



ROCHESTER YOUTH HOCKEY BOARD OF DIRECTORS 2017-18

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ROCHESTER YOUTH HOCKEY COMMITTEE HEADS 2017-18

Pizza Fundraiser.....Janell Rosin
 Novelties.....Dana Torgrimson
 Recruitment.....Pilar Gibson
 Goalie Coordinator.....Rob Cothorn
 Webmaster.....Jeremy McJunkin
 Newsletter.....Shannon Weick
 Picture Coordinators.....Jamie Patrick,
 Brandi Dahl, Jessica Smith

TEAM SPONSORSHIPS AND GRAHAM ARENA ADVERTISING

There are still a few openings for team sponsorships this season. Please let us know if you or your employer are interested in supporting your son's or daughter's team. 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. Email rochestermnyouthhockey@gmail.com with any questions or requests regarding sponsorships or advertising.

Help wanted: Advertising and Sponsorship Representative. There is a need to fill this position for next season. Current representative is willing to work with and mentor anyone interested in taking on this role. Email Kasey at rochestermnyouthhockey@gmail.com

TRYOUT START DATES

Bantams October 1
 Peewees October 6
 Squirt A October 15
 Squirt B October 24
 Girls U10 October 26

An email will be sent with tryout dates, times and location the week prior to the first day of tryouts.



RYHA MITE SEASON HAS KICKED OFF!

Our Mite season kicked off with the SuperMite draft on September 24th and our Termite season kicked off on September 29th at OMC! This should be another exciting year as we look for ways to balance fun and skill development to get your child's hockey career started. Our off ice season will start October 7th and 8th for Termites and October 14th and 15th for SuperMites. These will be our first OMC sessions and they will run throughout the season. The Mite program will once again be hosting an outdoor hockey day on January 20th, which is also Hockey Day in Minnesota. Look for more information on this event as we approach the new year. A reminder that all players will be required to take part in pizza sales to help keep registration fees down. Please check with your coach if you are interested in volunteering. Parents should continue to look forward to another great season and all the fun that goes along with Mite hockey.

Robb Wiedrich
Mite Hockey Coordinator

RECREATION CENTER NEWS

Our new electric Zamboni arrived on September 27th. As soon as we get the charging system wired and get the dump tank stops installed, we hope to put the new ice resurfacer into service. I am guessing the biggest change you will notice is how quiet it is compared to a propane powered machine. We chose to go to electric to do everything we could to improve indoor air quality.

Caryn Rooney is a new employee at the Recreation Center. I've included her bio below:

I grew up in Rochester Hills, Michigan and played hockey for over 20 years throughout the US and Canada. Previously lived and worked in both Tennessee and Texas, managing multi-sport facilities for over 15 years. In Tennessee, I worked as a manager at A Game Sportsplex. A Game was a 200,000 sq. ft. facility which hosted basketball, volleyball, hockey and figure skating events. After relocating to Texas, I became a facility manager at Nytex Sports Centre, in which I oversaw front desk operations, coordinated both youth and adult hockey leagues, assisted in the operations of our 2 junior teams and opened a fan apparel/souvenir shop within the building. I am relocating to Rochester, Minnesota with my husband and 2 kids, ages 19 and 4.

Ed Staiert
Recreation Center Manager



GRAHAM ARENA NEWS

To ensure that your experience at the arena complex is a positive one, please keep the following tips in mind:

- ✓ Your safety is our number one priority. If you see something throughout the arenas that looks like it needs attention, please let a staff member know about it right away.
- ✓ Keep an eye on your kids. Just dropping them off at the arena and letting them go can lead to mischief so please explain indoor courtesy to them and let them know that playing is reserved for on the ice and in designated areas only and not throughout the lobby and bleacher areas. Kids running wild is our number one complaint.
- ✓ No ball or puck shooting or stickhandling in the lobby or locker rooms. Signs are everywhere so please help steer kids to the Arena One shooting range for this activity.
- ✓ Leave your valuables (phones and money) in your car or at home. We do not have cameras in the locker rooms, but we do have thieves there and they will strike if you give them a reason to do so. It is your responsibility to not leave valuables sitting out. Locker room keys are available and hanging up in the Arena One office for you to use if you would like to.

