



## FROM THE RYHA PRESIDENT- ANDY COUSIN

Hockey families, even in the middle of summer, preparations are in high gear for the 2021-2022 RYHA season. I'm grateful to our players, families, and volunteers for navigating one of the most unusual and challenging seasons in RYHA history; and we're looking ahead to some goals and new programs for the coming season that I'll share below. But, before that, I'd like to thank our outgoing Board members and volunteers, and welcome the new members who have offered their time and energy to guide the program. Todd Huyber completed his term as Past President, Rick Billings completed his work as Treasurer, and Jeff Philips completed his work as Boys Unit Director. We thank these gentlemen for their time and tremendous service to our hockey community. We also owe our gratitude to Kara Kleinschmidt and Shawn Hookey for taking on the unenviable role of our COVID liaisons on top of their other Board responsibilities last season. And, we welcome our incoming electees and appointees with Tom Stewart as our President Elect, Greg Anderson as our Treasurer, Robb Wiedrich as Boys Unit Director, Aaron Getchell as Mite Director, and Tim Gerlesberger as Operations Director. For this season, I have laid out three priorities that are guiding my efforts with the Board. They include:

**Financial Stewardship:** COVID restrictions from last year required RYHA to forego the pizza sale, our largest annual fundraiser. We'll be working this year to launch new booster and fundraising opportunities to replenish and grow funds to expand and improve programs and development opportunities for our players.

**Sportsmanship:** A stressful year last year resulted in a rise in sportsmanship committee work in addressing poor behavior and social media activity among RYHA players, coaches, and fans. These infractions compromise the enjoyment of most players and families, chase

away our referees and other volunteers, and tarnish RYHA's reputation in other communities and governing bodies. The committee will be updating procedures and reducing tolerance with the objective of eliminating poor behavior or removing repeat offenders from our program.

### **Celebration of Rochester Hockey Heritage:**

RYHA and Rochester hockey have a long history and rich heritage that includes professional and junior teams, international tournaments, and well-known founders and alumni. We want to connect our past with our present and future, and celebrate that legacy among our teams, on our uniforms, and in our rinks.

Our volunteers are already taking action by exploring new development programs and practice models, evaluating new fundraising and booster opportunities, and designing new jersey options for the upcoming year. Keep your eyes peeled for new information and registration news soon!

It is a privilege to be a part of such a great hockey community as a parent, coach, and Board member. As I learned during my time as President Elect, it is hard to overstate the level of effort that our volunteers put in behind the scenes to ensure smooth registration, schedule ice time, maintain our facilities, order uniforms and booster wear, balance the budget, provide great coaches and referees, and the list goes on. As you see these folks this year, give them a pat on the back.

My final and most important thanks goes out to our players and families. Last year's health crisis created chaos for our hockey community. I was amazed at the positive energy, flexibility, and can-do spirit that our families showed to allow us to continue to play the game we love. We look forward to a more predictable season together and to cheering on all our Rochester skaters. See you at the rink!

Andy Cousin  
RYHA President



## 2021-2022 RYHA BOARD AND COMMITTEES

President Elect: Tom Stewart  
President: Andy Cousin  
Past President: Tom Graham  
Secretary: Shawn Hookey  
Treasurer: Greg Anderson  
Boys Unit Director: Robb Wiedrich  
Girls Unit Director: Kasey Cummings  
Mites Unit Director: Aaron Getchell  
Gambling Director: Andrew Forliti  
Gambling Manager: Mark Hickey  
Hockey Advisory: Doug Zmolek  
MAHA: Lorne Hedin  
Operations Director: Tim Gerlesberger  
Boosters Director: Kara Kleindschmidt  
Tournaments Director: Rob Cothorn  
Recruitment: John Potter  
Webmaster: Jeremy McJunkin

## BOOSTERS

**Novelties**- Please look for emails and Facebook posts regarding apparel.

**Pizza**- will be with BB's Pizza again this year. BB's Food truck will be at in person registration

**Pictures**- will be with SportsLine Photography again this year.

**BE SURE TO...**

**LIKE US ON FACEBOOK!**

Search "Rochester Youth Hockey Association"



## RYHA INVITATIONAL TOURNAMENTS

Here are the dates for the upcoming tournaments that will be hosted by RYHA for the 21-22 season.

### December 2021

3-5 Squirt A  
10-12 Pee Wee B  
17-19 Squirt B

### January 2022

14-16 Bantam A  
21-23 Bantam B1 and B2  
28-30 Shannon Cup Girls Weekend (10B, 12A and 12B, and 15B)

See you at the rink!  
Rob Cothorn  
RYHA Tournament Director

## CALLING ALL SPONSORS

Dear RYHA families,

Our season wouldn't be possible without support from our local businesses in way of team sponsorship. Their partnership helps offset the increasing cost ice time, equipment and uniforms.

