



Photo by Michael Caples

# MAHA Monthly

Volume #5| Issue #2, September 2025 | Michigan Amateur Hockey Association



## Letter from MAHA President Tom Berry

Click on the photo above to read President Berry's welcome to the 2025-26 hockey season!

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## YOUTH HOCKEY

[USA Hockey to Host National Try Hockey For Free Day on Saturday, Sept. 13](#)



## TEAM USA

[Monica Quimby Led by Example to Lift Team USA to Inaugural Women's Sled World Title](#)



## OFFICIALS

[Keep Paying It Forward – 2025 USA Hockey Advanced Officiating Symposium](#)



## PLAYER DEVELOPMENT

[USA Hockey Releases New Video Highlighting Opportunities for American Players](#)



*The Coaches Site, an Official Partner of MAHA, is the premiere conference and content platform for the global hockey community.*



## **Suburban Sports Group Launches “The Athlete Lab Podcast” on September 22<sup>nd</sup>**

Former Detroit Red Wings / Tampa Bay Lightning Scout and college & junior coach Phil Osaer hosts weekly, 30-minute conversations on athlete development featuring Olympic champions, professional and collegiate players, coaches, and leading experts in performance, mindset, and long-term athlete growth.

The first slate of guests includes Olympic gold medalist Megan Keller, Stanley Cup champion Paul Cotter, NHL players Max Jones and Cam Fowler, former Michigan quarterback and four-time EMMY award winner Devin Gardner and experts such as former CCHA Commissioner, former Michigan State hockey coach & Suburban Sports Group owner Tom Anastos.

[Click here to read more about the new podcast!](#)

### PODCAST:

[What It Takes to Develop Reliable Players, with Greg Cronin](#)



### PODCAST:

[Blooming Where You're Planted, with Brad Larsen](#)





## USA Hockey 2025-29 Rule Change Documents & Resources

The 2025-26 season brings new playing rules to our game at all levels. The video (right) is a brief summary of the changes that will most commonly be seen during competition.

A PDF copy of the [Rule Change Summary document](#) can be accessed here via link. Please note that the Rule Change Summary document lists all edits to the Playing Rules, including some major changes that won't be discussed in the video due to the fact that those changes will be rarely seen or they have a small impact on the playing of the game.



*Click on the video above for the 2025-29 Playing Rule Changes Video Summary*



## Applications Open For Two Suburban Hockey Foundation Grants

The Suburban Hockey Foundation is proud to announce that applications of two grants are now available on [SuburbanHockeyFoundation.org](http://SuburbanHockeyFoundation.org). The Suburban Hockey Foundation contributes to the growth of hockey in Michigan by providing financial support and assistance to hockey families in need throughout the state.

The two grants include: The Assist: A Hardship Grant for Families and the Megan Keller Growing Girls Hockey Grant. In three seasons, Suburban Hockey Foundation has assisted 54 players with \$29,830 in Assist Grants.

The Assist Grants were created to provide financial assistance for families in need. Hardships may included but are not limited to death of a family member, major accident, acute illness, loss of a job, etc.

The Megan Keller Growing Girls Hockey Grant provides grant awards to 8U and 10U female hockey programs in Michigan. The grant is to be used exclusively to develop programs focused on increasing female youth participation in hockey by alleviating costs around ice and equipment, advertising and marketing and overall development.

All grant applications will be received until September 26, 2025, and recipients will be notified by October 25<sup>th</sup> for the Megan Keller grant... and October 17<sup>th</sup> for the Assist Grants.





Featuring Dr. T. Sean Lynch, MD; Vice Chairman of Academic Affairs, Department of Orthopedic Surgery

## Dr. Hockey Preps Athletes for Fall's Return to School & Sports

With students heading back to the classroom, it's also the start of Fall sports season. If you took a break from sports over the summer, you may notice some struggle when you get back on the ice. Here are some tips to help you get back in shape safely as hockey season ramps back up.

### What To Do Before You Restart Hockey

- **See your doctor:** Make an appointment with your primary care provider, especially if you took a break due to an injury or illness. Your doctor can recommend physical activities that are safe for you to ease back into your fitness routine.
- **Meet with a physical therapist or athletic trainer:** These professionals can help you identify areas of muscle weakness and help you improve your flexibility, strength and endurance.