- ✓ RYHA ... the Graham Arena Complex is your home ice so please help to take care of it. We won't ask you to pick up after others, but please pick up after yourself. If everyone does their job the arena complex will look clean and fresh and everyone will feel great about calling it their home.
- ✓ Please park in a designated parking spot and not along the fire lane curbs and in the main entrance drop off area curve. Our partners at Olmsted County have already informed us that the police will issue parking tickets and may even tow vehicles that are illegally parked. Fair warning ... park smart.
- ✓ Open hockey schedules for both youth players and high school players can be found on the RYHA website under the "open hockey" tab. We try to schedule as many sessions as we can and all open hockey is based on what ice we have open after our reservations are complete. The cost for kids to play is just \$4 and adults are \$5.
- ✓ If you have questions, comments, or concerns please call me (Bob Montrose) at 507-358-8991 or e-mail at bmontrose@rochestermn.gov and I will be happy to assist you.

Have a great time at the Graham Arena Complex!

Bob Montrose
Graham Arena Manager



BOOSTERS

Pizza News

Pizza Parent meeting will be Monday, November 13th--time and place TBD, so stay tuned. Pizza Sales start Friday, November 17th and end Tuesday, December 5th. All orders will need to be turned into your Pizza Parent by Wednesday, December 6th. Pizza Parents will need to come to Graham Arena on December 7th or 8th to turn in all orders and money. Pizza Delivery is Wednesday, January 17th, 2018.

For any pizza sales related questions please contact:

Janelle Rosin

ryhapizza@gmail.com

Novelty Sales

Novelty Sales will be held at the Graham during the season this year. Current sale dates are:

1. Sunday, October 8th from 3-5
Graham Lobby
2. Sunday, October 22nd from 3-5
Graham Lobby
3. Sunday, October 29th from 3-5
Graham Lobby

Please check the website, as well as Facebook, for dates later in the season.

Just a reminder Booster Bucks can be used on the entire store at Shoot and Save. Jackets, pants and garment bags are in stock there as well.

RYHA has approved the team apparel options and would like to continue to have all teams look the same (the ONLY

exceptions are the VFW teams). Coaches/Managers will need to make sure your team is at one of the fitting dates. Please note the orders will take 2-3 weeks after your order is place. Please bring your order form with top portion filled out. All payments (checks, cash or debit/credit card), will be required at the time you order. We will offer TEAM fittings for team apparel the following dates and times:

1. Sunday, October 15th from 3-5
Graham Lobby
2. Sunday, October 22nd from 3-5
Graham Lobby
3. Sunday, October 29th from 3-5
Graham Lobby

***All Novelties will also be for sale during these dates and times. If you have any questions please contact Kara Kleinschmidt kk5861@hotmail.com or Dana Torgimson dana19@me.com

Kara Kleinschmidt
Booster Director

ATTENTION COACHES!

Coaches and those interested in coaching for the 2017-2018 season you must complete all required education and training prior to helping on the ice, being on the bench or being in the locker room. The 2017-2018 coaching requirements, directions for completion, and due dates are located on the RYHA Coaches page here: <http://ryha.pucksystems2.com/page/how/1625-coaches-corner>



ROCHESTER HOME HOCKEY TOURNAMENTS

Rochester will be hosting 10 home tournaments this year. Below are the dates and levels of those tournaments:

- Squirt A – 12/1/17
- Pee Wee B – 12/8/17
- Squirt B – 12/15/17
- Pee Wee AA and Pee Wee A – 1/5/18
– Hosted by Youth Hockey Hub
- Bantam A – 1/12/18
- Bantam B1 and Bantam B2 – 1/19/18
- U12B, U10A, and U10B – 1/26/18

Every family is expected to volunteer at least 5 hours throughout their tournament weekend to help the tournament be a success. I look forward to another exciting year of RYHA tournaments and good luck to all of the Rochester teams!

Rob Cothorn
RYHA Tournament Director

RYHA USED EQUIPMENT SWAP



This is a great time of year to get rid of old/too small equipment and search for something new to you. Check us out on Facebook. Search for "RYHA Used Equipment Swap".

SHANNON O'HARA



FOUNDATION.ORG

The Shannon O'Hara Foundation is looking forward to another year of Rochester hockey! The SOF will have merchandise for sale at these upcoming events, culminating with scholarship night on Thursday, February 8th. To learn more about the foundation or to find the scholarship application, visit: shannonoharafoundation.org.

