



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 son's or daughter's team this season.

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

Thank You to those that continually support the program.

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

"AA" AND "A" COACHING CANDIDATES

Boys Coaching Candidates:

If you are interested in coaching a boys "AA" or "A" team, please email the boys Traveling Unit Director, Jeff Phillips.

Girls Coaching Candidates:

If you are interested in coaching a girls "A" team, please email the Girls Hockey Director, Guy Gallagher.

SHANNON O'HARA FOUNDATION

Mark your calendars! Here are the upcoming dates for Shannon O'Hara Foundation events:

November 11-13, 2016: Shannon Cup for 15U Girls - Graham Arena

Thursday, November 17: SOF Night at HS Girls Hockey - Graham Arena

January 27-29, 2017: Shannon Cup 10U & 12U Girls - Graham Arena

Saturday, February 4: SOF Scholarship Night – Graham Arena

New SOF merchandise will be available at all events.

Jen O'Hara
President, Shannon O'Hara Foundation

TRYOUTS

Bantam Tryout Wednesday, September 28th

Supermite Evaluation Starts Monday, October 3rd

Peewee Tryout Friday, October 7th

Squirt Tryout ** Wednesday, October 26th

U15 Tryout Sunday, October 9th

U12 Tryout ** Friday, October 14th

U10 Tryout ** Thursday, October 27th

** approximate start date, see RYHA website for most up-to-date info



RYHA SPIRIT WEAR

It's time to refresh your hockey wardrobe! Spirit wear is being offered through RYHA for the 2016-2017 season. This year's items include an updated look and feel to player warm-ups, hoodies, shirts, hats, jackets, socks, and more! RYHA-logoed Bauer jackets, pants, and jersey travel bags will continue to be offered through our partnership with Shoot-N-Save. Order forms for these items are available on the novelties page on the RYHA website. Resources->boosters->Novelties Complete the form; then, stop into Shoot-N-Save to place your order.

Sizes and order forms will also be available at registration. These make great birthday and/or holiday gifts!

For a sneak peek at this year's apparel, visit the RYHA novelties page at the beginning of September.

Novelty sales will begin at registration ... so grab those booster bucks! In addition to the items outlined above, there are plenty of other novelties that will be for sale during registration, so shop early as sizes and quantities are limited. If you are unable to purchase spirit wear at registration, no worries! RYHA spirit wear will be offered throughout the season at both Graham Arena and the Rec Center.

Novelty sales volunteers are needed!

- We are looking for help with novelty sales during 1-2 hour periods during weekend and evening time slots
- Volunteers are also needed for registration and the mite draft night
- For more information about novelty sales volunteer opportunities, please contact Erin Henderson at erbrhenderson@gmail.com or Kara Kleinschmidt at klk5861@hotmail.com

All proceeds from novelty sales go back to RYHA to help our programs. Thank you for your support!

RYHA GOALIES

It is getting to be that time of year again when everyone starts preparing for tryouts. For goalies, that is no different. We will be starting our goalie ice again very soon. If you currently don't receive goalie emails from me please e-mail me at

robertcothern@yahoo.com so I can add you to our distribution list.

The goalie classes are available for all ages from mites to bantams/15U. So once the schedule is out, please come to your time slot that fits your age and learn how to play the best position in all of sports.

We will try to have the goalie room open during the in-person registration at Graham Arena if you might need to trade something in for the season.

Once again, thank you for being an RYHA goalie and see you at the ice!

Rob Cothern
RYHA Goalie Guy



PIZZA SALES

START SELLING

NOVEMBER 19TH, 2016

RYHA will be using Club's Choice as the annual fundraiser again this year. **Every hockey player** is required to participate in this fundraiser. There are 3 options:

1. Selling pizzas \$200.00 per player/ max family is \$600.00
2. Buyout \$150.00 per player
3. Donating pizza buyout to Channel One (25 cheese pizza's) \$200.00 tax deductible

One change this year is that the selling start date will be earlier, beginning on November 19th, 2016 and Delivery date will be January 19th, 2017.

Pizza packets will be handed out to Pizza Parents at the November 14th meeting at the Graham. Time TBD

Sales can start 11/19/16 and sales end on 12/3/16. **All buyouts are due 12/3/16 or kids/s will not be allowed to skate.**

Online ordering will be available this year; all pizza ordered online will be delivered to the home of the person who orders the pizza; free shipping for orders over \$60. Please refer to online ordering instructions that will be included in your pizza packet.

