



## CONGRATULATIONS ON A GREAT SEASON!

RYHA is very proud of all of our athletes this past season! We would like to extend a special CONGRATULATIONS to the Bantam AA VFW team and the Girls U15 A VFW team for their runs at the state tournament! Way to go!





## **UPDATE ON THE RECREATION CENTER – ACTION NEEDED**

As discussed in the last newsletter, 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 would be through the old Podein property on the north side of the lot (the red circle on the attached [Rec Center Diagram](#)). This is clearly a safety hazard. There would be an exit-only further up Elton Hills Drive near Dunn Brothers, but this would not be an entrance.

The users of the Rec Center, including Rochester Youth Hockey, Olmsted County Hockey, the Rochester Figure Skating Club, the swim clubs, the Rochester Hockey Foundation, the Ice Hawks and the high schools, petitioned City Administration, before the Park Board on January 5, to request a variance to the zoning ordinance that would allow the Elton Hills Drive entrance to remain open. Because of the overwhelming public support for this variance, the City Council, by consensus (6-1), directed City Administration to file a variance to the existing zoning ordinance.

**NEXT STEP ACTIONS NEEDED:** The next step in the process is a hearing before the **Rochester Zoning Board of Appeals at 7:00 PM on April 6**. If the Zoning Board of Appeals approves the variance, the action is finalized and ready for the Park Board to implement. We need you to contact the Zoning Board of Appeals via email to show your support and to show up at the hearing **at 7:00 PM on April 6**. The Zoning Board of Appeals meets in the Council/Board Chambers, located at the Government Center (151 Fourth Street SE).

### **Rochester Zoning Board of Appeals Members:**

Mary Jo Majerus, Chair  
Ian Lochridge, Vice Chair  
Ryan Keller  
Brian Sheehan  
John Nicholson  
Wade Goodenberger CPZC Representative  
Jan Thronson

All emails for the Board can be forwarded through staff. The point of contact is Dave Dunn ([dunn.dave@CO.OLMSTED.MN.US](mailto:dunn.dave@CO.OLMSTED.MN.US)).

It is very important that you take the time to contact the Board and to go to the public hearing on **April 6**. If there is not a strong indication of ongoing public support, there is a danger that the Board will deny the variance. Please take time today to mark your calendar and to contact the Zoning Board of Appeals.

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

**Todd Huyber**  
**RYHA President**



## 2016 RYHA GOLF SCRAMBLE ~SAVE THE DATE~

When: Friday, June 3<sup>rd</sup>, 2016  
Where: Eastwood Golf Course

12:00pm Shotgun Start

Dinner, Program, Awards, Silent Auction, &  
Raffle to follow at the Wicked Moose – Venue  
Side  
Social Hour 5:00pm  
Dinner 6:00pm  
Program/Awards 6:30pm

Silent Auction begins at 5:00pm, ends at  
7:30pm  
Raffle Drawings at 8:30pm

All are welcome after golf -  
Come out and help us Celebrate 50 years of  
RYHA!!

Many items will be up for bid at the Silent  
Auction and you won't want to miss the  
Raffle!

Click on the 2 links below for more information:

[http://assets.ngin.com/attachments/docume-  
nt/0095/3646/Ryha\\_2016\\_Golf\\_Scramble\\_Regis-  
tration\\_Form.pdf](http://assets.ngin.com/attachments/document/0095/3646/Ryha_2016_Golf_Scramble_Regis-tration_Form.pdf)

[http://assets.ngin.com/attachments/docume-  
nt/0095/3647/Ryha\\_2016\\_Golf\\_Sponsor\\_Det-  
ails\\_Form.pdf](http://assets.ngin.com/attachments/document/0095/3647/Ryha_2016_Golf_Sponsor_Det-ails_Form.pdf)

## ANNUAL PIZZA FUNDRAISER



RYHA was able to donate over \$25,000 worth of cheese pizzas, pizza dippers and cookie dough to our local food shelf this year! This is all made possible by our RYHA players and families. We had a 100% pick up on pizza pick up day and this day could have not happened without the help of our volunteers. Thank you all so much for your hard work!