If you have a small business, love hockey and would like to give back, RYHA would greatly appreciate your support this season.

For more information, please contact Dan Mobley at 507-282-2249 or [rochestermnyouthhockey@gmail.com](mailto:rochestermnyouthhockey@gmail.com)



## BECOMING A HOCKEY OFFICIAL

Have you considered developing your hockey knowledge as an official? RYHA is in desperate need of more **adult** officials. It's never too late to start, and it's a great way to make some extra cash at the rink! Officiating is encouraged for kids as well. The younger you start the more opportunities you open for yourself in the officiating ranks.

### **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](http://www.usahockey.com) will be your primary source for 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.

### **Seminar changes-**

USA Hockey has now decided the way-forward on how we are conducting officials' seminars for the foreseeable future.

Here are the highlights:

- New Level 1 & New Level 2 officials will be required to attend an in-person seminar, in order to have the ice session.
- In an effort to minimize the burden on new officials completing and getting

certified, New Level 1's online modules are no longer required. We are showing all of the modules and videos at the seminar.

### Returning Officials

- Level 2/3/4 closed book tests will now be online, with a time limit to complete. No more paper tests.
- All returning Level 2/3/4 seminars will be offered virtual via Zoom. There might be a few (rare) situations where a District will host an in-person meeting, but I don't think this will happen often.
- All returning Level 2/3 seminars will be combined virtual seminars offered via Zoom.
- All returning Level 2/3/4 officials can attend any virtual Zoom seminar anywhere in the country

**MARK YOUR CALENDAR!** For the 2021-22 season, Rochester seminars are scheduled for:

- October 23rd for new levels 1 and 2 officials (**in person**)
- October 29<sup>th</sup> OR 30<sup>th</sup> for returning level 2/3/4 officials (**Virtual**)

All district and national registration fees must be paid, as appropriate for your registration level.

RYHA will reimburse the USA Hockey registration fee as long as you work at least 6 games for the association.

Being an official is a great way to earn extra cash! 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:

Rochester, MN: Ryan Yetzer

[rochrefs@gmail.com](mailto:rochrefs@gmail.com) - Please direct all initial questions to Ryan!

District 9 Supervisor of Officials: Ryan Swafford  
[rss10@hotmail.com](mailto:rss10@hotmail.com)



SHANNON O'HARA



FOUNDATION.ORG

We are looking forward to a full slate of events this hockey season. Mark your calendars for the Shannon Cup Girls Hockey Tournament Jan 28-30, 2022. The SOF will be on site at Graham Arena with new merchandise for sale.

Even in the midst of the COVID-19 pandemic, the work of the SOF continued and we awarded 4 scholarships this year. Congratulations to our 2021 recipients:

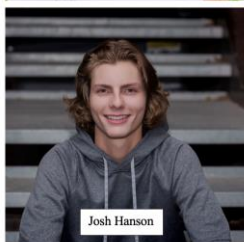
Katherine Thorvilson - will attend the University of Wisconsin, La Crosse  
Abigail Wick - will attend and play hockey at Colby College  
Joshua Hanson - will attend the Barrett Honors College at Arizona State University  
Hayden Jones - will attend Carthage College and play lacrosse



Kat Thorvilson



Abby Wick



Josh Hanson



Hayden Jones

We are starting our 10th year as a foundation and we thank you for your continued support!

[www.shannonoharafoundation.org](http://www.shannonoharafoundation.org)

## MITES

Hello RYHA Mite hockey families! I hope your summer is going well and that you've all been able to enjoy getting outside, playing some other sports and hopefully shooting some pucks too. As of right now, we are planning to start the mite hockey season on the normal pre-COVID timeline. Our Termite Kickoff will again be held at OMC on Friday October 1<sup>st</sup> from 6pm – 8pm. The Mite Committee is currently discussing options for our SuperMite Draft for the upcoming season. At minimum, we will hold a virtual event, but we're looking into some potential in-person options. The **RYHA 10,000 Puck Challenge**- There is still time to join the challenge! Develop your slapper, wrists and backhands, all while having a little fun competition! If you are looking to get back into the swing of things before the RYHA season starts please check out these options on our RYHA resource page:

<https://ryha.pucksystems2.com/page/show/5706-hockey-camps-and-schools> The Learn to Skate L2S, Fall Hockey School and OMC Termite/SuperMite options are all great ways for our Mites to get ready for the upcoming season. If those don't work with your schedules, do as much stickhandling and puck shooting as you can before we get back on the ice. If you have any questions about the upcoming season, please feel free to reach out to me and if you have any other families with kids that are interested in hockey, encourage them to attend one of the upcoming Try Hockey Free days (dates still being finalized). Keep checking the RYHA Mite page for updates as well

<https://ryha.pucksystems2.com/page/show/1825-rochester-mite-hockey>

I'm excited to see everyone at the rink soon!

