what the circumstances are.

Our 2016 scholarship application is now available. Visit shannonoharafoundation.org for information or to download the application. Any Rochester high school senior who participated in RYHA is eligible. You do not have to be a member of a high school team.

We look forward to being around the rink this winter. Our girls hockey tournaments - The Shannon Cup - will take place Jan. 15-17 and Jan. 29-31.

See you on the ice.

Jen O'Hara
President, Shannon O'Hara Foundation

RYHA PIZZA SALES

We would like to thank those who have volunteered to be pizza parents! Pizza sales will be starting before we know it and information will be coming soon, so please keep your eye on the website and your emails for more information.

April Pahl and Dana Torgrimson
RYHA Pizza Sale Coordinators

FROM THE NOVELTIES DESK...

It's time to dig out those Booster Bucks before they expire! Booster Bucks can be redeemed three ways:

- Used towards any purchase at Play It Again (Rochester location store or Graham kiosk)
- Used towards any RYHA-logo Bauer jacket, pants or jersey bag (available at Shoot N Save)
- Used towards any purchase of RYHA Novelties (next sale date is Dec. 16th from 5 - 8 PM in the Graham Arena Lobby)

For those of you who ordered items through the online RYHA Spirit Shop in November, your items will be ready for pickup on December 16th from 5 - 8 PM in the Graham Arena Lobby. Thank you for picking up during this window or sending someone on your behalf.

Our last online Spirit Shop will be open Jan. 8th - 17th, with pickup scheduled for Feb. 10th.

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

FEBRUARY 6TH IS THE 10TH ANNUAL HOCKEY DAY IN MN!



RYHA is inviting hockey players wear their team jerseys to school on **Friday, February 5th** to show their team spirit for Hockey Day MN!



2016 GOLF SCRAMBLE SAVE THE DATE

When: Friday, June 3rd, 2016
Where: Eastwood Golf Course

Further details will be released soon.
Get your Foursomes together!!



VISIT THE PARK AND REC OUTDOOR HOCKEY RINKS:

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

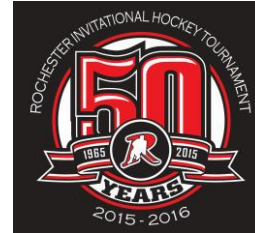
SCHEDULED TO OPEN DECEMBER 26th!

Warming Shed Hours:

Monday through Friday 4:30-9 p.m.
Saturday and Sunday 12-5 p.m.

Please visit their website for more info and location addresses:

<http://rochestermn.gov/departments/parks-and-recreation/parks-trails/facilities-directory/outdoor-ice-rinks>



RYHA TOURNAMENTS 2015-2016

We are about ready to start the tournament season for RYHA. Our first tournament will be December 4th-6th and our tournaments will run through the end of February with RYHA hosting district level tournaments then. There will be a total of 94 teams participating in the tournaments this year and we are looking forward to the fun environment these create at the Graham Arena. This year we are trying to move our tournaments into the digital age by using the NGIN Tournament Site and NGIN Tourney Mobile App. The Tournament Site and Mobile App will allow people to download the all of the tournament information to their mobile device and stay connected with the tournament.

Here are a couple of links to download the mobile app. It is a work in progress and our first attempt at it, so it may not be perfect.

For Apple Devices -

[https://itunes.apple.com/us/app/ryha-tournaments/id1030425631?ls=1&mt=8.](https://itunes.apple.com/us/app/ryha-tournaments/id1030425631?ls=1&mt=8)

For Android Devices -

<https://play.google.com/store/apps/details?id=com.rochesteryouthhockeytourney.sport.android>

I hope every RYHA player has an enjoyable and exciting tournament this year! Go Rochester!

Rob Cothorn

RYHA Tournament Director



GOALIE TRAINING OPEN TO ALL

MITE HOCKEY! (players ages 4-9)

Mite Families,

It's good to have finally dropped the puck and have the season moving forward ! We have our Termites at Rec Center and the SuperMites at Graham and Rec Center this year. I have been able to witness some of the practices and some of the games and I am seeing positive things on the rink. Please keep in mind that we have off Christmas weekend and back to the ice over New Years. Our bonus hockey program which is new this year has over 50 % of our youth program enrolled. We still have some openings in our bonus hockey so please contact us if you are interested. We have our annual outdoor day coming on Saturday, January 16th, times are yet to be determined. We have our SuperMite All Star games which are about to begin and we will break out our special jerseys, Chuck a Puck and a 50/50 raffle to help money for our program. We still have some openings on some teams so if you know a boy or a girl who is interested in playing hockey please have them register under mite hockey. Please check the Graham Arena and the Rochester Rec Center website for open ice times to get your child more ice touches!

Lorne Hedin
Mite Director

For most teams the season is under way and teams are having fun. With all of this going on it is important to still work on development and training. This is extremely important for goaltenders. Our goalie training classes are under way and we have a great group of RYHA goaltenders attending. I would like to encourage each coach to click on the following link and review the goalie page and be aware of the goalie practice times. <http://ryha.pucksystems2.com/page/show/999262-goalies-2013-2014> I would also like to encourage each coach to make sure you are encouraging your goalies to attend these sessions. The calendar has all of the dates for our upcoming sessions.