Congratulations to our top sellers this year in our annual RYHA Pizza Fundraiser:

- 1) Owen Nierman \$2027
- 2) Dominic Troutman \$1875
- 3) Joshua Hanson \$1841
- 4) Jesse Hendrickson \$1204
- 5) Hunter Dee \$1161
- 6) Keegan Richardt \$1106
- 7) Will Weick \$1069
- 8) Samuel Maier \$1059
- 9) Troy Stagemeyer \$1045
- 10) Hailey Talmo \$1023

The pizza fundraiser is a HUGE part of RYHA and helps to keep our costs down at registration. With that being said, it is a big job to get everything set for the year and we are looking for individuals that would want to help with getting things together. For example, we have documents that need to be updated yearly and ordered, communication with Clubs Choice, packets that need to be put together, communication with teams, website updates and pizza pick up day prep just to name a few things. If you are interested in helping or have questions, please contact April Pahl [ryhapizza@gmail.com](mailto:ryhapizza@gmail.com).

April Pahl & Dana Torgrimson  
RYHA Pizza Sale Coordinators



## SHANNON O'HARA FOUNDATION

The Shannon O'Hara Foundation would like to thank RYHA and the youth hockey families for their support again this season. Two successful Shannon Cup weekends raised over \$10,000. We'd also like to thank Max Cothorn and the RYHA goalies for raising money through Saves for Shannon during each of the RYHA tournaments.

In February, the SOF awarded the 2016 Shannon O'Hara Memorial Scholarships to former RYHA players Abby Marquardt and J.T. Rein. We have now awarded \$20,000 in scholarships in our first four years.

We appreciate the continued support from RYHA. See you again next season!

Jen O'Hara  
President, Shannon O'Hara Foundation



## FROM THE NOVELTIES DESK:

Wondering how to use those hard-earned Booster Bucks in the off-season? Stop into Play-It-Again Sports (Rochester) and use them towards the purchase of anything in the store **OR** stop into Shoot-N-Save Sports and use your Bucks towards the purchase of an RYHA-logo Bauer jacket, pants or a jersey travel bag.

## TOURNAMENT WRAP UP

We have finished another year of RYHA tournaments!! This year was a great success and that is in large part due to all of the parent volunteers for all of the tournaments. Thank you all very much for taking your time to help with these tournaments. We hosted 13 tournaments and had over 100 teams participate in Rochester this year. These kinds of numbers are a great boost to Rochester and I know the businesses in this community know when the hockey tournaments are in town. I look forward to getting started on the planning of next year's tournaments. Thanks again for a very successful year.

See you at the rink,  
Rob Cothorn  
RYHA Tournament Director

## BE SURE TO...

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



And follow us on Twitter:



@RochMNHockey



## **GRAHAM ARENA COMPLEX**

- ☆ Youth Open Hockey schedules are available on the RYHA website under the "open hockey" tab.
- ☆ The Rochester Spring Hockey League is filling fast! Visit [www.grahamarena.com](http://www.grahamarena.com) for RSHL info.
- ☆ Summer Hockey Camp Sessions at Graham Arena:
  - ✓ Peak Performance Hockey Camps Eight Week Skills Development Camp  
April 24<sup>th</sup> – June 19<sup>th</sup>
  - ✓ The Complete Defenseman Camp May 10<sup>th</sup> – 14<sup>th</sup>
  - ✓ Peak Performance Hockey Camps All Day Skills Camp  
June 20<sup>th</sup> – 24<sup>th</sup>
  - ✓ Fall Skills & Drills Tryout Preparation Camp  
September 9<sup>th</sup> – 25<sup>th</sup>
  - ✓ Laura Stamm Power Skating Clinic June 10<sup>th</sup> - 12<sup>th</sup>
- ☆ Camps are open to both boys and girls ages 7 – 14. Camp information / registration can be found at [www.peakhockey.com](http://www.peakhockey.com) All camps fill on a first come basis.

