



## FROM THE RYHA PRESIDENT- TOM STEWART

Dear RYHA families, despite the warm summer weather, the 2022-2023 hockey season is quickly approaching and preparations are well underway. I am very excited to continue working with the current and newly elected board members. It is an exciting time to be part of this board with so many experienced, passionate, and dedicated hockey minds who all share the common goal of working to make RYHA a premier youth hockey program in the state and set an example of what youth hockey represents and how to develop talented and well-rounded individuals. I would like to specifically thank Past President Andy Cousin for all his tremendous work in his role throughout some very difficult times over the past two years. We also welcome incoming electees and appointees with Corey Dubois as our President Elect, Josh Fernholz as our Treasurer, and Patrick Murphy as Booster Representative.

We, as a board, are very excited for the upcoming season. With the official adoption of the Mustang name last season, we are excited to continue to develop and celebrate our new RYHA "brand". This will include our new logo and the Mustang name on our jerseys, novelties, and advertising.

In addition to celebrating our new mascot and name, we plan to continue the tremendous work done over the past year to celebrate Rochester Hockey Heritage. RYHA and Rochester hockey have a long history and heritage that includes professional and junior teams, international tournaments, and well-known founders and alumni. Already in place is a space at Graham Arena that highlights the great alumni of RYHA. Soon to come will be a dedicated heritage space on our website.

I will close with a big thank you to all of the volunteers that help keep RYHA moving. All of the parents, coaches, referees, and coordinators put in countless hours and deserve special recognition!

Can't wait to see everyone around the rink soon!

Tom Stewart  
RYHA President

### BE SURE TO...

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



And follow us on Twitter



@RochYouthHockey



## **2022-2023 REGISTRATION**

Online registration began: Monday, August 1<sup>st</sup>

[Registration Link](#)

Online registration ends: Wednesday, August 31<sup>st</sup>

In-person registration: Monday, August 29<sup>th</sup>

7-8pm in Graham Arena Lobby

Late registration: Tuesday, September 6<sup>th</sup>

7-8pm in Graham Arena 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.

## **TRYOUT UPDATES:**

- Watch the [RYHA Calendar](#) and level specific [tryout pages](#) for confirmed dates/times.
- We've added an electronic payment option for tryouts using Zelle. Refer to the [tryout information page](#) for more details.
- Approximate Tryout Dates:
  - Bantam: Last week of September
  - PeeWee: First week of October
  - Squirt: Second and third week of October
  - Squirt Evaluation: Second week of October

**\*\*NOTE:** We hope to move tryouts up a couple days, which would move them to the end of the week prior.

## **SQUIRT INFORMATION**

All Squirts will need to go to the Squirt tryout sign up on the RYHA Squirt tryout page and select Squirt A, Squirt B, or no tryout. If a player selects Squirt A tryout and does not make an A team they will automatically be enrolled in the Squirt B tryout. For those not wishing to tryout they will select no tryout. Those players will automatically be placed on a roster at the same level they played the previous season or if the player played Supermites last year they will be placed on a Squirt C roster. There will be a deadline to sign up for squirt tryouts. Please see the [Squirt tryout page](#) for more information.

Squirt development will start the first week of October. It is an opportunity for Squirt aged kids to start skating prior to tryouts and forming teams. The focus is to get the kids ready for the hockey season through skill development and small area games. The development groups are generally formed based on where players played the previous hockey season. Teams are formed solely based on tryout results and have no correlation with Squirt development groups. You will be contacted by your assigned development coach after RYHA registration is closed, coaches are identified and groups are formed. Your coach will provide dates, times, and locations for the practices when they contact you.



## 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
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.

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 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!

### **Seminar Information-**

- Level 1 & New Level 2 officials will be required to attend an in-person seminar, in order to have the ice session.
- All Level 3 and Level 4 seminars will be offered virtual via Zoom. The seminar can be completed by attending any virtual Zoom seminar anywhere in the country

**MARK YOUR CALENDAR!** For the 2022-23 season, the Level 1 and Level 2 Rochester seminar is scheduled for October 30th for Level 1 and 2 officials in person (**HURRY UP AND REGISTER, SEATS ARE FILLING FAST!!**)

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)

## **RYHA INVITATIONAL TOURNAMENTS**

Check out the RYHA website for more info:  
<https://www.ryha.net/page/show/1552-rochester-youth-hockey-tournaments>



SHANNON O'HARA



FOUNDATION.ORG

This fall marks the 10<sup>th</sup> anniversary of the founding of the Shannon O'Hara Foundation. Thanks to the support of Rochester and the hockey community, we have given scholarships to 44 students totaling \$93,000. Truly amazing that Shannon's spirit lives on in this tangible way.

