



## **ELECTION OF BOARD OF DIRECTORS APRIL 11, 2019**

Election of Board Directors to elected positions shall be held at the Annual Meeting of Association Members, which is held on the second Thursday in April.

Nominations for elected positions shall be taken at the March Board of Directors Meeting which will be held March 13, 2019.

The following positions are up for election in 2019:

President Elect  
Secretary  
Treasurer  
MN Hockey Representative

If you would like more information or to be nominated for a position, please contact Kathy Heightland at [ktheight@msn.com](mailto:ktheight@msn.com) or Todd Huyber at [psihuyber@aol.com](mailto:psihuyber@aol.com)



Upcoming events at Graham Arena:

Friday-Sunday, January 25-27:  
Shannon Cup Girls Tournaments-12A,12B,10B

Saturday, February 2: SOF Scholarship Night-  
Mayo vs. Century boys hockey game

## **BE SURE TO... LIKE US ON FACEBOOK!**

Search "Rochester Youth Hockey Association"



## **GRAHAM ARENA COMPLEX**

The Graham Arena Complex is entering a new working partnership with Olmsted County in an effort to bring some repairs to the facility. The Graham Arena Complex is owned by Olmsted County, but managed by the Rochester Parks and Recreation Department. With the new working agreement, you may see more Olmsted County building technicians around the facility and working on many behind the scenes areas. Our regular arena staff team will still be in place and be the normal point of contact for everyone as has been all along. This new arrangement with Olmsted County will bring in money for larger repair items such as roof leaks, refrigeration changes, and all HVAC controls. It's a good deal for everyone as money for some projects is needed, and Olmsted County is taking a big step forward to help and be sure that our Graham Arena Complex will serve the needs for all hockey and summer time events for a long time to come.

Check out the RYHA website under the "open hockey" tab for all upcoming youth open hockey sessions. We typically have open hockey for the kids on non-school days from 10:00am – 2:00pm and the cost to skate is just \$4.00.



## BOOSTERS

### TEAM PHOTOS

Sportsline Photography was a new company we used this year for pictures, and we will use them again next season as well.

### NOVELTIES

Thank-you for your continued support this hockey season! We are looking for dedicated people to help next season with sales. Please contact me if you are interested:

Kara Kleinschmidt  
RYHA Booster Representative  
klk5861@hotmail.com

### PIZZA SALES

#### **Another year of fundraising completed!**

Thank you to all the team pizza parents!  
Your time and effort is greatly appreciated.

#### **High sales:**

Gavin, Nolan and Pierce Hagan \$1104  
Carter Lewis \$1,084.50  
Luke, Logan and Liam Trickey \$1011  
Damon Miller \$1,003.50  
Liam Gerlesberger \$1,003.50  
Riley Root \$931.50  
Jacob Canfield \$886.50  
Easton Hammers \$857.50  
Liam Larson \$849.50  
Colton Lekatz \$839.50

#### **Channel One Food Shelf –**

THANK YOU to all the families that chose to buyout for Channel One – this is such a great donation to our community. We will be sending 2,932 pizzas, 226 Italian dunkers and 226 boxes of chocolate chip cookie dough to Channel One. This is twice as many items as we donated for the first time in 2013. Way to go!

Most single donations to the food shelf was Conor McGlone with 30!

Thank you to the following people/businesses for donating to “Flip for the Food Shelf” – we ended up with 112 buyouts!

Wade and Charlene Beavers –  
The Yard Sports Training Complex  
<https://www.yardtraining.com/>

Chris Hus –  
RE/MAX Results  
<https://www.remax.com/realestateagentoffice/rochester-mn-55901-chrishus-id12171701.html>

Aaron and Nicole Brueck  
Lorne and Michelle Hedin  
Tara and Aaron Hegrenes  
Kerry and Pete Ney  
Derek and Janelle Rosin

#### **Over the past 7 years, to include this year - we have donated....**

18,487 pizzas  
890 boxes of chocolate chip cookie dough "pucks"  
890 Italian Dunkers (dippers)  
\$166,294 value of the above items  
7 years already!!



**Remember** – the last day to use your Booster Bucks this season, with boosters, will be this Saturday, January 19<sup>th</sup>!

NOTE – next year we will not be giving out booster bucks or cash prizes. We are looking into new options and incentives

Enjoy the rest of your season!

Janelle Rosin  
RYHA Pizza Sale Coordinator

## GOALIES

RYHA Goalies-

Hello and I hope at this time of the season each goalie is reaching their goals that they set for themselves for the season.

This year for RYHA goalie development we tried to structure a little different. We set up the ages on different nights so we could really focus on specific development for specific ages. The new change has been a great success at both levels.

It is great seeing all of the young kids that are experiencing goalie and giving it a shot.

It is great to see these young players trying out the position.

The older players are given opportunities to really work on development areas where they need the work and continue to work on their skating and movement as well.

I appreciate the coaches who are working with our goalies on the ice. We couldn't do it without them.

Good luck the rest of the season.