SOF at HS girls hockey days:

Thursday, November 16
Rec Center
Century vs. East 5:30pm
JM vs. Mayo 7:30pm

Thursday, December 21
Graham Arena
JM vs. Owatonna 5:30pm
Lourdes vs. Eden Prairie 7:30pm

Shannon Cup Girls Tournament Weekend:

January 26-28, 2018
12B - 8 teams
10A - 4 teams
10B - 8 teams

Scholarship night:

Thursday, February 8
Graham Arena
JM vs. Mayo Boys Hockey 7:15pm
Lourdes vs. Farmington Boys Hockey 7:00



Mayo Clinic Sports Medicine knows that the hockey season can be hard on your mind and body. Check out our helpful tips to keep you feeling strong and healthy all season long, from the drop of the puck to the final buzzer!



MINDSET – Prepare for It!
(Set S.M.A.R.T Goals – Specific, Measurable, Attainable, Realistic, and Time Bound)

NUTRITION – Fuel for It!
(Eat a light snack before games and practices)

MOVEMENT – Train for It!
(Pick bodyweight exercises and make a circuit for a quick total body workout)

RECOVERY – Rest for It!
(Foam roll and stick to a consistent sleep schedule)

Get your FREE PLAY BOOK [here!](#)

To learn more, visit SportsMedicine.MayoClinic.org or call us at 507-266-9100



WILD TICKETS

Minnesota Wild group tickets are again available for sale to RYHA families on a first come, first served basis. Games available this season:

Pittsburgh Penguins October 28th 7pm \$66.25
Chicago Blackhawks February 10th 7pm \$66.25
Edmonton Oilers April 2nd 7pm \$36.25

Email Shannon at weick4@charter.net to purchase.

BE SURE TO...

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



And follow us on Twitter:



@RochMNHockey



The popularity of strength training during the off-season increases every year among hockey players. The weight room becomes the priority for every young player to increase their performance and get ready for the next season. Ultimately, the vast majority of players arrive ready for tryouts, as well as the physical tests, for the upcoming season. But as soon as the regular season begins, we start to notice a problem. Athletes who abandon training as soon as the season starts can lead to a strength loss of 55 to 100% compared to their last summer testing.

Why should we train during hockey season?

- Maintain muscle mass gained during the off-season.
- Maintain or improve body composition (% of body fat).
- Decrease the risk of injuries.
- Maintain overall strength.

Planning for training during the season depends on several factors to consider.

- Practicing our sport will not be sufficient to increase or even maintain muscle mass and strength during the season if we do not add strength training sessions.

- The more an athlete practices an endurance sport or aerobic training, the more he will need resistance training to compensate for the loss of muscle mass and strength. Therefore, these athletes will require a bigger frequency of resistance training than those who do not practice an endurance sport.

- On the other hand, too much resistance training with too high a volume is not better either because it could cause a reduction in strength and muscle mass (overtraining). Hence the middle ground (or "sweet spot").

What are the recommendations?

During the hockey season, it is important to plan the workouts around the athlete's schedule in order to not diminish performance during competition. Monday should be a day off since the majority of the games take place between Friday and Sunday. Tuesday and Wednesday would be the most favorable days for strength training sessions of 30 to 45 minutes maximum in order to allow the athlete to recover before the weekend. If a third training day is desired, it could be after the last game on the weekend.

OMC-Sports Medicine & Athletic Performance
Ph:507-535-1977
e-mail: omcsm@olmmed.org



GIRLS –TRY HOCKEY FOR FREE NIGHT **Saturday, OCT. 7 4:00 –5:30 REC CENTER**

NEW TO HOCKEY: This is a great opportunity to experience what hockey is like! All equipment and skates will be provided for you to use. There will be local coaches and high school players on the ice to help!

CURRENTLY REGISTERED girls in the **TERMITE PROGRAM** will also be sharing the ice during this time so it is the perfect opportunity to bring a friend along to experience the fun you have while playing hockey.



Please send an email to RYHAgirls@gmail.com to let us know you are interested in attending.

ALREADY REGISTERED TO PLAY THIS YEAR? Bring a friend that is interested in trying hockey and skate with them during the **TRY HOCKEY FOR FREE** session, then stick around to participate in the **CROSS ICE KICKOFF**.

