



## **FROM THE RYHA PRESIDENT- TOM GRAHAM**

Association members: The RYHA season is in full swing. All teams at all levels are active playing the game we all love. There is nothing more satisfying to our coaches than coming to the rink and helping kids at all levels have fun and improve their hockey skills. Along with the fun of the sport comes a level of competitiveness between teams, coaches, players and, if you can believe it, parents!

I encourage everyone to take a moment and reflect on what type of player, coach, volunteer, and parent you may fall into with regards to the competitive edge. We have teams and players at all levels—they will make mistakes. We have referees at all ages and levels—and they will make mistakes. You may have seen the posters around the rinks outlining positive sportsmanship towards referees. Posters are only good if what is being said on it will be followed.

Below is a note from our D9 President Mark Blaisdell:

*D9 Association Board members: It has been brought to the attention of the District 9 Director that there have already been reports of abuse of officials. This will not be tolerated. District 9 encourages and supports associations in implementing a zero acceptance policy. Such policies can include immediate removal from arena, suspension of attending youth hockey events, to permanent removal from youth hockey events. Effective policies will ensure compliance from coaches, players, and spectators alike.*

*Please work within your association and teams to combat the rapidly growing abuse of officials. We must support our referees and speak up when we witness such unwarranted behavior. Let the referees in your association know that they have your support.*

We (families, players, volunteers, and coaches) have an obligation to keep our sport healthy and vibrant for the future. RYHA has zero tolerance for abusive behavior at any level....verbal, physical, or written. Any such behavior will be reviewed and dealt with by the Sportsmanship Committee.

Parents,

There has been a recent increase in vandalism and destruction of property both intentional and unintentional at Graham Arenas this season. Please help by addressing this with your child / children. This includes shooting balls, pucks, and playing games in the lobby and other common areas. The only place shooting pucks or stickhandling balls/pucks is in the dryland area in Graham #1. Violations, depending upon the severity, will result in disciplinary actions for RYHA players and potentially monetary actions to the family. A note, like this one, was sent to all RYHA Coaches. Together, as parents and coaches, optimistically we can work toward eliminating any further damage to our rinks. The dry-land / shooting area in Graham #1 is a great place for RYHA Players to burn off energy and work their skills. RYHA and the Graham Arena staff greatly appreciate your assistance with this issue.



**“KIND WORDS DON’T COST MUCH, YET THEY ACCOMPLISH MUCH.”**

As a new member of the RYHA Board, I've spent the last few months listening and learning about our hockey association, the great things we do, and some areas where we need to do better. I've been amazed by the time and effort that so many volunteers contribute to make hockey fun, well-run, and affordable for our families. I also thank the many families who've shared constructive ways they'd like to see RYHA grow and I promise to represent and share those thoughts with my Board colleagues.

There is an area where I ask the help of every family and player in RYHA. As president-elect, I serve on the sportsmanship committee tasked with finding a fair solution to some of the contentious issues that come up in an association of our size. In hearings related to topics like referee abuse, volunteer abuse, bullying, fighting, inappropriate locker room behavior, theft, vandalism, etc., I've seen firsthand that there are no winners. Children are hurt, families leave our sport, players are suspended, our rinks lose trust in us, and our fees rise. I'd like to challenge all of us to drive these hearings down to zero.

Our association is made up of some of the best families and young athletes I've ever known. In my short experience, in nearly every instance, sportsmanship committee hearings are the result of one poor decision from an otherwise great boy or girl. Next time your player heads to the rink, please

take a moment to remind him or her how much their words and actions—positive or negative—can have on a teammate or volunteer. Please ask them to respect and listen to our volunteers. Please help us reinforce that every one of our athletes represents their family, their team, and our entire community with the jersey they wear. Please encourage them to treat our rinks and those we visit with the same respect we would treat our own homes.

Very few of the players I've coached have ever made a living out of playing hockey, but nearly all of them are outstanding, successful people because of the character they built and lessons they learned through our game. I ask your help in working together to make sure every player has a great experience at the rink and that our association represents Rochester proudly.

Andy Cousin  
RYHA President Elect

## **BOOSTERS**

Pizza turn in nights will be at Graham Arena December 9<sup>th</sup> and 10<sup>th</sup>.

Novelty Sales will be December 9<sup>th</sup>, 14<sup>th</sup> and 16<sup>th</sup> in the Graham Lobby from 6-8pm and one more time in January 2020 TBD.

Kara Kleinschmidt  
RYHA Booster Director



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Tony Robertson- Realtor ReMax Results  
VFW Post #1215- Thank you for your service!  
The Yard Sports Training

SHANNON O'HARA



FOUNDATION.ORG

The Shannon O'Hara Foundation looks forward to another year of hockey and scholarship in 2020. Thanks to the support of the hockey community, we have raised over \$250,000 for brain tumor research and scholarship funds.

We are pleased to offer scholarship again for the 9th year in a row. Any youth who participated in RYHA and will be attending post secondary education in the fall of 2020 is eligible. Applications are available at: [shannonoharafoundation.org](http://shannonoharafoundation.org).