The next group that is encouraged to attend are the COACHES!! Team Goalie coaches, assistant coaches, head coaches. The more coaches that are taking part, the more they can understand the drills being worked on and the more they can implement these into practices. The hardest thing for goalies is not being engaged in practices and there are a lot of little things that can be done to keep them engaged during practice.

The last group that we encourage to attend is players to shoot. Where else can you go and have a dozen goalies in multiple nets looking for shots? It is a great way to work on your shot and try out different shots. If you don't believe me, just ask Lourdes hockey player Paul Hofbauer who has been coming to goalie classes as a shooter since he was about 9 or 10 years old and how the extra 70-100 shots he would take during goalie class helped his shot develop.

The classes are broken up usually into two sessions with younger goalies first and then the older goalies next. So at our next session I hope to see more goalies, coaches, and shooters. See you at the rink!

Rob Cothorn
RYHA Goalies



MAYO CLINIC SPORTS MEDICINE CENTER: PREPARATION FOR THE SEASON

Whether you have been preparing for the season since last year's final game or started a couple weeks before this year's tryouts, it's important to make sure you are preparing yourself for a successful performance every time you step onto the ice or into the gym. Here are some quick and easy tips to help you perform well and reduce your risk of injury over a long season:

1. make your **NUTRITION** a priority – establish a winning routine, starting with a balanced breakfast including healthy snacks such as fruit, nuts, granola, and Greek yogurt
2. stay **HYDRATED** with water - before, during, and after activity
3. get your **REST** –consistent sleep patterns are key, try to get 7-9 hours per night
4. concentrate more on strength **MAINTENANCE**, over strength gains, during the season
5. you work hard during the season, make sure you set time aside for active **RECOVERY**, such as soft tissue foam rolling

Mayo Clinic Sports Medicine supports all athletes through this model and is here to help you learn how to manage your **REST**, stay **HYDRATED**, enhance your **NUTRITION**, **MAINTAIN** your strength, and **RECOVER** properly during the year.

Mayo Clinic Sports Medicine also offers an [In-Season Hockey Program](#) to help maintain proper skating and shooting mechanics during the year as well as a Performance Training Program, brought to you by [EXOS](#), the leader in human performance, for your off-ice training.

To learn more, visit our website [Mayo Clinic Sports Medicine](#) or call (507)-266-9100 to schedule your next training session.

OMC SPORTS MEDICINE & ATHLETIC PERFORMANCE

Another season is upon us and it is a perfect time to supplement your skills and training at OMC. The Hockey Ultimate Training Room is a great way to focus on the skills your coaches are working on in practice. The direct feedback the athletes receive from coaching in the H.U.T. room and the ability to see themselves in the mirrors are key factors in the quick improvement we are seeing during testing on the Blade Treadmill.

The shooting / puck handling areas in the H.U.T. allow for a large number of puck touches and shots with direct feedback from coaches. Our athletes work on looking at the target with their eyes up while mastering a variety of shots including wrist, snap, slap and shooting in stride. The testing results from our summer sessions showed incredible improvement by some athletes by as much as 10 M.P.H. in snap and slap shots while improving accuracy as well!

Coaches can bring in entire teams, or small group and individual lessons are available throughout the hockey season.

To learn more about our programs, visit our web site www.olmstedmedicalcenter.org/ or feel free to call us at 507-535-1977.

Good luck to all of our teams in Rochester, have fun and be the best you can be!



CONCUSSION DETECTION

By, Dr. Michael Stuart MD

Concussion has received wide-spread attention in professional, collegiate, high school and youth sports. Educational programs allow for medical personnel, athletes, parents and coaches to better recognize the signs and symptoms in order to remove the athlete from play. Unfortunately, a prompt diagnosis is not always possible because of symptom under-reporting or the delayed onset. An objective test that could be administered immediately after a suspected concussion would improve detection and protect athletes from more serious brain injury.

The *King-Devick Test (K-D)* in association with Mayo Clinic is a sideline/rink side concussion screening test which utilizes a tablet computer in order to detect impairments of eye movement, attention, language, concentration and other symptoms of abnormal brain function.¹ It requires athletes to read single-digit numbers displayed on the tablet and takes less than two minutes to perform. After suspected head injuries, the post-injury results are then compared to an athlete's preseason baseline. Any worsening of performance (increased time and/or errors) suggests a concussion has occurred and the athlete should be "removed from play" for further evaluation.

In a recently published meta-analysis and systematic review released in the journal *Concussion*, a worsening of King-Devick Test at the time of an injury indicated a 5 times greater risk of concussion.² It can be administered by coaches, parents, and health care professionals. The test has been validated in more than 50 recent peer reviewed articles published in elite medical journals. The K-D test was found to be both sensitive (86%) and specific (90%) for the detection of concussion. The use of K-D along with the Standardized Assessment of Concussion and Balance Error Scoring System has been shown to detect 100% of clinically diagnosed concussions

"The first and most critical step in managing concussion in the youth athlete is to recognize when one has occurred – not always a simple task," said Dr. David Dodick, professor of neurology and director of sports concussion services at the Mayo Clinic. "The King-Devick test helps take the guesswork and subjectivity out of the sideline evaluation in a rapid, accurate, and objective way."

1. <http://kingdevicktest.com/for-concussions/>
2. Galetta KM et al. The King-Devick test of rapid number naming for concussion detection: metaanalysis and systematic review of the literature. *Concussion* (2015). www.futuremedicine.com