## **EVERYONE NEEDS A BREATHER**

Now that the season is over everyone can take a collective breather, and this includes goalies. This is the time of year that a lot of people are wondering what their off season will look like. I highly encourage goalies to do some reflecting on their season and what was positive and areas that they need to improve. This off-season take a break from being at the rink 4-6 days a week and enjoy doing other things. If those things are other sports great, but also enjoy things like walking, running, biking, hiking, playing outside, swimming, going to non-sport camps. Put down your electronic device and get outside. Now, you can't put the pads away for 6 months and expect to be ready to go. Every off-season is where you get better, but it doesn't have to be on the ice. Work on exercises to build your goalie specific muscles. Work on getting faster and stronger. And yes, put on the pads and take some shots. Enjoy your off-season, but have a formulized plan to make sure you are utilizing this time to become a better goaltender for next season as well.

See you at the rink,  
Rob Cothorn  
Goalie Guy



## **OLMSTED MEDICAL CENTER SPORTS MEDICINE AND ATHLETIC PERFORMANCE**

### **MAYO CLINIC SPORTS MEDICINE CENTER: MINDSET TOWARDS 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 next 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>

*"Every year, I just want to do better than I did the year before"*  
- Zach Parise

Congratulations to everyone on a great season. Summer will be here before we know it, so it is time to start thinking about your summer training program. OMC is introducing the best hockey specific training at an incredible price. Get a whole summer's worth of training for less than you would pay for a week camp!

#### **OMC Hockey Summer Camp**

Athletes use the synthetic ice and the hockey treadmill to focus on improving skills such as posture, stride work, edges, crossovers, speed, quickness, balance, multitasking, stick handling, shooting, passing, and hand eye coordination. Athletes will also use a state-of-the-art training system, EliteForm, for strength training and speed, agility, and quickness (SAQ) to challenge themselves and improve their strength, speed, lateral quickness, reaction, and change of direction. Participants train in the hockey training room and participate in training activities that focus on strength training, but also include speed/agility/quickness development, and yoga. For athletes 12 and under, strength training will be replaced with Learn to lift. Learn to lift will introduce young athletes to resistance training. They will be coached on the basic movement patterns for the major lifts. Training will also include body weight exercises. All exercises and resistance will be age appropriate and under the direct supervision of OMC SMAP staff.

To register for classes:

[www.olmstedmedicacenter.org](http://www.olmstedmedicacenter.org) or to register by phone, call **507.535.1977**



## **WHAT IS THIS HOCKEY HELMET RATING SYSTEM?**

Michael J. Stuart MD  
Mayo Clinic Sports Medicine  
USA Hockey Chief Medical and Safety Officer

The hockey helmet is effective for what it was originally designed for: to prevent a skull fracture, but not a concussion.

The Five Star Rating System for hockey helmets resulted from a well-done laboratory experiment at Virginia Tech University. This research raises awareness on the limitations of our current helmet choices. However, the rating system does not prove if a specific helmet **will or will not prevent** or **even reduce the risk of a concussion** if worn by a hockey player. It is important to wear a HECC-certified helmet that fits snugly on the head and is securely attached with a chin cup and straps.

Concussion is a risk for athletes in hockey, but contact sports are actually less risky than many other activities such as skateboarding, bicycling, skiing & horseback riding. In addition, team sports produce fun, physical fitness, friendships, academic success & many valuable life lessons.

We all need to continue our efforts to reduce the risk of concussion in hockey through education, body control skills, rule enforcement, sportsmanship and improved equipment design.

### **\*\*ANNUAL RYHA BOARD ELECTIONS\*\***

Thursday, April 14<sup>th</sup>

6-7pm

Graham Arena Lobby

Positions on the ballot: Incoming President,  
Tournament Director, and Booster Director

\*To be eligible to vote, you must have a player in the Squirt  
through Bantam program\*