- **Be realistic.** It's important to understand that if you just took a break from hockey over the summer, you likely won't be at the same skill level you were at the end of last season. So, take it slow and be consistent to help build up your endurance.

### Stay Consistent With Your Warmup

The first step is ensuring that you stretch before getting on the ice. Stretching your muscles can be an important first step with any exercise. Everyone should have an individualized stretching routine that targets their specific areas of muscle tightness. This can include static stretching and dynamic stretching. Taking time to warm up and cool down reduces the risk of injuries and improves your mobility.

### Don't Overdo It

It's important to give your body time to adjust to increased activity. When you get back on the ice, don't overexert yourself. Overdoing cardio right away could make you prone to injury and the journey to getting back in shape could take much longer.

### Make Time For Rest and Recovery

As hockey season ramps up, you may notice muscle soreness and tightness. Be sure to properly rest and recover after practices and games. This includes stretching before and after, hydrating (bonus if you add electrolytes or hydration supplements) and allowing your body time to rest.

It can be hard to identify when pain signals soreness versus an injury, so make sure to see your doctor if you have persistent pain, especially in one area of your body.

**Looking to improve your game? Optimize your sports performance with a training plan from the experts at Henry Ford Health. Visit [henryford.com/sportperformance](https://henryford.com/sportperformance) or call (313) 651-1917 to learn more about the programs we offer to help you come back stronger after injury or just take your game to the next level. Learn more about [Dr. Hockey](#).**



I'm back to achieving (and defending) my goal.

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## At Henry Ford Sports Medicine, we treat the pros, and you.

From surgery to recovery, nutrition to performance conditioning, sports psychology to brain health—we're focused on you. Using the most innovative technology, we create your unique game plan, just like we do for the pros—and just like we did for Kaley, a Division 1 college goalie referred to us after scar tissue from a hip surgery caused labral tears. After multiple procedures and physical therapy, she's back on the ice and was recently selected by the New York Sirens in the Professional Women's Hockey League Draft. **Discover Kaley's story, and learn more about our sports medicine program at [henryford.com/athletes](https://henryford.com/athletes)**

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HEALTH**  
Orthopedics



## Important Dates

Regular Season Play Begins  
2025-26 Season  
September 1, 2025

MAHA Tier I Showcase  
Buffalo Wild Wings Arena – Troy, MI  
September 5-7, 2025

USA Hockey 'Welcome Back Week'  
Nationwide  
September 7-13, 2025

USA Hockey  
National 'Try Hockey For Free' Day  
Nationwide  
September 13, 2025

2025-26 MAHA Mite Jamboree Series  
Registration Opens  
MAHA.org/mitejamborees  
September 14, 2025  
6pm

## Registration for 2025 MAHA Mite Jamboree Series Open Sunday, September 14<sup>th</sup>!

The 2025-26 MAHA Mite Jamboree Series registration will open on **Sunday, September 14<sup>th</sup> @ 6pm on the MAHA website**. All team slots will be filled on a first come, first serve basis – coaches and managers interested in participating should have a registration plan in advance.

The 2025-26 event calendar will include the following:

- **Salute To Our Veterans Jamboree** – Sunday, Nov 9<sup>th</sup> (Chelsea, MI)
- **Northern Lakes Jamboree** – Sunday, Nov 23<sup>rd</sup> (Sault Ste Marie, MI)
- **Stars & Stripes Jamboree** – Sunday, Dec 7<sup>th</sup> (Plymouth, MI)
- **Crystal (6u) Jamboree** – Saturday, Dec 13<sup>th</sup> (Burton, MI)
- **Capitol City Jamboree** – Saturday, Jan 10<sup>th</sup>, 2026 (East Lansing, MI)
- **Traverse City Classic** – Feb 13-15, 2026 (Traverse City, MI)

## MAHA Partners



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Valid at participating Michigan locations  
Expires July 1, 2026

Min. \$25 pre-tax food purch. req. Valid for dine-in and pay-in-store pickup. Limit one per person, per visit. Must present original coupon; no photocopies. Not for resale. Not valid with any other discounts, offers or coupons except bundles. Excludes purchase of gift card or alcohol. Valid only at location listed above. No cash value. Taxes & fees incl. service extra. Code 81. Expires 07/01/2026. TM & © 2024 Buffalo Wild Wings, Inc. 2024\_134606

