



UPDATE FROM THE PRESIDENT

Please see the link below for the update put out by Minnesota Hockey. They are entering Phase 2 and important details are in RED.

https://cdn4.sportngin.com/attachments/document/0ebd-2192810/Minnesota_Hockey_Return_To_Play_FINAL_updated_0623_20.pdf#_ga=2.63512300.2131048653.1592840309-755380048.1591721124

UPDATE SUMMARY

- A timeline was provided for resuming scrimmages and games. The earliest games may resume is June 24 for outdoor sports and July 1 for indoor sports. MDH strongly recommended a phased return to competition in which inter-team scrimmages were held for two weeks, then local games for two weeks and after another two weeks, expanding to travel games.
- For organized sports of all ages, pod sizes for non-game settings were increased to a maximum of 25 people per pod, both inside and outside, starting June 24. Intermixing between pods should still be kept to a minimum.
- MDH still strongly discourages participating in games that require travel out of state.
- Spectators are allowed for games but must adhere to guidelines for host facility in terms of capacity and social distancing. Spectators should not attend practices.
- Recommendations remain in effect for social distancing, cloth face coverings, participant health screenings, etc.

Minnesota Hockey also put out a video (see below) explaining what players and coaches should expect when returning to the rink. Most of you have already been through this process, however you may want to forward it to your players that have not yet been back on the ice.

<https://www.youtube.com/watch?v=otaiKUPfWq8&feature=youtu.be>

Tom Graham
RYHA President

BOARD OF DIRECTORS

President: Tom Graham
President Elect: Andy Cousin
Past President: Todd Huyber
Secretary: Shawn Hookey
Treasurer: Rick Billings
Tournaments: Rob Cothorn
Boys Unit: Jeff Phillips
Girls Unit: Kasey Cummings
Gambling Director: Andrew Forliti
Gambling Manager: Mark Hickey
MN Hockey Representative: Lorne Hedin
Acting Operations Director: Lorne Hedin & Kasey Cummings
Boosters Director: Kara Kleinschmidt
Mite Unit Representative: Robb Wiedrich
Hockey Advisory: Doug Zmolek
Webmaster: Jeremy McJunkin



BOARD OF DIRECTORS UPDATE

After careful consideration following increased and overwhelming concerns regarding the COVID-19 pandemic, RYHA feels the best way to proceed during this unprecedented global situation and out of concern for the health and safety of all RYHA members, RYHA will not be holding the 2020 Election of Board Members or the Appointments of Board Directors. All current elected and appointed positions will remain as they are.

Elections will resume at the 2021 Election of Board Directors, held at the Annual Meeting of Association Members on the 2nd Thursday in April 2021. Appointments of Board Directors shall be made at the Annual Meeting of Board Directors held the 2nd Wednesday in May 2021.

Right now our focus is on developing all the necessary processes and procedures to ensure a safe and healthy return this fall for all skaters, coaches, managers, rink staff and families. We will continue to do everything we can for our association to stay safe and informed. We hope you and your family remain safe and healthy.

Shawn Hookey
RYHA - Secretary

BOOSTERS

Novelties- will be for sale this season. We will be at registration with the remaining inventory from last year at deep discounts, and we are working on new items for the upcoming season! Team fittings will be done upon request by a team. You can reach out to Lacey tpholm69@hotmail.com or Dana dana19@me.com
Pizza- will be with BB's Pizza again this year.
Pictures- will be with Sportsline Photography again this year.

The Booster Position will be open next season if you are interested please contact Kara klk5861@hotmail.com. Shadowing for a season would be ideal.

Kara Kleinschmidt
RYHA Booster Representative

BE SURE TO...
LIKE US ON FACEBOOK!
Search "Rochester Youth Hockey Association"





GRAHAM ARENA COMPLEX

The Graham Arena Complex will open the doors to ice events in August. At this time the ever changing “return to play” guidelines will allow what would be considered regular ice sessions for youth and adults. The exception may be in limitations for spectators (parents) and may also be in the time allowed in the facility coming to skate and leaving after skating. The Rec Center and Graham Arena will follow the Minnesota Department of Health and the Governors guidelines to ensure that we are doing all we can to keep the facility sanitized and to maintain safe distancing. We will provide the guidelines and expect that all players and parents adhere to this new way of ice arena conduct. It will be a change for all of us and hopefully one that keeps the skaters on the ice. Although the facility was closed for skating, we were still a very busy place with a lot of construction projects taking place. New lighting, landscaping, parking lots will be the first nice change that everyone will see. Digging deeper, you will notice that the locker rooms and bathrooms in Graham Arena Two were remodeled with lighting, benches, flooring, and fixtures. Graham Arena One was completely painted and has (coming soon) all new bleachers. What you won't see is the two million dollar refrigeration plant that is all underground, but providing us with the latest energy efficient ice plants for our arenas. On a final note, when you do come back to Graham Arena for skating in August and thereafter, you will need to enter the parking lot using the Third Avenue entrance which is on the east side right

across from DSG. The Fairgrounds may still be hosting Covid-19 testing so all entrances to the lots are closed except for that one. We will only unlock the east entrance doors (by the TV lounge area) and those allowed in may see locked restrooms and drinking fountains shut down. That is the current practice in arena facilities and may be for the coming months. Please plan for a few changes and these changes may be inconvenient, but the skaters are back on the ice!

