



THANK YOU TO OUR 2016-2017 SPONSORS!

Be sure to thank all of our RYHA sponsors! We appreciate their support of youth hockey in Rochester!

Ahlstrom Plumbing
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SHANNON O'HARA FOUNDATION

SHANNON O'HARA



FOUNDATION.ORG

Shannon Cup Girls U12 and U10 tournament -
Jan. 27-29, 2017 at Graham Arena.
Shannon O'Hara Foundation gear on sale all
day Sat. Jan. 28!

Shannon O'Hara Foundation Scholarship Night -
Sat. February 4, 2017 - 7:15pm - Graham 4
Scholarships will be awarded on ice during the
JM vs. Century Boys Hockey game.

Jen O'Hara
President, Shannon O'Hara Foundation

BE SURE TO...

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



And follow us on Twitter:



@RochMNHockey



RYHA TOURNAMENTS GROWING EVERY YEAR

We are in full swing of hosting our RYHA Tournaments. We have already had a few of them and will pretty much run a tournament every weekend until the end of January. It is always fun to see different teams come every year, but also we do have our faithful associations that come to our tournaments every year. Since I have been doing the tournaments for four years we have been able to steadily get more teams. We ideally like to have 8 teams total to make up a good tournament, but if we can have more and, if it works out, we will definitely do it. This year we have been able to take on some more teams in some of our tournaments. This is great for the city of Rochester, but also for RYHA to expose other hockey families to Rochester and also our facilities. This year some of our weekends are jam packed with teams. Here is a breakdown of how many team we will have playing in Rochester on any given weekend:

In November, we had our U15 tournaments and hosted 16 teams that weekend. Next, we had Squirr A with 8 teams. Then Pee Wee B had 8 teams. Our Squirr B tournament will be the largest it has ever been and will host 16 teams this year. To follow that we will host a Youth Hockey Hub Pee Wee AA/A tournament that will see 24 teams playing in town. Another weekend for Bantam A will be 8 teams, with the following weekend 16 teams for Bantam B. We wrap up the year with 20 teams in town for U12 and U10 tournaments.

As you can see it is a busy time of year and, with all of these tournaments, we are always in need of volunteers. If you have a team playing in the tournament you are REQUIRED to volunteer to

work the tournament. So please sign up to help when you are asked. Also, for some of our larger tournaments we may ask the RYHA community to help volunteer if they are so inclined. RYHA really enjoys hosting these tournaments and we really appreciate all that our families do. We hope our families enjoy the tournaments and the teams that come to play in them as well.

See you at the rink!
Rob Cothorn
RYHA Tournament Director

NOVELTIES

~Attention all Amazon Shoppers~



You can now support RYHA while shopping!

Amazon Smile is an organization that will automatically donate 0.5% of your purchase on Amazon right back to RYHA.

Website: smile.amazon.com

Organization Name: Rochester Juvenile
Hockey Association



PIZZA SALES



We are half done with this year's pizza sale! The 2016 top ten sellers are:

1. Joshua Hanson
2. Dominic Troutman
3. Hunter Dee
4. Brody Josselyn
5. Sam Maier
6. Sam Schneckloth
7. Owen Nierman
8. Grant Rosin
9. Ethan Wiedrich
10. Damon Miller

GREAT JOB to all of RYHA for their participation and especially to our top sellers!

****Reminder****

Pizza pick up Jan 19th 11-6 at Graham Arena
We will need volunteers and we will have a sign up closer to the date. 2 hour time frames will be available. Thank you in advance!!

Dana Torgrimson
Pizza Chair
Email: ryhapizza@gmail.com

Mike Stark
Termite/Supermite Contact
mikestark28@hotmail.com

OUTDOOR SKATING!

The Rochester Park and Recreation outdoor skating rinks are tentatively scheduled to open on December 26th. Here is a list of the outdoor rinks that are for hockey:

Allendale Park
Manor Park
Lincolnshire Park
Viking Park
Northern Heights Park
Withers Sports Complex
Graham Park

Click on this link for special hours over Christmas break and more details on the rinks:
<http://www.rochestermn.gov/departments/parks-and-recreation/parks-trails/facilities-directory/outdoor-ice-rinks>



Lots of fun outdoor activities coming up! Check out FSN North for details on the MN Wild, MN Gophers and high school games. RYHA Outdoor Hockey Day is currently scheduled for January 7th. Stay tuned to Facebook for more info on this eventful day!