Rob Cothorn  
RYHA Goalies



## ROCHESTER OUTDOOR RINKS

It is the perfect time of year to get out and enjoy Rochester's outdoor ice rinks! All of the rinks have warming houses and lights, unless otherwise noted. You can find hockey rinks

at the following parks:

Allendale

Manor

Lincolnshire

Viking (no warming house)

Withers Sports Complex

Soldiers Field

Hours:

Monday-Friday 4:30-9

Saturday-Sunday 12-5

For more info:

<https://www.rochestermn.gov/departments/parks-and-recreation/parks-trails/facilities-directory/outdoor-ice-rinks>



## MITES

Happy New Year to all our Mites!

Greetings and Happy New Year from the Mite commissioner's office! We hope you all had a wonderful holiday and were able to enjoy the mild weather outdoors on a local rink wherever you were.

We have an exciting couple of weeks to kick off 2019. You can find additional details below:

### **SuperMite All Star Day**

Our SuperMite teams played in our annual All Star games on January 13th. There were cool jerseys, a national anthem, player announcements, and more! It was a memorable event for all! Thanks to everyone who volunteered to make this day special for our young skaters.

### **Outdoor Hockey Day**

January 19th will be our 9th annual RYHA Outdoor Hockey Day! This event will coincide with the Outdoor Hockey Day Minnesota (#HDM2019) and the weather looks to be great once again this year with temps expected in the teens.

The location for this years event has changed and will be held at Soldiers Field outdoor rinks. The event will kick off at 10am and run until 5pm. The full days schedule can be found [here](#).

Our RYHA SuperMom's will be located inside our tent selling hotdogs, snacks, and refreshments. Stick around after your game for prize drawings from our sponsors and partners, which includes OMC, Shoot & Save, and RYHA Apparel. Outside our tent we will have music, a remote radio broadcast, and firepits to keep those fingers and toes warm.

An event of this size cannot run smoothly without parent volunteers. We ask that you volunteer for an hour before or after your child's game. Help run sales in the RYHA tent, keep the wood barrels burning hot, or help shovel the rinks between game, your help is greatly appreciated! [Volunteer using this link](#).

Share your Outdoor Hockey Day experience on social media using #RYHAHDM2019 and #HDM2019

### **End of Season Jamboree**

March 1-3 will be our end of the season jamboree for both Termites and SuperMites. Look for another weekend of games, music, and fun!

See you at the rink!

Robb Wiedrich

RYHA Mite Hockey Coordinator



## RYHA TOURNAMENTS

At the time of writing this, we are about half way through our tournaments. We just wrapped up the 24 team Youth Hockey Hub Founders Cup, and are on the home stretch. Every tournament doesn't happen without parent volunteers. Every year the responsibility of this falls on the team managers to rally their parents to fill the volunteer roles. It isn't an easy job that is for sure. I appreciate the managers who really make this happen and the parents that go the extra mile to fill in where needed.

As always, if you are interested in helping with the tournaments in the future, I would love to talk to you about that. So please reach out to me if you are interested in helping with the tournaments.

Thanks for all of your continued help!  
Rob Cothorn  
RYHA Tournament Director

### 5 TIPS TO FINISH THE HOCKEY SEASON STRONG!

1. REST - sleep between 7-9 hours/night
2. HYDRATE - drink half of your body weight in ounces of water each day; increasing your intake post exercise to replace sweat loss (16oz/per pound lost during exercise)
3. FUEL - eat well balanced meals and snacks throughout the day (carbs, fats, proteins)
4. STRENGTH - have an exercise regimen to maintain current strength levels throughout the season
5. RECOVER - after games and practices – Hydrate, Fuel, Stretch, and Rest

To learn more, visit our website Mayo Clinic Sports Medicine or call (507)-266-9100 to schedule your next training session.

[Mayo Clinic Sports Medicine Hockey Programs](#)



**OLMSTED  
MEDICAL  
CENTER**

Hockey players, it's never too early to start thinking about spring and summer training! We recommend taking a couple weeks off after the end of the hockey season to recharge your batteries, but don't wait until summer to train. Athletes who are waiting to train only during the summer months are missing out on prime opportunities for improvement in both the spring and fall. We recommend training both upper and lower body during the off season along with focusing on improving hockey skills. Running, SAQ, Yoga and weight training along with lot of jumps, single-leg squats and lunges are what high level athletes focus on in the off season.

Olmsted Medical Center Sports Medicine and Athletic Performance uses an 8:1 athlete to certified strength and conditioning specialist ratio to ensure proper lifting techniques and program guidance for our athletes. There has been some incredible results in the testing data across the board in past summers.

Playing other sports besides hockey will help you improve different parts of your game. Plus it's fun. Some of the best hockey players in the world played everything growing up—soccer, baseball and football are just a few examples. We don't recommend year-round hockey, but we do recommend staying active in other sports while training for hockey.

Good luck to everyone as the season progresses!

**Spring and summer programs are now available. The summer camp sold out quickly last season, please take advantage of our early bird signup discounts to reserve your spot. To register visit our web site [www.olmstedmedicalcenter.org/](http://www.olmstedmedicalcenter.org/), or feel free to call us at 507-535-1977.**

