



CURRENT RYHA BOARD MEMBERS

RYHA Board Positions	Name
President	Tom Graham
Past President	Todd Huyber
President Elect	Andy Cousin
Secretary	Shawn Hookey
Treasurer	Rick Billings
Tournament Director	Rob Cothern
Girls Unit Director	Kasey Cummings
Gambling Director	Andrew Forliti
Operations Director	Todd Gibson
MN Hockey Representative	Lorne Hedin
Gambling Manager	Mark Hickey
Booster Director	Kara Kleinschmidt
Boys Unit Director	Jeff Phillips
Mite Unit Director	Robb Wiedrich
Hockey Advisory	Doug Zmolek

ANNUAL GOLF OUTING RECAP

The 2019 RYHA Golf Scramble was held on Friday, June 7th at Eastwood Golf Course. We had a nice turnout, blessed with great weather, and were able to raise money for our scholarship fund.

Congrats to the winning foursome that shot a 53 on the round and took home the Cup: Matt Erredge, Dane Peterson, Jay Ness, and Brad Deward.

Thanks to all who participated, volunteered and to the many sponsors who donated to the event. Special thanks to the following sponsors and their donations:

- River Valley Power & Sport for sponsoring the Hole-in-One Contest for a chance to win a Yamaha jet ski,
- Local Union #6 Plumbers & Pipefitters for their \$1,000 donation
- Schott Distributing for donating all the signage, patio umbrella, and cases of beer
- Heidi Novak with Remax Results for sponsoring the putting challenge and donating a putter
- MN 97.5 FM – donated Valley Fair tickets
- Gift cards from the North Star Bar, BB's Pizzeria, Mr. Pizza South, Twigs Tavern & Grill, & Centerstone Hotel



RECREATION CENTER

As many of you know, we lost our friend and co-worker Gregg Folkert in February. He has been replaced, on a temporary basis, by Dennis Maloney. We agreed to take a long time employee of the Mayo Civic Center as Gregg's permanent replacement. The transition may not be complete until after the first of the New Year. On June 17th we planted a tree at the Recreation Center in Gregg's memory.

The north rink will be repainted this summer in late August. As many of you may have noticed Curling is making a return to the Recreation Center. We will be working with the Curling Club of Rochester to increase the ice sheet markings for this activity. If you are interested go to their website: <https://www.curlrochester.com/>

GRAHAM ARENA COMPLEX

The ice at Graham Arena is out for the month of July and will be back in by mid-August. We had a busy spring with another successful Rochester Spring Hockey League and a handful of hockey camps and clinics. We will kick off the fall ice programs with the third annual Rochester 3 vs. 3 Hockey League. This program is for mites, squirts, peewees, bantams, and girls U10/12. New this year is an NHL style All-Star Skills Competition which the kids can test their skating speed, shot speed, stickhandling, shot accuracy, and passing skills. This is a part of the 3 vs. 3 League and will certainly be a hit! To register please go to www.returnoftherobinjr.com Also this fall at the Graham Arena Complex is the Skills & Drills Fall Tryout Preparation Camp offered by Peak Performance. Another great local program to get you ready for the upcoming season. Registration for this program is at www.peakhockey.com See you on the ice soon!

BE SURE TO...

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Search "Rochester Youth Hockey Association"





BOOSTERS

- **Pizza Sale- stay tuned for updates
- **Novelties will be available at registration. There will be discounted items from last year's inventory as well. We will not have team fittings next season so stay tuned for posted dates after tryouts for each level.
- ** Booster Bucks can be used towards Novelties and at Sports Headquarters until Dec 31, 2019. We are looking at new options to replace Booster Bucks, so after this year Booster Bucks will be discontinued.
- **Pictures will be done with Sportsline Photography in the 2019-2020 season.
- **If anyone is interested in getting involved with Pizza or Novelties, we are always looking for volunteers. Please send me an email: klk5861@hotmail.com

Kara Kleinschmidt
RYHA Booster Director

MITES

The Rochester Grizzlies, in partnership with Scheels and RYHA, are proud to announce the "Little Grizzlies Hockey Program". This program is intended for first year skaters between the ages of 5-8. For \$100, the following equipment will be provided: hockey bag, skates, gloves, elbow and knee pads, helmet and jersey. This also includes an equipment fitting by professionals and 3 on-ice sessions. Registration can be done on the [RYHA homepage](#) and will be open until July 14th.

Enjoy your summer!