GROWING GOALIES

Since I have been doing the goalie stuff for about 3 years now, I get asked every year if the goalie numbers for RYHA is growing or shrinking. Well to be honest, neither. For the last three years RYHA has had around 40 goalies program wide for both boys and girls. Some years a few more, some years a few less.

Every year people tell me that we need more goalies and how can we “grow” more goalies. Well I wish I had a goalie seed that I could plant, water it, and “grow” goalies. Unfortunately there is not magic formula, but here are a few things we have done and a few suggestions. We have tried over the years to make sure that all goalies have above average equipment if they want it from our smallest goalies to our oldest goalies. We try to host as many goalie development classes during the season and the off season as we can. I remember when my second son was thinking about being a goalie. I had asked one of the goalie coaches what I should do, and he told me, “Have him keep skating, but bring him to these goalie classes with his older brother to try the goalie stuff. If at the end of the year he is still doing the goalie stuff, then you have a goalie”. Here we are five years later and he is still a goalie, so we were able to “grow” a goalie.

I also think we shouldn't shy away from promoting our most gifted skaters, shooters, puck handlers, and scorers to play the position. If we continue to promote putting kids in the net that aren't great skaters, guess what, we “grow” goalies that aren't very good at moving in the crease. The more we promote talented kids to play the position, more kids will want to play the position.

Lastly we need to develop our young goalies in their mental toughness. Goaltending is probably the most mentally demanding position in all of sports. Just as we harvest young goaltenders in their skills on the ice we need to do a better job of helping them understand the mental challenges that come with the position and what emotions to express when dealing with the position. They need to understand that letting up one bad goal, can't lead to a bad period, and then to a bad game. We need to constantly remind them about focusing on the next save. The tougher we can make our goalies mentally, I truly believe the better they will perform on the ice.

One of my favorite goalie quotes comes from Valdislav Tretiak, one of the all-time greatest goaltenders. He said, “There is no position in sports as noble as goaltending”. There is definitely nobility to the position. So how do we “grow” more goalies? We promote the nobility of the position above all others.

Thanks,

Rob Cothorn
RYHA Goalie Guy





RECREATION CENTER

The work on our LED interior lights was completed on December 7th. The project included the pool, north rink, south rink lights and exterior lights. The crew still has some exterior lights to complete.

As we move into the heart of our winter season, I would like to remind people of several things that come up every year that upsets staff and users. The locker room assignments are put into the scheduling system on Tuesday, stop on the following Tuesday and then the process is repeated. Yes, they can be redone but does anyone enjoy redoing work? Also, please remind your players to stop and check the Reach TV screen for their assigned locker room. One of the most common complaints we get are teams in locker rooms that were assigned to some other team. The usual result is it cascades down and some group that has a game later in the day pays the price for someone taking the wrong locker room earlier in the day.

The area in front of door #1, the sliding door, has always been a fire lane. We recently striped it as "no parking". The snow plow crews hate signs on poles because it's one more thing they have to maneuver around. That said, parking in the fire lane with a vehicle idling is a safety issue for all users. Kids have to walk in front or behind vehicles that block them from the view of other drivers trying to leave. Idling vehicles all produce carbon monoxide that can enter the building through the front doors. We are very serious about indoor air quality. Please for the safety of all users, do not park in the "no parking" zone.

We recently received notice that we were awarded \$45,000 through the James Metzen Mighty Ducks Grant. This money will allow us to upgrade to an electric Zamboni instead of propane. We have some final paper work to submit which we should have completed by the end of the month.

Ed Staiert
Recreation Center Manager

RYHA USED EQUIPMENT SWAP



RYHA has started a Facebook group page specifically dedicated to helping you connect to get rid of your used equipment. Hopefully it will also help many find equipment they need at reasonable prices. Check it out on Facebook. Search for "RYHA Used Equipment Swap".



