

USA
HOCKEY

MAHA

Monthly

The time is NOW! A collection of Michigan's best take the ice in Milan in search of their 'Golden' moment!

Volume #5 | Issue #6, Jan / Feb 2026 | Michigan Amateur Hockey Association



OLYMPIC HEADQUARTERS

CATCH UP ON ALL THE ACTION FROM MILAN

**Don't Miss A Moment of the Olympic
Action throughout February!**

The latest stories, scores and merchandise can be found simply by clicking on the link above!

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**MICHIGAN AMATEUR
HOCKEY ASSOCIATION™**



YOUTH HOCKEY

[USA Hockey Winter Meeting Focused on Advancing Sport](#)



[We Play Hockey Too Provides Support for Youth Players of Color, Hoping to Keep them in the Game for Years](#)



TEAM USA

[Team USA Defeats Czechia, 5-1, to Open Olympic Winter Games](#)



[USA Hockey Has Always Been Home for John Wroblewski](#)



Men's Hockey Schedule

WEDNESDAY, FEBRUARY 11
Slovakia vs. Finland (Men's Group B) 10:40AM USA Network
Sweden vs. Italy (Men's Group B) 3:10PM Peacock

THURSDAY, FEBRUARY 12
Switzerland vs. France (Men's Group A) 6:10AM Peacock
Czechia vs. Canada (Men's Group A) 10:30AM USA Network
Latvia vs. USA (Men's Group C) 3:00PM USA Network
Germany vs. Denmark (Men's Group C) 3:10PM Peacock

FRIDAY, FEBRUARY 13
Finland vs. Sweden (Men's Group B) 6:10AM Peacock
Italy vs. Slovakia (Men's Group B) 6:10AM Peacock
France vs. Czechia (Men's Group A) 10:40AM Peacock
Canada vs. Switzerland (Men's Group A) 3:10PM Peacock

SATURDAY, FEBRUARY 14
Germany vs. Latvia (Men's Group C) 6:00AM CNBC
Sweden vs. Slovakia (Men's Group B) 6:10AM Peacock
Finland vs. Italy (Men's Group B) 10:40AM USA Network
USA vs. Denmark (Men's Group C) 3:10PM USA Network

SUNDAY, FEBRUARY 15
Switzerland vs. Czechia (Men's Group A) 6:00AM CNBC
Canada vs. France (Men's Group A) 10:40AM USA Network
Denmark vs. Latvia (Men's Group C) 1:00PM CNBC
USA vs. Germany (Men's Group C) 3:10PM USA Network

TUESDAY, FEBRUARY 17
Men's Qualification Playoff 6:10AM Peacock
Men's Qualification Playoff 6:10AM Peacock
Men's Qualification Playoff 10:40AM Peacock
Men's Qualification Playoff 12:15PM USA Network
Men's Qualification Playoff 3:10PM USA Network
Men's Qualification Playoff 3:10PM Peacock
Men's Qualification Playoff 8:10PM USA Network

WEDNESDAY, FEBRUARY 18
Men's Quarterfinal 6:10AM Peacock
Men's Quarterfinal 10:40AM USA Network
Men's Quarterfinal 10:40AM Peacock
Men's Quarterfinal 12:10PM Peacock

FRIDAY, FEBRUARY 20
Men's Semifinal 10:40AM Peacock
Men's Semifinal 11:50AM USA Network

SATURDAY, FEBRUARY 21
Men's Bronze Final 2:40PM USA Network

SUNDAY, FEBRUARY 22
Men's Gold Final 8:10AM NBC

Women's Hockey Schedule

THURSDAY, FEBRUARY 5
Sweden vs. Germany (Women's Group B) 6:10AM Peacock
Italy vs. France (Women's Group B) 8:40AM Peacock
USA vs. Czechia (Women's Group A) 10:40AM USA Network
Finland vs. Canada (Women's Group A) 3:10PM Peacock

FRIDAY, FEBRUARY 6
France vs. Japan (Women's Group B) 6:10AM Peacock
Czechia vs. Switzerland (Women's Group A) 8:10AM Peacock