Aaron Getchell  
RYHA Mite Director



## GIRLS PROGRAM

Mark your calendars! Saturday, October 2<sup>nd</sup>, the girls program will be hosting our Girls Try Hockey for Free Event and the Girls Hockey Season Kickoff Event at the Rec Center.

2:30 Girls Try Hockey for Free Event (check-in at 2:15), Registration coming soon.

4:30 RYHA Girls Hockey Season Kickoff Event

Further details will be emailed out following season registration and closer to the event.

Season start/Tryout dates:

\* 15U will start the first week in October.

\* 12U & 10U tryouts will be the week of October 4<sup>th</sup>. An email with tryout dates & times will be sent out and posted online approximately a week prior.

\* Girls Supermite (8U)/GCL will start at OMC SMAP on October 16<sup>th</sup>. An email providing what OMC session your daughter will attend will be sent out approximately a week prior to inform you of which session she should attend. Note: All teams 10U and GCL teams will be formed after the conclusion of 10U tryouts. Girl Supermites/GCL will not participate in the Supermite Draft party as we need to form teams after 10U tryouts.

I field several questions each year on what is available for girls hockey following Termites. Following Termites, players advance into what we call SuperMites. For SuperMite aged girls, they specifically have the opportunity to either play on a boys SuperMite team or play with girls only. For those that select to play on an all-girls team, they are placed in our Girls City League (aka GCL). GCL and SuperMites are basically the same thing with a similar development structure and schedule. SuperMites is mainly boys teams, and GCL is all girls. GCL is primarily girls hockey players ranging in age between 6-8, along with a few 10U eligible girls that are new(er) to hockey and may not be ready for traveling hockey yet which allows them an opportunity to develop for a year or two. During registration, SuperMite eligible girls should register under SuperMites and select the team

preference "Girls" if they want to play in GCL on an all-girls team. 10U eligible players will register under Girls 10U. GCL players will be scheduled on the ice each week on Saturdays & Sundays, and at OMC SMAP on Tuesday evenings. Ice sessions will include station-based practices, cross-ice or half-ice games, and a few full ice games throughout the season. OMC SMAP sessions will consist of utilizing the hockey skating treadmill, synthetic ice skating & shooting, and dryland hockey development. The emphasis at this level will be on skill development, touching the puck, game fundamentals and fostering a love for hockey. Our girls program has seen growth in our numbers under age 10. Keep encouraging other young females to try the sport and continue to increase our numbers! Even if they are a 4<sup>th</sup> or 5<sup>th</sup> grader and haven't played hockey yet, we have an appropriate place for them to begin.

With our growth in the girls program under age 10, we are in need of goalies in the girls program. Please reach out to me if your daughter is interested in trying goalie prior to the season during the Foundation Hockey School this August/September. I can coordinate providing goalie equipment and communicate with instructors for training. This would be a great opportunity if your daughter has expressed any interest in playing goalie this season at 10U.

I also get asked frequently, what is the status on RYHA having a 15U team this season? We plan to provide girls at this age level an opportunity to play as long as we have adequate numbers to field a team. We are hopeful and anticipate hosting a 15U team again this season.

We are excited and looking forward to the upcoming hockey season. Please let me know if you have any questions or concerns specific to the girls program.

Kasey Cummings  
Girls Unit Director



## REC CENTER

## THE GOALIE CORNER

Currently the plan will be to return to on ice goalie trainings this fall. Once I get the ice times, I will be adding these to each team's calendar. These are a good opportunity to work on your goalie specific skills with specific goalie coaches leading the training.

I will also be putting together an equipment fitting session later in August for players to come in and get fitted for new sizes of equipment and to return any equipment that they currently have. I will email out the time later to the goalie distribution list later this summer. If you would like to be added to the goalie e-mail distribution list, please e-mail me at [robertcothern@yahoo.com](mailto:robertcothern@yahoo.com) or [rob@ryha.net](mailto:rob@ryha.net).