SOF merchandise will be available at hockey events in January

Shannon Cup Girls Youth Tournaments  
10A, 10B, 12B & 15A  
January 25-27, 2020

SOF night at HS Girls Hockey  
Tuesday, January 28, 2020  
Century vs. Faribault - 5:30pm  
JM vs. Mayo - 7:30pm

SOF Scholarship Night  
Thursday, January 30, 2020  
Scholarships will be presented at the  
JM vs. Century boy's game





## CHRISTOPHERSON MEMORIAL ESSAY CONTEST:



In honor of the late Richard " Chris " Christopherson, the very first individual to serve as our first RYHA president from 1955-1956, the Christopherson family, headed up by Jamie Lambert-Christopherson, and RYHA have teamed up to create an essay contest for RYHA players of ALL levels to participate in! Chris was very instrumental in raising funds for the Graham Arena and was very active in coaching starting during the late 1950's. Currently Chris has two great grandsons who skate in our RYHA program: Holland is on the Squirt A Red team and Maddox is on the Pee Wee AA Red team. All RYHA participants are encouraged to enter the contest by completing the following: "***I am having the most fun playing hockey when...***". Submissions will be accepted from December 1st through Jan 15th. There will be four winners awarded and each winner will receive a three hundred dollar check in the honor of Chris Christopherson. The winners will be announced on Saturday January 18<sup>th</sup> during Hockey Day Minnesota. Original essays should be limited to 250 words or less, and should include the child's name, team/classification, address, phone number and email address. Submissions can be sent to:

Jamie Lambert Christopherson  
3607 Halling PL SW  
Rochester, MN 55902

Or you can Send via email to:  
jamie.christopherson8@gmail.com

Good luck to all!

Lorne Hedin  
RYHA MAHA REP

## RYHA INVITATIONAL TOURNAMENTS

The tournament season is right upon us, and I am looking forward to another great year. Our first tournament of the year with Youth Hockey Hub was a great success and both the Pee Wee AA and Pee Wee A team did a great job and helped tremendously.

We will be running tournaments for 3 weekends in December and 4 weekends in January. We will host 2 district tournaments in February, and we were awarded 2 state tournaments in March.

We were awarded the girls 12B and the girls 15B State Tournaments this year. This will be exciting for RYHA to host these and showcase how we can host a great tournament. If anyone would like to be part of a state tournament committee, please let me know, as we would be happy to have you help. You can email me at [robertcothern@yahoo.com](mailto:robertcothern@yahoo.com).

I hope everyone enjoys their home tournaments this year.

Thanks,  
Rob Cothern  
RYHA Tournament Director

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## MITES

Hello from the Mite commissioner's office and welcome to the 2019-2020 Mites! We hope all of our returning and new Mites have enjoyed the first month of the season. We continue to see growth in our Mite program with 363 new or returning Mites this year! That's a 21% increase since 2017. Many of our Mites have been introduced to our program through the [Try Hockey for Free](#) or [Little Grizzlies](#) program, both of which have been very successful. Continue to encourage friends to try this great sport!

There are more exciting events to come for our youngest skaters. Here is what you can look forward to:

### **SuperMite All Star Day**

Our SuperMite teams will be playing in our annual All Star games in January. Parents can expect cool jerseys, a national anthem, player announcements, and more! Bring out the whole family and take pictures! Coaches will be working with parents to find volunteers to make this day special for our young skaters. Watch your team calendars for more information.

### **Outdoor Hockey Day**

January 18<sup>th</sup> will be our 10<sup>th</sup> Annual RYHA Outdoor Hockey Day! This event will coincide with the Hockey Day Minnesota. #HDM2020

The location will again be held at Soldiers Field outdoor rinks. The event will kick off at

10am and run until 5pm. Our RYHA SuperMom's will be located inside our tent selling hot dogs, snacks, and refreshments. Stick around after your game for prize drawings from our sponsors and partners. 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 games. Your help is greatly appreciated! Watch for a volunteer signup link.

Share your Outdoor Hockey Day experience on social media using #HDM2020 #ryha and tag @rochmitehockey

### **End of Season Jamboree**

March 5-7 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 Director



## THE GOALIE CORNER

Hello Goalies and Goalie Families. By this time you, are knee deep into your practices and season and everything is getting moving. I want to take some time to write about practices and dryland for goalies as the season progresses.

During a typical practice the goalies should be getting some time to work on goalie specific techniques in skating, crease movement, shot blocking, and tracking the puck to name a few. Goalies at a young age should still be participating in team skating drills as doing skating drills and becoming a better skater is good for anyone at any age, but especially a young goaltender.

In regards to goalie specific practice time, you need to have a plan. You aren't going to get a lot of time so you need to make use of the time you are going to get. If you visit our RYHA goalie page on the RYHA website that is listed under the "Teams" tab, you will find a lot of drills that can be printed out. I would suggest that if you are working with a goaltending coach at practice that may be new to teaching goalies, then print 1 or 2 of these drills out yourself, bring them to practice and ask your coach if he can help you with these drills. Also on the page is a link to the USA Hockey Goaltending page which is a great resource for some more drills that you can use on the ice during practices.

In regards to dryland, there are also some printable drills that you can be doing during your dryland sessions. You can be working

on some specific drills that will help you as a goaltender. Don't waste this dryland time. This is a good opportunity for you to get better off the ice and take advantage of that.

Lastly make sure you are attending the RYHA goalie sessions. This is a great way to get some goalie instruction from some very good goalie coaches. Also if you have a coach on your team that is working with the goalies I would encourage them to come to the sessions as well and learn some of the drills that you are working on, and that way you can start using them in practice. Keep working hard, and I hope you have a great season.

Rob Cothorn  
RYHA Goalies

## GRAHAM ARENA COMPLEX

School Break Open Hockey

December 23 <sup>rd</sup>	10am – 2pm
December 30 <sup>th</sup>	10am – 2pm
December 31 <sup>st</sup>	10am – 2pm
January 1 <sup>st</sup>	10am – 2pm
January 2 <sup>nd</sup>	10am – 2pm

For boys and girls from mite to bantam ages.

Cost is \$4 per skater