



ANNUAL MEETING OF ASSOCIATION MEMBERS ELECTION

Are you looking to get more involved in RYHA? The following positions are up for election at the Annual Membership meeting to be held Thursday, April 13th at the Graham Arena Lobby from 6:00-7:00 pm:

- 1) President-Elect
- 2) Secretary
- 3) Treasurer
- 4) Minnesota Hockey Representative

Questions regarding these positions may be addressed to President-Elect Tom Graham at tgraham@charter.com or Past-President Todd Huyber at psihuyber@aol.com

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".

SHANNON O'HARA FOUNDATION



Congratulations to the 2017 Shannon O'Hara Memorial Scholarship Recipients:



Samantha Jones (JM), Paige Anglin (Mayo), Maddie Leave (Century) and John Schmitz (Century)

Thanks to all who support the SOF. Our next event is the MGG Swings for Shannon golf tournament on July 17th. Visit shannonoharafoundation.org for details.

Jen O'Hara
President, Shannon O'Hara Foundation



MITES

Well we just put another great season in the rear view mirror! We started our season in the middle of October and made it through to the beginning of March!

This year our Termite and SuperMite teams were able to experience going to Olmsted Medical Center- Sports Medicine & Athletic Performance for some great training from dryland, to synthetic ice and some treadmill sessions headed up by Steve Nelson and Mike Aikens.

This fall we also brought in the Rochester Figure Skating team of coaches to work with our Termites for a couple weeks to help them with some basic skating skills to advance our Termites even more. We were able to get lots of good feedback from RFS and OMC for our program to use for our following season.

Mother Nature finally allowed us to get in our 7th annual Outdoor Hockey Day. We had some great games and our attendance was once again was awesome. We had all of our Mite teams and our Squirt B & C teams on the outdoor ice to provide a full day of outdoor hockey.

At the end of our season, we celebrated with Termite and SuperMite Jamborees. All of our Mites received a cool trophy for all their hard work and efforts this past season.

I really can't say enough about all of our awesome Mite hockey coaches for of all their time, effort and high energy that they bring each and every time they hit the ice to help teach our young hockey players. I also want to thank all of our awesome volunteers; without them, we wouldn't have had such a successful season.

I also want to let all of you know that this is my last season of being Mite Director. It's been a really fun 5 years. I have met so many great people and have so many great memories that I am going to walk away with. Robb Wiedrich will take over the position. He comes to us with a great hockey background and passion for teaching and coaching the game of hockey. Robb has aligned himself with a great team, who will grow our program to an all new level.

I look forward to seeing all of you at the rink and let's go Rochester Youth Hockey!

Thanks
Lorne Hedin

BOOSTERS

We are in need of the following volunteers for the 2017-2018 Hockey Season:

1. Picture Parent/s to work with Lin-Hoff Photography for all of the team photos. You would work with the current Picture Coordinator to learn this year and the following year would be on your own.
2. Three to four Pizza Coordinators to organize pizza sales, starting with planning phase in July/August through pizza delivery; more hands make less work. Please consider volunteering. We are working on designating jobs to help the pizza sales process.
3. If you are interested in helping with Spirit Wear and sales, please let us know.

Kara Kleinschmidt
RYHA Booster Representative
klk5861@hotmail.com
507-993-3015



THE LAST 12 YEARS

My oldest son is leaving RYHA to move onto his high school chapter of hockey next year. Over the last 12 years, I have spent numerous hours in a rink and for the last 7 of those years, I have been a goalie dad. Based on my experiences, I decided to share some goalie parent advice:

- 1) Every goalie wants a shut out every game if possible, you don't need to remind them right before the game to get a shut-out.
- 2) Trust me...they don't want to let the puck go in either. When they get scored on, you don't need to tell them from the stands or bench that they just got scored on.
- 3) No hand signals, gestures, sounds or any other body movement during a game to try and fix what they are doing wrong.
- 4) At some point in their youth career they will likely share a net and there's a good chance that they will be pulled at some point. It's not the coach's fault or the goalie's fault...it is part of the position.
- 5) Record their games for them to view. Video review is great for a goalie to see what they are doing, both good and bad.
- 6) Sit wherever you want during a game. Some goalie parents try to avoid sitting by other parents in case their player is having a bad game, to avoid some possible comments. If the other parents aren't happy then have their kids throw on the pads.
- 7) Skate, skate, skate...Don't limit your goalie player's opportunity to skate. The best skaters make great goalies. Skating is a critical part of playing goalie.
- 8) Read as much as you can about the position. Anything you learn about goalies could help them improve.
- 9) Have your younger goalies watch older goalies and see what their routines, movements, and game strategy are.
- 10) Support, support, support...love them after every game no matter the outcome!

Good luck to all of the Bantams who are moving onto high school next year. It has been fun to watch you progress this last decade. Max, thank you so much for all of the memories!!
Love, Dad!

Thanks
Rob "Goalie Guy" Cothorn

ANOTHER YEAR DONE

We have successfully completed another year of tournaments for RYHA, and what a fun year it was. Once again we hosted more teams this year than we ever had in the past. We had 126 teams playing throughout the winter which roughly means over 2,000 hockey players making their way through Graham Arena throughout the season. All of this is impossible without great parent volunteers. I can't thank everyone enough who, at some point and time, helped out volunteering with the RYHA tournaments. They only succeed because of parents that make it run. If you would like to get more involved in the tournaments next year, please shoot me an e-mail at robertcothorn@yahoo.com as I am always looking for eager parents that want to help. Good luck in your off season hockey and I look forward to seeing everyone at the rink next year.