GRAHAM ARENA COMPLEX INFO

- ☆ The microphones for all four arenas will be held in the Graham Arena One office on a rack next to the locker room keys. Please return the microphone after you use it. If the microphones are left out in the cold, they will not work. The sound system controls are monitored and adjusted on the office computer. If you have issues, please check your device first, as all sound systems should be locked in now with the proper volume settings.
- ☆ The Graham Arena One shooting range and the Graham Arena Four track are closed when we have a high school game in progress. The HS games are ticketed events and only those with a ticket are allowed in those arenas. Players and coaches should check the HS game schedule before planning to use those areas. HS games are on Tuesdays, Thursdays, and Saturdays. Please plan ahead.
- ☆ Coaches and team managers should submit by e-mail your Graham Arena game schedule with your team name, date and time of your game, the arena, and your opponent. If you send this to bmontrose@rochestermn.gov, we will have your game posted on the scrolling screen. Please send your schedule as far in advance as you can and not just the day before.
- ☆ Just a friendly reminder that if you park on the drop off curve or on the road (not curbside parking) that you might be ticked and/or towed. Because of increase events in the fairgrounds buildings the Rochester police department are patrolling the grounds more frequently and will not allow improper parking to become an issue. They have stated that they will ticket cars and even tow cars that blocking roads. It's your choice so please be wise when parking.
- ☆ Parents and coaches ... please control your children and players while at the Graham Arena Complex. We have some kids being dropped off hours in advance of their practice times and quite a few kids who use the arena complex as their playground without rules. Keep in mind that we have both local and out-of-town guests, and our kids can impact their experience while at the arena. Have fun and enjoy your time, but please use common sense, and please let your kids know that indoor behavior similar to what is expected in other venues (movie theatres, schools, etc.) is expected here too.



OLMSTED MEDICAL CENTER SPORTS MEDICINE AND ATHLETIC PERFORMANCE

We recently wrapped up our third season of training with the Termites and Super Mites. We are seeing great results that are carrying over to the ice for these athletes. All of the players worked hard and had a lot of fun. Even though athletes are well into their hockey schedules, training doesn't stop for the season. If you are looking to train throughout the year, please check out our website to find options to continue to develop their skating technique. Click on our link, listed, for our next five programs for Super Mites and Learn to Skate through March 2017.

<https://clients.mindbodyonline.com/classic/admhome?stuid=42872>

Training will continue throughout the year and it is not too early to check out options for the off season. OMC offers a wide range of sports specific programs, including our summer camps. If you are having trouble finding a program that fits your schedule, please call as it would be our pleasure to help find a program to fit your needs.

Other programs available:

*Hockey Standard Program (Athletes must be at or above the Youth Hockey Association skill level of Squirt (boys) or 10U (girls))

*Adult Novice (call to schedule)

**Keep your eye out for our Summer Camp registration and information that will be coming out soon.

To register for programs please call 507-535-1977 or visit our website:

<http://www.olmstedmedicalcenter.org>

MAYO CLINIC

SPORTS MEDICINE CENTER: 5 quick ways to keep your body feeling great through the long hockey season:

1. Consistently sleeping between 7-9 hours/night
2. Drinking your body weight (kg) in ounces of water each day, increasing your intake post exercise to replace sweat loss (16oz/per pound lost during exercise)
3. Eating well balanced meals (carbs, fats, proteins) and snacks throughout the day
4. Recover properly after games/practices as well as on off days with foam rolling, light aerobic activity, and mobility exercises
5. Maintaining a strength exercise regimen to maintain current strength levels

Mayo Clinic Sports Medicine Performance Coaches supports all athletes through this model and are available to help you learn how to manage your REST, stay HYDRATED, enhance your NUTRITION, MAINTAIN your strength, and RECOVER properly during the season.

Athletes can also take advantage of our synthetic ice and skating treadmill to improve their shooting mechanics, accuracy, and velocity as well as their skating stride to become more efficient and explosive skaters.

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