



## POST SEASON RESULTS

RYHA teams had a fantastic year! 6 teams were fortunate enough to earn bids to Region tournaments. Please read on for updates from their teams.

### PEEWEE B1 BLACK

The Rochester Peewee B1 team went 3-1 in the D9 District tournament and took home 3<sup>rd</sup> place earning a bid in the Regional tournament. Rochester Peewee B1 Black 1<sup>st</sup> round game had us going against Farmington (which ended up finishing second place in the state tournament) on Friday, which was the number 1 seed in the tournament from D8. Rochester Black had the dreaded two goal lead mid-way through the third period and eventually it went Farmington's way. Rochester ended winning the next two games on Saturday against New Ulm and Woodbury. Sunday morning Rochester Black played Rochester Red for the right to play in the 3<sup>rd</sup> place game. Rochester Red came out strong and finished strong winning the game ending Black's season. The Rochester Peewee B1 Black team was made up of Century and Lourdes players which included 12 first year Peewee players and 4 second year Peewee players. Rochester Black also kept up with their academics and ended up with 3.50 GPA. The Rochester Peewee division flexed its muscle this year having strong teams from AA-B2 and sent three teams to Regions!

Rochester Peewee B1 accomplishments:

Mason City, IA	1 <sup>ST</sup> Place
Rochester District 9	2 <sup>nd</sup> Place Gold Division
Regions	3 <sup>rd</sup> Place
Elk River	4 <sup>th</sup> Place
Winona	4 <sup>th</sup> Place
D9	Consolation Champs
Record	Western Division Champion 35-13-2

### PEEWEE B1 RED

The bid to Regions for Rochester Peewee B Red started with the team playing in the District championship game against strong rival Winona. Although they came close, they took 2<sup>nd</sup> in Districts, but it was enough to advance to Regions. Safe to say, most of these boys had never made it to Regions and knew it was something special. They get t-shirts-that say Region Qualifier! More importantly, they had to really pull together as a team and play hard. And play hard they did. They beat a tough New Ulm team to advance in the winner bracket. Then, there was the game against our own Rochester Peewee B Black. No one wanted this to happen. The teams had managed to avoid this match-up so far. It was a bitter sweet win. Most of these boys on both teams are longtime friends and have played together for many years. Then it was a showdown with Lakeville South for the final bid to State. Although the boys did not make it to State, they were all proud to say they were 3<sup>rd</sup> in the Region. Through shared practices with Peewee B Black, to ladders and a fun parent/kid scrimmage, special memories were made. Many laughs were had on the bench and every kid more than once heard "stop the toe drag". If you asked anyone on this team, they will say it was a fun season. And that's what it is all about.

Moorhead	4 <sup>th</sup> Place
Rochester	3 <sup>rd</sup> Place in Gold Division
Walker	3 <sup>rd</sup> Place
Districts	2 <sup>nd</sup> Place
Regions	3 <sup>rd</sup> Place
Record	25-14-2



## **BANTAM B1 RED**

The Bantam B1 Red –Cowboy Jacks (BB1RCJ) team punched their ticket to Regions as a #2 seed. The team battled game in and game out, winning their first game 3-2 against the #1 seed District 4, Worthington. Strong D, tough goaltending and solid play contributed to the team's win! The second game brought the sixth ranked team in State, Hastings to BB1RCJ....Hastings jumped out to 4-0 lead in the first seven minutes of the first period. From that point on the team pulled together to hold off the high powered offense but could not light the lamp. Final score 5-0 Hastings. With their back pinned to the wall, the team needed to run the rest of the games. Next up was Redwood Falls which BB1RCJ disposed of 4-1! Confidence was building. Now facing another state ranked team, Woodbury Royal, our team found themselves down 4-0 in the first. The team held strong and took control from then on but could not find the back of the net. The between period talk focused on "for the team- for the Rochester community"...Wow, who would have known...our boys came and pumped in four unanswered goals in the third forcing OT! Parents were lighting up Facebook. Two minutes-16 seconds, BB1RCJ completed the miracle comeback with relentless domination of OT, forcing the Woodbury defenseman to relinquish the puck only to have it buried to the back of their net! The final game and the ticket to State matched us up with our familiar foe...Hastings. Again, we found ourselves down 2-0 in the first, but battled back in the second to cut the lead to 2-1. BB1RCJ had the momentum