RECREATION CENTER

We are nearing the end of our first month open for ice rentals while dealing with COVID-19. This process began with us writing COVID-19 Preparedness Plans for swimming, hockey, and figure skating. The plans contain information on cleaning, training, and infection prevention measures. These plans were shared with many of the interested renters at a May 21st meeting at the Recreation Center. We again met with stakeholders at Graham Arena on May 27th. We reviewed the content of our plan which is based on the guidelines and recommendations of the CDC, Minnesota Department of Health. One final change we were recently informed of is that all athletes will need to wear masks as they enter and leave the building. Thank you for your cooperation with this!



MITES

This Spring and Summer has been interesting to say the least and the impact of COVID-19 on our Mite program as we approach the 2020-2021 season will surely be felt.

Here are the typical programs and kickoff events we hold for Mites along with their current status:

- Little Grizzlies - Postponed
- Try Hockey - Waiting for guidance from USA Hockey
- Termite Kickoff at OMC - Will be restructured based on social distancing guidelines
- SuperMite Draft - Will be restructured based on social distancing guidelines

Rest assured the Mite Committee is discussing options that allow us to hold these events in some other capacity, adhering to social distancing guidelines and knowing how vital these types of events are for our newest and youngest skaters.

RYHA 10,000 Puck Challenge

There is still time to join the challenge! Develop your slapper, clappers, and wristers all while having a little fun competition! <https://ryha.pucksystems2.com/page/show/5690311-ryha-10-000-puck-club>

Summer/Fall Skating

For our youngest skaters who are looking for a couple hours of learn to skate or basic skating fundamentals leading into Mite hockey, check out these pages:

- <https://ryha.pucksystems2.com/page/show/5706-hockey-camps-and-schools>
- [OMC Sports Medicine & Athletic Performance](#)
- [Rochester Figure Skating Club](#)
- [Rochester Hockey Foundation](#)

Enjoy your summer!

Robb Wiedrich
RYHA Mite Director

'20-'21 RYHA TOURNAMENTS

The Big Pumpkin - Hosted by Youth Hockey Hub - Pee Wee AA/Pee Wee A - Oct 30th-November 1

Squirt A - December 4th-6th

Pee Wee B - December 11th-13th

Squirt B - December 18th-20th

Founders Cup - Hosted by Youth Hockey Hub - Pee Wee AA/Pee Wee A - January 8th-10th

Bantam A - January 15th-17th

Bantam B1 and Bantam B2 - January 22nd-24th

Shannon Cup Girls Tourneys- January 29th-31st



Rob Cothorn

RYHA Tournament Director

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 strongly 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 will be your primary source for information, the earlier you take a seminar the sooner you can officiate as a level 1 official
2. 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. In addition, Levels 2, 3, and 4 officials must complete a closed book test administered during the seminar.

NEW THIS YEAR- Fall USA Hockey officiating seminars will be going virtual for this year due to the COVID-19 Virus. We will be

conducting seminars using Zoom conferencing. The seminars will be

conducted similar to how they have been done in the past, except we will be doing it from home, and our attendees will also be at home. The largest change is that there will be no ice time required for level 1 and 2 officials, at least not at first. More details will be forthcoming. All district and national registration fees must be paid, as appropriate for your registration level. Many times, the association you work for will reimburse the USA Hockey registration fee as long as you work 6 games for the association; this has been the case in Winona, Kasson, and many other MN associations. This is currently the policy for RYHA! 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 in Rochester, MN:
Ryan Yetzer rochrefs@gmail.com - Please direct all initial questions to Ryan Yetzer!

District 9 Supervisor of Officials:
Ryan Swafford rss10@hotmail.com



Summer training programs are off and running at Olmsted Medical Center's Sports Medicine and Athletic performance. Athletes and staff are excited that we have returned to training, and our trainers are already seeing great results.

It was great to see all the videos of athletes shooting pucks and working to improve different skills during our time away from the ice these last few months.

It is important our athletes continue to develop their on-ice skill levels, but don't forget to take advantage of the off season to develop speed and strength off of the ice. At OMC athletes can do both!

Benefits of the OMC Blade skating treadmill:

- Personal training with immediate feedback and on-the-fly corrections
- Highly controlled environment to refine skating skills
- Mirror training to allow for instant self-adjustments and reinforces 'heads up' skating & stick handling
- Real time visual feedback for self-assessment for accelerated comprehension of training techniques conveyed by instructor
- Multi-tasking, stick handling while in full stride with head up
- More efficient and refined skating mechanics for a more powerful lengthened stride
- Quick feet, edge control, powerful stride with quicker stride recovery
- Increased coordination, improved strength, maneuverability, agility, balance, speed, flexibility and over speed techniques
- Anaerobic conditioning and strength training while increasing stamina
- Injury prevention techniques and injury rehabilitation training
- Video treadmill sessions to analyze skating mechanics and measure skater improvement

For questions on upcoming programs please feel free to call 535-1977.