SATURDAY, FEBRUARY 7
Germany vs. Japan (Women's Group B) 6:10AM Peacock
Sweden vs. Italy (Women's Group B) 8:40AM Peacock
USA vs. Finland (Women's Group A) 10:40AM USA Network
Switzerland vs. Canada (Women's Group A) 3:10PM USA Network

SUNDAY, FEBRUARY 8
France vs. Sweden (Women's Group B) 10:40AM Peacock
Czechia vs. Finland (Women's Group A) 3:10PM Peacock

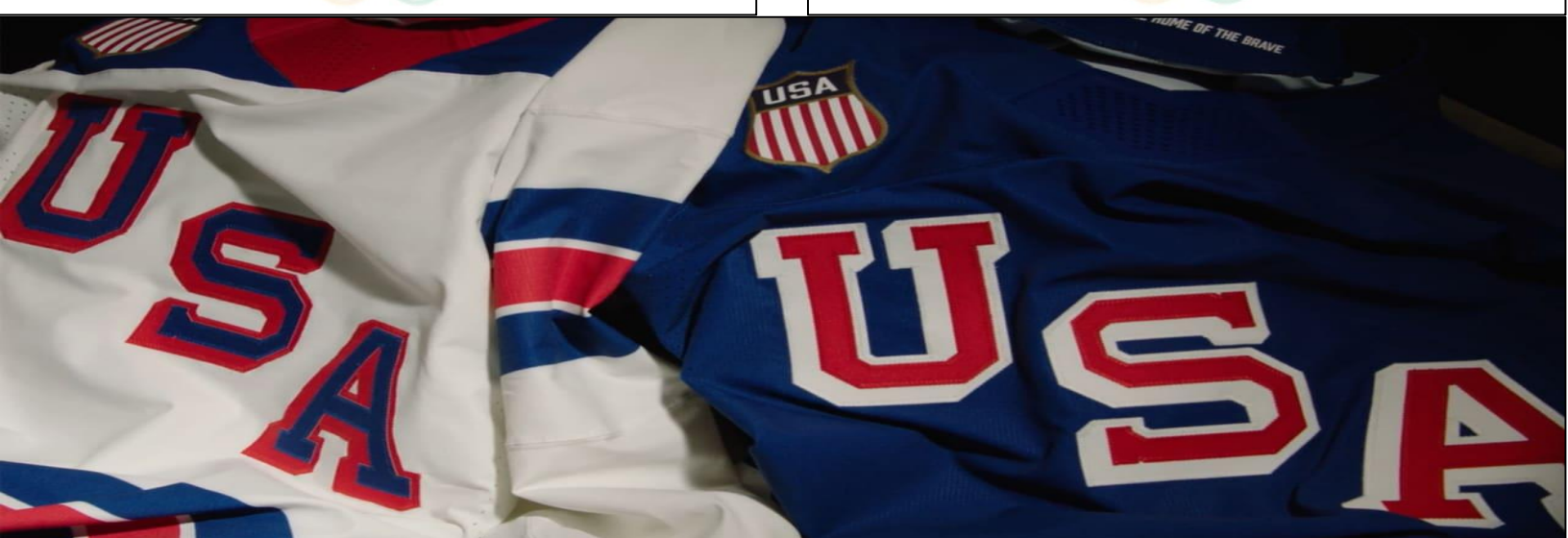
MONDAY, FEBRUARY 9
Japan vs. Italy (Women's Group B) 6:10AM Peacock
Germany vs. France (Women's Group B) 10:40AM Peacock
Germany vs. France (Women's Group B) 12:00PM USA Network
Switzerland vs. USA (Women's Group A) 2:40PM USA Network
Canada vs. Czechia (Women's Group A) 3:10PM Peacock

TUESDAY, FEBRUARY 10
Japan vs. Sweden (Women's Group B) 6:10AM Peacock
Italy vs. Germany (Women's Group B) 10:40AM Peacock
Canada vs. USA (Women's Group A) 2:10PM USA Network
Finland vs. Switzerland (Women's Group A) 3:10PM Peacock