We held a 10<sup>th</sup> anniversary golf tournament this past July, and we had the chance to check in with our past scholarship winners. You can view our "Where are they now" album here:

<https://photos.app.goo.gl/28h4gGWGZgHFwcjr6>

Now we're ready for another hockey season! Here are upcoming dates for Shannon O'Hara Foundation events:

**SOF night at HS Girls Hockey – December 13, 2022**

Mayo vs Century/JM Girls – Rec Center

**Shannon Cup – Jan. 27-29, 2023**

Girls 10U, 12U and 15U levels – Graham Arena

**SOF Scholarship Night – Feb. 11, 2023**

Mayo vs. Century Boys – Graham Arena

Thank you, RYHA, for your continued support of the Shannon O'Hara Foundation.

## GRAHAM ARENA COMPLEX

The Graham Arena Complex will open for fall ice programs on August 7<sup>th</sup> and will start with the ROTR 3 vs. 3 Half Ice Hockey League. This league is for boys and girls ages 5 to 13 and features 24 league games that will run right up to the start of the RYHA tryouts in early October. Information of the league can be found at [www.retunrofftherobinjr.com](http://www.retunrofftherobinjr.com) The Peak Performance Hockey Camps will run their Fall Skills and Drills Tryout Preparation Camp session on September 9-25 at Graham Arena Four. This camp is open for both boys and girls ages 6-13 years old and will feature on-ice drills specifically designed to get players prepared for the challenges of hockey tryouts and to sharpen their skill base for the upcoming season. Registration information can be found at [www.peakhockey.com](http://www.peakhockey.com) There will be youth open hockey sessions in August and September, and those dates and times will be on the RYHA website under the 'Open Hockey' tab.

Graham Arena is hiring and we want you! We are in need of a few quality individuals ages 18 plus to work part time on a very flexible schedule - you pick your shifts and how many hours that fit for you. The pay is \$17.50 per hour and the work is pretty easy going. If you are looking to pick up a few extra bucks and would like to be around the rinks a little bit then this is a pretty fun job to take on. Please send an e-mail to [bmontrose@rochestermn.gov](mailto:bmontrose@rochestermn.gov) for more information on the job positions and see for yourself if this would be a good fit for you.



## 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. We are once again planning to have our Termite Kickoff will be held at OMC Sports Medicine and Performance Center (OMC SMAP) on Sept 30<sup>th</sup> from 6pm-8pm. Come meet your coaches and get your jersey for the upcoming season. We're also looking at hosting a Supermite Kickoff. We need volunteers to make that happen, so please reach out to me if you'd be interested in helping. There is still time to join the RYHA 10,000 Puck Challenge! Develop your slapper, wristers 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://www.ryha.net/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. 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](#). Keep on 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  
Mite Director



We want to welcome new OMC-SMAP staff members. Aaron Hauptert, originally from Duluth MN, brings a great amount of hockey knowledge to the team with having helped as an assistant coach at St. Mary's men's and women's teams. He has also been involved as CCM High Performance evaluator for 15U and 16U goalies for the past 10 years. Bella Koller brings high energy and passion as our new strength trainer. She originally played her hockey at White Bear Lake and graduated from Winona State University.

Summer is winding down and hockey athletes are getting ready for fall pre-season and tryouts. Many of the athletes in today's world are playing year-round sports. Hockey is no exception. For those who have taken time off, now is an excellent time to check out and make sure your equipment fits and is not broken. Check stick lengths, size your skates and sharpen blades. Look through all your hockey equipment from head to toe to make sure you are ready for the new season. I have seen time and time again athletes have waited until the last minute to check and find their skates do not fit or stick is too small. Many young athletes find themselves in tryouts in these circumstances. Take the time and steps now to prevent this from happening.

Athletes looking for fall training visit Mindbody, our scheduling page: <https://clients.mindbodyonline.com/ASP/home.asp?sstudioid=42872>

OMC and the Sports Medicine and Athletic Performance hockey room, Blade treadmill and synthetic ice, provide an excellent opportunity to work on skill development and conditioning to prepare an athlete for the upcoming tryouts and season. If you are looking for help with skating, shooting and stick handling, OMC can help. Athletes can choose programs for all



levels, learn to skate up to high school/junior and college levels. If athletes are looking for private and smaller groups, look for our 1-on-1 programs.