All pizza orders, pizza calculators and money will need to be turned into your pizza parent by December 6th.

Pizza parents will need to bring team pizza orders to Graham on December 7th and 8th, 2016, time TBD.

Pizza pickup date will be January 19, 2017 at the Graham Arena, time TBD.

Booster Bucks will be handed out at Pizza Pick-up. Booster Bucks can be used for all NEW Spirit Wear sales at the Graham Arena and on the entire store at Shoot and Save. Bauer jackets, pants and garment bags will still be available at Shoot and Save.

Each team will require a pizza parent/s. If you would like to volunteer for your team, please contact us.

Thank-you in advance for your help~

Dana Torgrimson and Kristin O'Reilly
Pizza Chairs

Email: ryhapizza@gmail.com

Termite/Supermite Contact:

Mike Stark

mikestark28@hotmail.com



RYHA TOM KONAKOWITZ MEMORIAL GOLF SCRAMBLE

This year the RYHA Golf Scramble was held on Friday, June 3rd at Eastwood Golf Course. The event was a huge success! Thanks to all of those that participated, volunteered, and the many sponsors that donated to the event. We had great turnout, breaking the 100 mark. We had a little shower break, but that didn't stop our hockey family from finishing a great round of golf. After golf, we went to the Wicked Moose for food, drink, and a lot of prizes; followed by a silent auction. We were able to raise nearly \$10,000 that we will be putting back into our youth program!! **Mark your calendars now for next year's date: June 2nd, 2017!** Stay tuned to the RYHA website and Facebook page for upcoming details. You can also like us on Facebook at RYHA Golf Scramble for even more information. Special thanks to RiverValley Power & Sport for sponsoring the Hole-in-One Contest for a chance to win a jet ski.

BE SURE TO...

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



And follow us on Twitter:



@RochMNHockey

RYHA TOURNAMENTS

We are preparing for another great year of tournaments. Here are the home dates for the tournaments this year.

15A and 15B – November 11-13

Squirt AA and Squirt A – December 2-4

Pee Wee B – December 9-11

Squirt B – December 16-18

Pee Wee AA and Pee Wee A – January 6-8

Bantam A – January 13-15

Bantam B1 and Bantam B2 – January 20-22

12A, 12B, 10A, and 10B – January 27-29

As always, these will only be successful if we get numerous volunteers for each tournament. So please be prepared to volunteer the weekend of your home tournament. We appreciate all of your help during the tournament season.

Thank you!

Rob Cothorn

RYHA Tournament Director



WILD TICKETS

Minnesota Wild group tickets will again be made available for sale to RYHA families on a first come, first served basis. Games and prices should be disclosed soon. Stay tuned to the RYHA Facebook page and website for the most up to date information.



RECREATION CENTER UPDATES

The expansion work at the Recreation Center is almost complete. Work on 125 Live, the senior center, is set to be completed August 31st. The senior center will use the month of September and October if needed to move in and get settled. They hope to be up and running at the new location in October or early November. Parking should be greatly improved over last winter. We are still waiting for the final work on two of the Rec Center entrances to be completed. There are several minor issues delaying this work.

As we move into fall, you will continue to see evidence of work at the Recreation Center that is not part of the expansion/renovation. This work is part of the Guaranteed Energy Saving Program. The program is managed by the State Commerce Department and is designed to help organization lower their energy consumption. The major parts of this project involve installation of Low E ceilings over both rinks, installation of LED lights both inside and outside, control system upgrades, installation of a Realice system and the replacement of the refrigeration plant. Most of these improvements should only have minor impacts on our daily schedules as the work will be done during the day. The refrigeration plant will not be replaced until after the annual Ice show in April of 2017. We hope to have both rinks up and running again by early June, 2017.

We are continuing to pursue the north rink bump out. This is an alternate project that was cut from the original Recreation Center expansion. The project would involve cutting into the north wall of the north rink and installing a score table, penalty boxes and player boxes. At this time we have asked Benike and Krause Anderson to refine and update their original cost estimate for this project.

Our current zamboni is up for replacement next year. We would like to replace it with an electric model. With that in mind, we applied for a James Metzen Mighty

Ducks Grant. These grants help rinks with the cost of replacing R22 and improving indoor air quality. This grant would cover the difference between the cost of an electric powered ice resurfacer and a propane powered ice resurfacer.