Robb Wiedrich
RYHA Mite Unit Director

THE GOALIE CORNER

I hope at time of reading this, you are enjoying your summer and looking forward to being a goalie for RYHA again in the near future. I am asked a lot about what kids should be doing in the summer to improve as a goalie, and my answer is the same each time...go ask your goalie. Each kid is so different, and each goalie is different. I feel that as long as we, as parents, are giving our goalies an opportunity to be active, it is going to help them be a better goalie. Some kids like riding a bike, some like playing other sports, some like roller blading, some like swimming, you get my point. I don't think there is any one thing that is going to be the answer for every goalie.

All I can say is that if you are signing your kid up for structured goalie lessons on the ice and they look at you as if they are about ready to explode if they have to get in the car again for another goalie class then maybe something else to keep them active is the best option right now. Now, if they are waiting at the door for you with the keys to the car in their hand and the car is fully loaded and ready to go then they are still enjoying the off-season training. At the end of the day talk to your goalie and they will let you know. If you aren't on my goalie distribution list and wish to be added please send me an e-mail to robertcothern@yahoo.com and I will get you added. We will have a goalie exchange/fitting soon and I want to make sure that everyone is on my distribution list.

Rob Cothern
RYHA Goalies



RYHA TOURNAMENTS

Following are the dates for the RYHA hosted tournaments:

Squirt A – December 6th-8th
Pee Wee B – December 13th-15th
Squirt B – December 20th-22nd
Bantam A – January 10th-12th
Bantam B1 and B2 – January 17th-19th
Shannon Cup (All Girls teams) –
January 24th-26th

We will also be hosting two Youth Hockey Hub tournaments for our Pee Wee AA and A teams. Those tournaments are October 25th-27th, and January 3rd-5th.

Also new this year we will be charging all of Rochester teams a fee for their home tournament. This fee will be used to pay workers to cover the responsibilities of running the clock, the book, and music/announcing. If you, as a parent, want to work you can get your money back, but if not we will be paying people to work the games this year. We are moving to this format due to the fact that as the years have gone on it has been harder to get parents to work games that their kids aren't playing in. So now we are moving to a process where you will divide the cost of paying the workers amongst each family on the team and, as mentioned previously, you can make your money back.

I look forward to another fun year at the tournaments.

Rob Cothorn
RYHA Tournament Director



Mayo Clinic Sports Medicine knows that the hockey season can be hard on your mind and body. Check out our helpful tips to keep you feeling strong and healthy all season long, from the drop of the puck to the final buzzer!



MINDSET – Prepare for It!
(Set S.M.A.R.T Goals – Specific, Measurable, Attainable, Realistic, and Time Bound)

NUTRITION – Fuel for It!
(Eat a light snack before games and practices)

MOVEMENT – Train for It!
(Pick bodyweight exercises and make a circuit for a quick total body workout)

RECOVERY – Rest for It!
(Foam roll and stick to a consistent sleep schedule)

Get your FREE PLAY BOOK [here!](#)

To learn more, visit
SportsMedicine.MayoClinic.org or call us at
507-266-9100



**OLMSTED
MEDICAL
CENTER**

Our summer programs are in full swing with most programs at, or near, full capacity. Thank you to all of our athletes for your dedication and hard work.

Summer is not the only time for training. Take advantage of strength, speed, agility and quickness classes all year round. The best players in the game today grew up playing multiple sports and yet made time to train their bodies for success.

Here is a great quote from Jack Eichel of the Buffalo Sabres, "I looked at the weight room as a place where I could become a much better hockey player, and I thought it was a great opportunity to be stronger on pucks," says Eichel. "You look at guys like Sidney Crosby and [Evgeni] Malkin and [Ryan] Getzlaf, and some of the better players in the NHL. [Jonathan] Toews, [Patrick] Kane. Those guys are so strong on the puck. You see people try to knock them off the puck, and it doesn't work. It has a lot to do with their core strength. Obviously, they're extremely gifted players, but I don't think any of them would be the player they are if they didn't put the time in the weight room."

Fall programs are filling fast. To learn more about our programs, visit our web site www.olmstedmedicalcenter.org/, or feel free to call us at 507-535-1977.

BECOMING A HOCKEY OFFICIAL

There are opportunities abound as players, coaches, and officials. Just seek proper advice and work hard to reach your goals! Have you considered developing your hockey knowledge as an official? 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 (open NOW – 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. 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.

For the 2019-20 season, Rochester officiating seminars are scheduled for:

October 19th for levels 1 – 3 and additional seminars are offered throughout the state. 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 throughout high school, college, and if you're lucky later in life (maybe even turning it into a career at the professional levels of hockey). 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

Please direct all initial questions to Ryan!

District 9 Supervisor of Officials:

Ryan Swafford

rss10@hotmail.com