being fed by our goaltending and neutral zone trap...however as time ticked away, we found ourselves on the short side and Hastings added an empty netter for the 3-1 win. The boys finished the season 24-12-3. With a 2<sup>nd</sup> place finish in the Fergus Falls/Detroit Lakes tourney and a 4<sup>th</sup> place finish in loaded Hastings tournament, 2<sup>nd</sup> place Districts, 3<sup>rd</sup> place Regions.

## **GIRLS U12B BLACK**

Determination, cooperation, and teamwork: these three words sum up the amazing 2017-2018 season had by the U12B (Black) Hawks. The girls demonstrated their leadership on the ice with an impressive 29-13-1 record. In addition to the outstanding season record, the girls took the District 9 (East Division) and ended in 2<sup>nd</sup> place, qualifying for Regions, during the District 9 Tournament. They suffered a tragic 0-8 loss to Edina in the first game of Regions and played a barnburner against Stillwater in game two of Regions, losing 4-5, but battling to the very end. Other high notes of the season include the 2<sup>nd</sup> place trophy earned at the Rochester Shannon Cup Tournament and the Consolation Championship received at the Hastings Tournament. Mayo, Century, and John Marshall will have the privilege of seeing the U12B (Black) Hawks on their future girls' hockey team rosters as these girls are destined for many solid years of hockey.



### **GIRLS U12B RED**

Rochester U12B Red (Warriors) had a fantastic season by any measure. Some highlights of the year: Going undefeated in District 9 play, sweeping our games and winning the D9 tournament, and representing RYHA at Regions. The team won our first game at Regions vs New Prague and then ran into to the eventual State Champs, Stillwater Red and lost 7-4. The girls dusted themselves off and then lost a close one to Stillwater Black that ended our run.

It was a privilege coaching these kids. They put themselves into the game with gusto and with the same heart, into the real goal of the season which was to build our team. In the years to come their memories of road trips, presenting flowers to the O'Haras at the Shannon Cup and Christmas bell ringing, will be fond ones. They will also smile and think of their teammates that helped them win D9 whenever they put on their Championship hats!

### **PEEWEE AA**

The Pee wee AA team had a great season, earning hardware in every tournament they played in. Unfortunately, their season ended at Regions with losses to some awesome teams. Their final game of the season ended in double overtime.

## **RECREATION CENTER NEWS**

The Return of the Robin was our last major hockey event for the season. We ended up hosting the Robin and the U14 State Age Group Swimming Championship on the same weekend. I was unable to get either group to move the dates for this year but we feel we should be able to avoid this in the future. On April 13<sup>th</sup> the Rochester Figure Skating Club will start to set up the stage on the South Rink for the 80<sup>th</sup> annual ice show. They will be using most of the ice times on both rinks until the Show is over on April 22<sup>nd</sup>.

The Rochester Ice Hawks were sold to the Austin Bruins' hockey ownership group. The Bruins play in the NAHL. The Ice Hawks will be rebranded the Rochester Grizzlies. The Grizzlies will continue to play in the NA3HL. The intent is to have the Bruins' staff put in the same systems that they run in Austin. This will allow players to move between the two teams if needed. We are excited to work with the new ownership group. They have a lot of new ideas.

## **BE SURE TO...**

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







## MITES

The 2017-2018 season was full of memorable moments and is now in the books! Our end of the year survey last year allowed the Mite leadership team to reflect on opportunities to improve the program this year. Some of the changes included spreading out the OMC sessions to run the entire hockey season and all Mite players getting additional "Cross Ice" hockey sessions. Those back-to-back sessions did result in some tired kids, but it built a strong foundation of skills and endurance that will pay dividends down the road. Our coaches received additional education and guidance from USA Hockey instructors. Intermediate nets, mini-cones, and ringettes were added to the arsenal of tools available to our coaches for on ice instruction.