Ed Staiert
Recreation Center Manager

GRAHAM ARENA COMPLEX

September Open Hockey:

7th, 12th, 14th, 19th, 21st, 26th, 27th
6:00 – 7:15pm Graham Arena Four
\$4 per session

September Hockey Camps:

Skills & Drills Tryout Prep Camp
September 9th – 25th
\$155
Shoot To Score Goal Scoring Camp
September 15th - 18th
\$85
The Complete Defenseman Camp
September 20th – 25th
\$85
(all goalies skate for just \$25)

Grow your game "ON THE ICE" with these professional skills development camp sessions. Graham Arena is the place to train this fall with programs for boys and girls ages 7-14. Complete camp info can be found at www.peakhockey.com or by calling 358-8991. All camp sessions will fill on a first come basis. Don't delay ... register today!



OLMSTED MEDICAL CENTER SPORTS MEDICINE AND ATHLETIC PERFORMANCE

We would like to thank all the athletes who participated in our summer camps. They showed commitment, determination, and positive attitude throughout the summer. In addition, our pre and post-camp measurements showed good improvement in many areas including strength, skating and shot speeds.

If you are looking for options and opportunities to train before hockey tryouts and into winter, you can find all the programs by going to our website and clicking on the Mindbody link to take you to the available programs. Some of the hockey programs available are:

*Hockey Standard Program

*Super Mite Rising Star

*Learn To Skate

*Adult Novice

To Register for Classes please register by phone, call 507-535-1977 or

<http://www.olmstedmedicalcenter.org>

MAYO CLINIC SPORTS MEDICINE CENTER:

PREPARATION FOR THE SEASON

Whether you have taken the summer off or have been working hard towards your off-season goals, the Mayo Clinic Sports Performance Team wants to help you get a head start to your hockey season. We specialize in developing your strength, power, conditioning, speed, flexibility, and core strength using the same performance training systems utilized by professional players, making sure you have a leg up on the competition. We also fine-tune your nutrition using our performance nutrition principles and strategies for elite hockey athletes.

Our Sports Performance Team will be offering our Pre-Season hockey program this fall, starting September 12, 2016. This program includes synthetic ice skill development, Blade Skating Treadmill by Woodway, Nutrition support, and EXOS, the leader in human performance.

Synthetic Ice Skill Development-- Drills to help athletes improve puck control, shot accuracy, and shot velocity

Blade Skating Treadmill by Woodway-- Improve skating technique and stride mechanics, helping to develop stride power and acceleration through a proper skating platform, maximal stride extension, and efficient stride recovery

EXOS-- Develops players and improves performance by providing integrated performance training, support and strategies that decrease injury potential & improve physical performance, ensuring more productive and efficient players

Nutrition-- Nutritional support to improve the composition of pre- & post-workout meals, supporting the specific nutrient demands of a hockey game or practice

The Pre-season Hockey Program is open to youth and high school athletes!

SPACE IS LIMITED! TO SIGN-UP, CALL 507-266-9100

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



CALLING ALL MITES!

(players aged 4-9)

We are getting ready to drop the puck for the 2016-2017 Mite season! Each year we try to make our Mite program bigger and better and this year will be no different. We are always looking for ways to balance fun and skill development to get your child's hockey career started. Our season will start in the middle of October and go through early March. The Mite program will be hosting an outdoor hockey day in January. All players will be required to take part in pizza sales to help keep registration fees down. Please check the volunteer box during registration if you are interested in volunteering. We are looking for Mite board members, please email us through the Mite hockey website; and we will provide additional information. We have also made our website even easier to use this year and its compatible with some of the high end phones! We are also hosting a couple "Try hockey for free" dates listed below so please help us spread the word to keep our program growing. I look forward to another great season and all the fun that goes along with Mite hockey.

Thanks,
Lorne Hedin, Mite Director

Termites:

This year we will be adding a partnership with Rochester Figure Skating. The first two weeks of our season will be at OMC Sports Medicine and Athletic Performance doing basic dry land drills and skating drills on their synthetic ice. OMC offer excellent supervision in working with our young players. The next 5 weeks on the ice will be 1 hour sessions split with 30 minutes with the Rochester Figure skating and 30 minutes with the Rochester Mite hockey coaches. Players will work on basic skills and get a chance to play in mini games.