Rob Cothorn
RYHA Tournament Director



GRAHAM ARENA COMPLEX SPRING, SUMMER AND FALL HOCKEY OPPORTUNITIES!

- ☆ Youth Open Hockey schedules are available on the RYHA website under the "open hockey" tab. Open Hockey will run from April 1st – July 1st.
- ☆ The Rochester Spring Hockey League is filling fast! Visit www.grahamarena.com for RSHL info.
- ☆ Summer Hockey Camp Sessions at Graham Arena:
 - ✓ Peak Performance Hockey Camps All Day Skills Camp June 19th – 23rd
www.peakhockey.com
 - ✓ Shoot to Score Offensive Skills Camp September 14th – 17th
www.peakhockey.com
 - ✓ The Complete Defenseman Camp September 21st – 24th
www.peakhockey.com
 - ✓ Fall Skills & Drills Tryout Preparation Camp September 8th – 24th
www.peakhockey.com
 - ✓ Laura Stamm Power Skating Clinic June 9th - 11th
www.power-skating.net
- ☆ Camps are open to both boys and girls ages 7 – 14.
- ☆ Camp information/registration can be found at www.peakhockey.com or call 358-8991
- ☆ All camps fill on a first come basis.

MAYO CLINIC SPORTS MEDICINE CENTER: MINDSET TOWARDS THE OFFSEASON

It's important to take time off after the season. This is a great time to take up other sports you enjoy or have wanted to try. This period is known as a recovery period, both for your mind and body and can last anywhere from 1-3 weeks. You don't have to lose the aerobic base you've built-up during the hockey season, but use this period to actively recover. Whether you have taken up another sport or you prefer biking and running; perform longer and slower distances but keep the pace moderate, approximately 75 percent for 20 minutes or more, 2-3 times a week to maintain your current aerobic levels.

Once your recovery period is complete, it will be important to start building your base strength and conditioning foundation. Mayo Clinic Sports Medicine Post-Season Hockey Performance Training can help you build that foundation.

The offseason is also a great opportunity to build a solid nutritional 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.

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

"A lot of things drive me. What it comes down to is that I want to be the best."

-Patrick Kane



RECREATION CENTER

We had our final meeting about the replacement of the Recreation Center's refrigeration system on March 7th. The current timeline has the rinks down from April 24th until late July or early August. You may see the south rink ice in after April 24th if you come into the Rec Center. Our rinks are sand floors and this will allow the contractors to take the old system out across the ice and also bring in any new equipment without damaging the pipes. Once that is complete, the ice will come out on the south rink. This is the last phase of the energy improvements here at the Recreation Center. We hope to start booking ice again in August.

Ed Staiert
Recreation Center Manager

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

REFLECTIONS ON A YOUTH HOCKEY CAREER

From the first time I "laced 'em up" to the final buzzer of my youth hockey career, so many great moments have happened with teammates I will never forget. Snowmobiling at the defenseman's house, pond hockey with whoever would brave the wind chill, and serving cancer patients supper, are only a few examples of the relationship and character building moments that the great game of hockey provides. As Herb Brooks once said, "great moments are born from great opportunity" and that is exactly what the game of hockey has provided for me- great moments and great opportunity. My favorite memory from Termites has to be the Gatorade the parents brought in or chasing teammates in cops and robbers. I can remember during Squirts that I couldn't wait until Wednesday night, as that was the night a new captain was chosen to shake the ref's hand and thank him for taking the time to ref the game. And, of course, the goals throughout Peewees were extra special because we started to lift the puck and celebrate as a team. And that is what hockey is all about- the team. This was a preview of what school, family, and life is like. Going into a challenge together, and no matter what happens in the middle, always coming out together with our head held high, proud of what we accomplished. We never won any state championships or even skated with Edina's top line, but I can tell you that we, as a team, gave it all we had and I believe that in itself was success. I want to say thank you to all the players, parents, and coaches that made the experience possible, and I wish all the incoming players the best of luck!

Noah Jacobson
RYHA 2nd Year Bantam



OLMSTED MEDICAL CENTER SPORTS MEDICINE AND ATHLETIC PERFORMANCE

Off ice hockey training is becoming more popular among youth players in recent years but many players of all ages still ignore this critical aspect of hockey development. Elite players have always done off-ice training, as they and their coaches understand the benefits that dryland training can have on the ice. Dryland training improves muscular endurance, speed, power and agility, without the need for ice time.

Dryland training gives you an opportunity to work on critical areas of your game even when you're not on the ice. Dryland training like running and plyometrics help you build speed, endurance, power and agility, any time of year, whether you have access to ice or not. Sticking to an off-ice routine will make you more disciplined during your on-ice training. Dedicated training is important at any level if a player wants to improve, and for any player that wants to reach the top of their game, dryland training is an absolute must.

Summer Programs and Hockey Summer Camp are listed on our scheduling page:

<https://clients.mindbodyonline.com/classic/ad/mhome?studioid=42872>

Summer camp programs include:

Hockey Summer Camp (June 19 - August 11)

Hockey Select Training (June 5 - August 11)

Summer hockey room only programs include:

Learn to Skate Stride Program

Super Mite Rising Star

Hockey Standard

Adult Novice

One on One

Adult Novice/Parent and Athlete Skate (not listed call for more information)

**Register for Hockey summer camp now through March 15th and receive 15% discount off your registration

**Register for Hockey summer camp March 16th through March 31st receive 10% discount off your registration

****NEW THIS SUMMER:** Summer membership program is available for designated programs that feature flexible scheduling during the week. Call for more information.

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

<http://www.olmstedmedicalcenter.org>