Our Termites and SuperMites once again had the opportunity to experience the growth opportunities at Olmsted Medical Center - Sports Medicine & Athletic Performance with their synthetic ice, treadmill, and gym training headed up by Steve Nelson and Mike Aikens.

In January, we again had 2 wildly successful events, All Star Day and Outdoor Hockey Day. With the help of some parent volunteers, our SuperMite teams played in head-to-head full ice games which included player introductions, name tags in locker rooms, national anthem, music, and our special red/white all star jerseys. That was followed up a couple weeks later with our 8th annual Outdoor Hockey Day. The weather couldn't have been any better as we experienced temps in the mid 30's. There was music, food, tv crews, radio broadcasts, Century girls, and JM boys that all made the day special for our Mites.

A huge THANK YOU to our Super Mom's who helped organize the Outdoor Hockey Day event. You can catch up on the days activities by looking for the hashtag #RYHAHDM2018 on social media.

Our season concluded the week before the Minnesota State High School Hockey Tournament with our very own jamboree. Termites and SuperMites squared off against each other for one last weekend. All of our Mites received RYHA logo'd Green Biscuit pucks as a reward for their hard work this season. These should provide motivation for some street hockey games this summer!

As we did last year, we asked for feedback on this years season and overwhelmingly the responses were positive. The Mite committee will continue to look at the feedback as an opportunity to grow our Mite program into a strong skill building program that mixes in fun through team events and larger Mite program events.

Another big THANKS to all our volunteers. Coaches, assistant coaches, pizza parents, picture parents, team parents, Super Mom's, Mite committee members, etc. Without you, many of these events wouldn't be possible. Also, a huge THANKS to all our [Mite sponsors](#), who allow our youth program to be affordable relative to other Rochester programs as well as those hockey programs in the Twin Cities.

Have a great summer and I look forward to seeing you at the rink next fall!

Thanks,  
Robb Wiedrich  
RYHA Mite Hockey Coordinator



**OLMSTED  
MEDICAL  
CENTER**

Now that we have taken some time off to recharge and heal our bodies after our hockey season, it's time to get back to work. Athletes who are waiting to train only during the summer months are missing out on prime opportunities for improvement in both the spring and fall.

We recommend training both upper and lower body during the off season along with focusing on improving hockey skills. Riding a bike, running, SAQ, Yoga and weight training along with lot of jumps, single-leg squats and lunges are what high level athletes focus on in the off season.

Strength training has become big in hockey over the last 10 or 15 years. It's important to weight train to help athletes get stronger and win more battles for the puck while also reducing injuries. It is important to train properly and work with a qualified instructor or coach. At Olmsted Medical Center Sports Medicine and Athletic Performance we use an 8:1 athlete to certified strength and conditioning specialist ratio to ensure proper lifting techniques and program guidance for our athletes.

Playing other sports besides hockey will help you improve different parts of your game. Plus it's fun. Some of the best hockey players in the world played everything growing up— soccer, baseball and football are just a few examples. We don't recommend year-round hockey, but we do recommend staying active in other sports while training for hockey.

To learn more about our programs, visit our web site [www.olmstedmedicalcenter.org/](http://www.olmstedmedicalcenter.org/) , Or feel free to call us at 507-535-1977.



### Are You Building a Solid Foundation?

Building a solid foundation is key to next year's success. During a lengthy hockey season, a lot of bad habits creep their way back into our skating stride. During the off-season months (April – September), it's very important to start with good habits as you continue to prepare for next season. Bad habits now only become harder to break later. Now, is the perfect time to re-establish proper technique. This starts with a deep knee bend and a fully extended stride. Mayo Clinic Sports Medicine has programs to help your skating technique.

The off-season is also the time to re-establish your aerobic work capacity and build your strength foundation for next year's season. At Mayo Clinic Sports Medicine, we offer programs that teach you proper technique, regardless of how much experience you do or don't have in a weight room. Just like skating, spending time now to build proper technique in the weight room will allow you to increase your power, speed, and overall athleticism both on and off the ice.