Supermites:

Our Supermite season will start on October 16 with our 4th annual draft party at the Wicked Moose. There will be a \$ 5.00 meal package, so leave the cooking to us. Players have loved having their names announced and on stage with their team and meet their coaches. Schedules for the first part of the season will be handed out at the draft party. We do our best to group teams by schools. We are also bringing back the All Star games where the players get to wear an All Star jersey for the game. The season will end with the Supermite jamboree which consists of four games over two days.

Optional Bonus Hockey:

Because of the success of last year, 10 bonus hockey sessions will be offered again this year. We hope to add goalies this season for both the Termite & Supermite sessions. This year we will be adding a cross ice tournament for our bonus ice groups. Bonus ice is typically on Sunday mornings and with a few week days possible.



Key Mite Dates:

Mite Online Registration opens 8/19/16

Try Hockey for Free Day for players new to hockey at the Rec Center 9/10/16 & 9/17/16 (with KROC)

In person Registration at Graham Arena (not necessary if you have registered and paid online already) 9/20/16 & 9/21/16

Termite jersey pickup at OMC Sports Medicine on 55th St NW 10/7/16 & 10/8/16

Termite season starts at OMC 10/10/16

Supermite Draft Party 10/16/16

Supermite season starts at OMC 10/24/16

Termite on ice season at Rec Center 10/29/16

Supermite on ice season starts at Graham Arena 10/29/16

RYHA will be hosting "Try Hockey for Free" days on Sept. 10th, 2016 & Sept. 17th, 2016, 10:00am to 12:00pm at the Rec Center.

KROC will be broadcasting LIVE on Sept. 17th

*Open to all youth, boys & girls, ages 4 to 9

*No equipment is required, equipment will be provided

www.ryha.pucksystems2.com





BECOMING A HOCKEY OFFICIAL

There are opportunities abound as players, coaches, and officials. Just seek proper advice and work hard to reach your goals! Consider developing as a hockey official an option! The younger you start, the more opportunities you open for yourself.

What are the steps involved in becoming an official?

Answer:

There are four main steps to becoming a USA Hockey Official:

1. Registration with USA Hockey and a local officiating seminar (typically run August – October) www.usahockey.com will be your primary source of information, the earlier you take a seminar the sooner you can officiate as a level 1 official
2. Local Seminar Attendance
3. Testing and online learning modules
4. Make contact with local officiating supervisor once you have received your USA Hockey officiating crest

All USA Hockey officials must complete an open book rules test. Level 1 officials will have an on ice lesson along with the classroom seminar (be prepared with your full officiating uniform). In addition, Levels 2, 3, and 4 officials must complete a closed book test administered at the seminar. Level 4 officials must also pass a skating test. For the 2016 season, Rochester officiating seminars are tentatively scheduled for **October 22nd for levels 1 – 3**. Additional seminars are offered throughout the state, All district and national registration fees must be paid, as appropriate, for your registration level. Many times the association you work for will reimburse the USA Hockey registration fee as long as you work 6 games for the association; this has been the case in Winona, Kasson, and many other MN associations. This is currently the policy for RYHA!

Being an official is a great way to earn extra cash throughout high school, college, and if you're lucky later in life, maybe even turning it into a career at the professional levels of hockey. With your hockey skills building, you are completely capable of doing this, if you have the drive and interest in doing so! Current pay rates for officials covered under USA Hockey in the Rochester area can range from \$25 - \$130 per game!

The supervisor of officials in Rochester, MN: Keegan Hakala rochrefs@gmail.com- Please direct all initial questions to Keegan! District 9 Supervisor of Officials: Ryan Swafford rss10@hotmail.com



2016-2017 REGISTRATION FEES

<u>LEVEL</u>	<u>REG FEE</u>	<u>LEVEL FEE</u>	<u>TOTAL</u>
Girls 14UA	450	425	875
Girls 14UB	450	300	750
Girls 12UA	325	425	750
Girls 12UB	325	375	700
Girls 10UA	275	400	675
Girls 10UB1	275	200	475
Girls 10UB2	275	100	375
SQAA	275	450	725
SQA	275	400	675
SQB	275	100	375
SQC	275	---	275
PWAA	325	425	750
PWA	325	425	750
PWB	325	375	700
PWC	325	125	450
BAN AA	450	425	875
BAN A	450	375	825
BAN B1	450	300	750
BAN B2	450	175	625

****RYHA REGISTRATION****

Log onto to www.ryha.net for more info!

Tuesday, September 20
and Wednesday, September 21
6-8pm in Graham Arena 3

**Late registration September 28th 6-7pm Graham Arena
Main Lobby**