FRIDAY, FEBRUARY 13
Women's Quarterfinal 10:40AM Peacock
Women's Quarterfinal 3:10PM USA Network
Women's Quarterfinal 3:10AM Peacock
Women's Quarterfinal 8:00PM USA Network

MONDAY, FEBRUARY 16
Women's Semifinal 10:40AM NBC
Women's Semifinal 3:10PM Peacock

THURSDAY, FEBRUARY 19
Women's Bronze Final 8:40AM Peacock
Women's Gold Final 1:10PM USA Network





USA Hockey Winter Meeting Focused on Advancing Sport

The four-day USA Hockey Winter Meeting, which included more than 350 hockey leaders from around the country, concluded last Sunday (Jan. 18) in Nashville and featured wide-ranging conversations on all areas of the game focused on bettering the sport.

Development League Approved

The Development League will not be a league in the traditional sense, but rather a collection of Tier I youth programs across the country collaborating to optimize player development.

The DL is focused on advancement for high performance development in both the 15U and 17U youth age categories. It is anticipated to include 32 programs nationally that will include DL teams committed to following American Development Model (ADM) guidelines for each age group.

Participation Remains Strong

Participation numbers were shared during the meeting and showed year-over-year growth in the number of players, coaches and officials. It is expected that the number of female players will surpass 100,000 for the first time ever this season.

Olympics / Paralympics

The U.S. heads into the Olympics and Paralympics as the top-ranked team in the world in men's hockey, women's hockey and sled hockey.

Membership Fees Set

The USA Hockey Congress approved membership fees for the 2026-27 season. USA Hockey utilizes the consumer price index as a guideline for fee adjustments.

[Click here for more details on these topics and others, including complete FAQs on the Development League and breakdown of USA Hockey Membership Fees.](#)

Rule Changes: Results from USA Hockey / MAHA Winter Meetings

January was a very productive month, as witnessed by those attending either the USA Hockey Winter Meetings (January 15-18, 2026 in Nashville, TN) and the MAHA Winter Meetings (January 23-25, 2026 in Livonia, MI).

In addition to seasonal committee updates and strategic planning for the future, USA Hockey Congress voted to approve 72 rule changes (some of which will impact the MAHA moving forward) and, during the following weekend, the MAHA Congress brought 67 rules to the floor for a vote.

Updates are already underway, to the MAHA Bylaw and Rules and Regulations, to reflect the results of both the USA Hockey and MAHA Winter Meetings. [Click here for a complete summary of the changes made and what to expect!](#)





PODCAST

A YOUTH SPORTS CONVERSATION

The USA Hockey Podcast brings powerful and engaging interviews from ice hockey to youth sports and development to your ears.

[Unlocking Mental Performance in Sport with Dr. Julia Cawthra and Abby Woodford](#)

In this episode of the USA Hockey Podcast, host Zack Nowak engages with Dr. Julia Cawthra of the USOPC and Abby Woodford of USA Hockey to explore the critical role of mental health and performance psychology in sports. The conversation also addresses common misconceptions about seeking mental health support, strategies for preparing athletes for major events like the Olympics, and practical techniques such as breathing exercises and visualization to enhance performance.



THE COACHES SITE

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



[Drill Progressions for an Efficient Practice with Ryan Huska](#)



ATHLETE LAB PODCAST

Your deep dive into what it really takes to develop as an athlete – physically, mentally, emotionally.



[Sean Hogan, Executive Director College Hockey, Inc.](#)

CWENCH

HYDRATION

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CHIPPY**

CHAMP OF THE MONTH



CWENCH IS LAUNCHING A COACH CHIPPY CHAMP OF THE MONTH PROGRAM

We believe champions are built beyond the scoreboard. This is your chance to recognize the athletes who do things the right way - on the ice, in the classroom, and in the community.



NOMINATE a player in your organization who stands out as a great teammate, committed student, leader, or someone who simply shows up with the right attitude every day.

EACH MONTH, SELECTED CHAMPS WILL WIN:

- ★ A CWENCH PRIZE PACK
- ★ Win a Gift Card to a Local Retailer
- ★ Get highlighted on CWENCH's Instagram (and maybe even Coach Chippy's!)