For questions about our Spring and Summer programs, please call: 507-266-9100 or visit our website at: [mayo.clinic.sports.medicine.hockey.programs](http://mayo.clinic.sports.medicine.hockey.programs)



## OFF SEASON FOR GOALIES

I find it funny that the word Off-Season has the word 'off' in it. The word itself implies you should take some time off, but for a lot of hockey players, goalies included, they don't take the time needed. Taking time off doesn't mean, don't improve. In fact, you should make more strides in the off-season than any other time, just not necessarily on the ice. During the off-season you should take some time away from the ice and focus on muscle development, conditioning and nutrition. It is important to use this time to get bigger, faster and stronger. I am not expecting a young child to be in the weight room lifting the weights to get stronger. Those kids will get bigger and stronger just by growing and playing outside. Older players (Bantams/U15 above), however, need to look into off-season conditioning. Don't waste this time to better yourself and get physically ready to play next year. None of this requires a rink, putting on skates or a fancy gym membership. A lot of getting stronger can simply use your own body weight.

Chores (OMG, not that word!) are another way to build muscle. Carry your laundry baskets to the laundry room and do 10 squats on your way. Grab the vacuum and lift it 10 times over your head while vacuuming. Grab a dirty dish and put it in the dishwasher, and then do a burpee, and pop back up and grab another dish. There are a lot more things to do outside for chores as well to build muscle and all of them are FREE!!!

Finally, be a kid this off-season! Enjoy your time. Go fishing, biking, canoeing, play outside with friends, but at the end of the day **STAY ACTIVE!** When you come back to hockey you should be excited and hungry to come back. Remember, if you aren't going to work this off-season to get better somebody else will!

Once last thing you can do for me.....**PUT DOWN THE REMOTE AND STOP PLAYING FORTNIGHT!!**

Rob Cothorn  
RYHA Goalie Guy

## RYHA USED EQUIPMENT SWAP



The off-season is a great time 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".





**2018 GRAHAM ARENA COMPLEX  
OPEN HOCKEY  
MARCH - APRIL - MAY - JUNE**



	DATE	DAY	TIME
<b>MARCH:</b>	25	Sunday	6:00 – 7:30pm
	30	Friday	4:00 – 6:00pm
	31	Saturday	5:30 – 7:30pm
<b>APRIL:</b>	1	Sunday	4:30 – 6:30pm
	7	Saturday	5:30 – 7:30pm
	14	Saturday	10:45am – 12:15pm
	15	Sunday	11:30am – 1:30pm
	22	Sunday	11:30am – 1:30pm
	28	Saturday	11:30am – 1:30pm
<b>MAY:</b>	5	Saturday	11:30am – 1:30pm
	19	Saturday	11:30am – 1:30pm
	20	Sunday	11:30am – 1:30pm
	26	Saturday	1:00 – 3:00pm
	27	Sunday	1:00 – 3:00pm
	28	Monday	1:00 – 3:00pm
<b>JUNE:</b>	2	Saturday	12:00 – 1:30pm
	9	Saturday	12:30 – 2:30pm
	10	Sunday	12:15 – 1:30pm
	11	Monday	7:00 – 8:30pm
	13	Wednesday	7:00 – 8:30pm
	16	Saturday	12:30 – 2:30pm
	17	Sunday	11:30am – 1:30pm
	18	Monday	7:00 – 8:30pm
	20	Wednesday	7:00 – 8:30pm
	23	Saturday	12:30 – 2:30pm
	24	Sunday	11:30am – 1:30pm
30	Saturday	12:30 – 2:30pm	

**COST PER SESSION IS ONLY \$4**

- ☆ All skaters must pay to play. Bring your money!
- ☆ This is open hockey/open play time! No adult coaching!
- ☆ Full equipment required including your own pucks!
- ☆ We will remove players who misbehave immediately!
- ☆ This is open for boys or girls ages 5 – 17 years old!
- ☆ All sessions are held at Graham Arena Four!
- ☆ Graham Arena reserves the right to cancel or change times!
- ☆ Common Sense Rule applies. Divide the ice into groups for play.
- ☆ There will be a mix of ages and abilities and plenty of ice space to use.
- ☆ We will collect the fees on the ice throughout the open hockey session.