Rob Cothern  
RYHA Goalies

## 2021-2022 RYHA REGISTRATION

Online Registration begins: Sunday, August 1<sup>st</sup>  
Online Registration ends: Tuesday, August 31<sup>st</sup>  
In person Registration: Monday, August 30<sup>th</sup>  
6-8pm in Graham 2  
Late Registration: Tuesday, September 7<sup>th</sup>  
6-8pm in Graham Lobby

**ANY Squirt to Bantam registration received after August 31<sup>st</sup> will be charged a \$100 late fee.** See [RYHA Fees](#) for more information.

The Recreation Center is preparing for another busy season. Like many businesses, we learned a lot trying to stay open during a Pandemic. Some of those policies will stay in place but most of them we are glad to see go. We are still asking groups to arrive no earlier than 30 minutes before their ice time and we are also asking them to leave 30 minutes after their ice time ends. We will continue to exit using the south stairwell that leads out to landing and the east parking lot. Finally, If you will be attending a High School or Grizzly game this season we will continue to use door #4 as our game entrance.

The north Broadway construction project is currently scheduled to wrap up by the end of October unfortunately the Elton Hills Dr. bridge project is scheduled to start in the fall of 2021 and isn't scheduled to be complete until the summer of 2022. As more details become available about how this may affect your trip to the rink we will post it on our website.

The big thing happening here this summer and fall is the replacement of the forty-five-year-old pool air handling system. For any athlete every breath you take is important for a swimmer it is even more critical due to the formation of chloramines. If you are here this summer and fall you may notice cranes and other equipment on-site that are being used for this project. This 2 million dollar project should be winding down as hockey season is ramping up.



## GRAHAM ARENA COMPLEX

The Graham Arena Complex will be open for youth open hockey on a limited basis in July due to the County Fair, but will increase the open hockey session significantly in August and September leading up to the start of the winter hockey season. All open hockey schedules with dates and times can be found on the RYHA website under the open hockey tab. The cost is just \$4 per session and all players need to sign-in upon arrival. The Return of the Robin 3 vs. 3 league will take place starting August 8<sup>th</sup> and will run through September. This league is open for mite through bantam age players and for both boys and girls. Info on this league can be found at [www.returnoftherobinjr.com](http://www.returnoftherobinjr.com). The Peak Performance Hockey Camps will offer the Fall Skills and Drills Tryout Preparation Camp and that will run on September 10-28. This program will help get you sharp and prepared for the upcoming season. Info can be found at [www.peakhockey.com](http://www.peakhockey.com). What's new at the rink you ask? The brand-new bleachers in Graham Arena One are now complete. The locker rooms in Arena One and Three were redone with new benches, shelves and hooks, new rubber flooring, and a fresh paint job. All of the bathrooms throughout the complex have now been remodeled with new fixtures, flooring, and fresh paint. What to expect coming back to the rink in the fall? Right now we are at what seems to be "business as usual." Locker rooms are in use, no home dressing is required, the time in and time out is more open, but still with a little limitation. In the fall we will want to continue to encourage practicing smart and safe health habits, but unless something takes a turn in the wrong direction, we plan to function as we did pre-pandemic. If RYHA puts into play other policies we will work with them to keep the facility clean, healthy and a fun place to be.



I hope everyone is having a wonderful summer. I would like to first send a thank you to all our athletes and parents for their participation, patience and understanding throughout the past year with all the Covid regulations. We have, and will continue to, put our athletes' health and wellbeing first. We would like to announce our new hires this spring. Pat Cullen has joined our OMC-Sport Medicine and Athletic Performance team. We are very happy to have Pat on board. He brings an excellent pedigree of hockey with him. He grew up in International Falls, went to college at Northern Michigan and then finished out at Bemidji State University. He has coached at many levels including youth, college, and juniors. Also, joining our staff this spring is Ali Ratzloff. Ali comes from a great hockey family background. She played youth hockey here in town, graduating from Rochester Lourdes High School. Currently, Ali is playing hockey up north in Duluth for the St. Scholastica Saints, where she will be a junior this fall. Please welcome both Pat and Ali to OMC. We are excited for the 2021 year as we have had a great start to our summer hockey, strength and conditioning, and speed for sport programs which are at the mid points. If athletes are looking for hockey training, they can go to our scheduling page Mind body <https://clients.mindbodyonline.com/ASP/home.asp?studioid=42872>. We have programs running throughout the year for hockey and non-hockey athletes. Looking for one on one, small groups, or team programs, we can help. Programs available include: Learn to Skate (six year old and under), SuperMite Rising Star (six and older), Hockey Standard Program-(athletes must be at or above Youth Hockey Association skill level of squirt boys or 10U girls). Can't find a program? Call or contact me and I will do everything possible to make a schedule or program work.

Steve Nelson  
OMC Sports Medicine and Athletic Performance