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

Dr. Hockey Navigates the Key Steps of A Second Opinion

Sustaining an athletic injury can be devastating – especially when it stops you from returning to a sport. Whether it’s an injury that requires complex surgery or a chronic issue you haven’t been able to successfully manage, regaining your physical ability is important. And that’s where a second opinion comes in.

I’ve brought in my colleague, orthopedic surgeon and chief of sports medicine [Vasilios Moutzouros, M.D.](#), to explain why you should get a second opinion.

“For athletes, their sport might be their livelihood – or it’s for enjoyment and often defines them,” said Dr. Moutzouros. “So, how their injury is treated matters. Getting a second opinion offers clarity and consistency; it helps drive the direction of care.”

4 Ways to Get the Most Information Out of a Second Opinion

Many people are under the impression that a second opinion will be completely different from the first doctor’s treatment recommendation. But often times, that’s not the case.

“A second opinion might agree with the first opinion – it can serve as a supportive measure to ensure you’re making the correct decision in your care,” says Dr. Moutzouros. “And if there is an inconsistency – where the doctors have differing opinions – that’s okay as well. There are a lot of variables that determine why someone would choose one opinion over another.”

Here are four ways to get the most out of your second opinion appointment:

- **Bring someone with you:** “It’s said we only process 30% of the information we hear, so bringing someone with you – or even having someone on speaker phone – can help ensure you don’t miss anything,” explains Dr. Moutzouros.

- **Give the doctor a detailed health history.** Give as many specifics as possible. “This is really important because, sometimes, by the time you get a second opinion you’ve already started treatment,” explains Dr. Moutzouros. “Your health story is an enormous part of a second opinion.”
- **Get a thorough physical exam.** The doctor should give you a physical, examine the injured area, order imaging, and then they should put that all together with your story (and your goals for recovery, too) before offering a second opinion.
- **Ensure you have clarity when you leave your appointment.** Don’t leave with questions. “The best second opinions are an informative, succinct and clear assessment of how to move forward,” says Dr. Moutzouros. “There are always operative versus non-operative methods, and the pros and cons of each treatment route should be explained – how long will each take, how will each impact your performance. You’re trying to get back to the same level of productivity prior to an injury. And especially if you’re a professional athlete, it can be a lot harder because you play at such an elite level.”

At the end of the day, second opinions are more common than ever – in all aspects of orthopedics and sports medicine.

“Getting a second opinion doesn’t mean you don’t trust a particular doctor,” explains Dr. Moutzouros. “It means you want the most support possible so you can make the best decision for your care.”



Dr. Moutzouros arrived to Henry Ford Health in 2007 and is currently the Chief of Sports Medicine. He is the official team physician for the Detroit Pistons, Wayne State University, Oakland University and Detroit Country Day School.

Dr. Moutzouros specializes in ACL injuries, shoulder, knee and elbow sports injuries, and Tommy John surgery. He is known for being approachable and going the extra mile to assure for the best care of all his patients.

Have a sports injury or need a second opinion? [Request an appointment](#) with a Henry Ford sports medicine provider today.

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

I AM HENRY



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**

**HENRY
FORD
HEALTH**
Orthopedics



2026 MAHA State Playoffs: Schedules, Scores, and Streaming

While District champions are being crowned throughout the state of Michigan, MAHA is preparing for the launch of the 2026 MAHA State Playoffs (February 24th – March 15th).

Schedules, scores, and live streaming options for all age classifications are available on the MAHA website. Simply **click on the State Playoffs logo above** to access information on tournament schedules, hotel accommodations and viewing options.



Important Dates

MAHA 'Traverse City Classic' Mite Jamboree
Centre Ice Arena – Traverse City, MI
February 13th – February 15th, 2026

2026 MAHA State Playoffs
Statewide Host Locations
February 24th – March 15th, 2026

2026 USA Hockey Youth & Girls
National Championships
Nationwide Host Locations
March 25th – March 29th, 2026

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