CROSS ICE KICKOFF

CROSS ICE KICKOFF is from 5:30 –6:30 (North Rink) immediately following the try hockey for free session. This will provide an opportunity for currently registered players in the **SUPERMITE, U10, & U12 PROGRAMS** to have some fun playing in a cross ice format. This is an informal optional time for players to get together and have some fun to start the season and celebrate Girl's Hockey!

This event coincides with:

IIHF WORLDS HOCKEY GIRL'S HOCKEY WEEKEND

October 7-8, 2017.

Help us build awareness, celebrate your current players, and grow participation in girl's hockey

SPECIAL GUEST APPEARANCES:



KATIE FRISCHMANN
Century HS Grad
U o f M Golden Gopher
Current Minnesota Whitecaps



HANNAH HUGHES
Lourdes HS Grad
Current USA Natl Sled Hockey



GOALIES

I thought instead of me trying to share some good tryout information with you, I would let an expert do it. Here is a great article. Good luck to all goalies during tryouts.

Rob Cothorn
RYHA Goalie Guy

A Winning Tryout Mentality

By Justin Johnson, USA Hockey's Minnesota District Associate Goalie Coach-In-Chief, 09/25/12,
7:00PM CDT

TRYOUT TIPS FOR GOALIES

Coach Justin Johnson working with a goalie at Minnesota Hockey's Dave Peterson Reebok High Performance Goalie Camp in Blaine.

Below are a couple of thoughts on how to avoid some of the pitfalls goaltenders set up for themselves.

Make no mistake your ultimate goal is to play at or near your peak.

This may seem like a no-brainer but goaltenders often lose sight of this goal by focusing on irrelevant information which can prove to be very distracting and quite harmful. Examples of such irrelevant circumstances are the political games that surround the team or judges, favoritism, or even poor evaluation criteria or drills.

Each of these scenarios has stolen the attention of many quality goaltenders during tryouts. This means if they are focusing on those obstacles they aren't focusing on playing at their peak.

In order to play at or near your peak it is imperative that you focus on what you have complete control over.

Remember you do not have complete control over what team you make, because it is a coaches/judges decision. You can certainly influence what team you make by playing well or playing poorly, but you ultimately do not have control.

So again your goal is to play at peak, not to impress the coaches. If you focus on what it takes for you to play at peak; impressing the coaches or judges may result.

In addition to focusing on what helps you play at or near peak, below are three important ingredients to a winning try-out mentality.



First, Have Realistic Expectations.

Goaltenders can hurt their own performance when they think that they should or must stop every shot, or they shouldn't have to deal with things that go the other team's way. I have found that the more unrealistic the expectations the more intense the frustration.

Having unrealistic expectations sets us up to be unprepared for what is most likely to occur therefore, putting us at a disadvantage when events unfold that are out of alignment with what we thought would happen. So have high expectations of playing well, but don't set yourself up for frustration by demanding shut-outs every time you step on the ice.

Second, Focus on Actions Rather than Results.

Actions are items like movement, angles, save selection, depth, and playing or clearing pucks. In tryout situations goalies often focus on results (something you don't have complete control over), thinking that the fewer goals allowed the better team you will make. What is more likely is that the goaltender with the most refined actions (something you have complete control over), stops the majority of pucks. Thus accurately displaying the skills they worked hard on in the off-season to refine.

Third, Exhibit Emotional Flexibility.

Prolonged tryouts or training camps can come with ups and downs. There can be moments of excitement as well as despair or frustration. Because of these paradoxical moments goalies are forced to deal with these ups and downs with poise and with grace.

Doing this requires the capacity to be flexible and not allowing one's emotions to get too high or too low. A great day doesn't mean you've made the team just as much as a poor day doesn't leave you out of the running.

During the tryout season set yourself up for success by developing a winning tryout mentality. Focus on the actions that will get you the results you seek. Set realistic expectations, be emotionally flexible, and most importantly if it doesn't have to do with you playing at or near peak, then it doesn't deserve your attention.



CHECK THIS OUT FROM THE ROCHESTER ICE HAWKS:

The poster features a black silhouette of a person saluting against a blurred background of the American flag. Text is overlaid on the image in various colors and fonts.

~Military Jersey Auction
~Honor Guard
~Flag Display
~Toy Toss

Free Entry for Military & Veterans
(w/ proper I.D.)

Rochester Ice Hawks
Military 11/11/17 - 7:05pm
Appreciation
Rec Center **Game**

All raised funds go to the SE MN Youth Hockey Military Scholarship