



MAHA Monthly

Over 7,500 new participants across the country took part in September's National 'Try Hockey For Free' Day!

Volume #5 | Issue #3, October 2025 | Michigan Amateur Hockey Association



**2025 IHF World Girls' Hockey Weekend
October 17-19, 2025**

Join USA Hockey and hockey communities around the world to celebrate girls hockey! Click above to learn more!

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**MICHIGAN AMATEUR
HOCKEY ASSOCIATION™**



YOUTH HOCKEY

[Fall Classic Provides Youth Players a Chance to See what it Takes to Play in the USHL](#)



[Jacksonville has Witnessed Strong Growth in Youth Hockey Participation in Recent Years](#)



JUNIOR HOCKEY

[NAHL Players can Expect Development, Exposure and Advancement in Their Hockey Career](#)



OFFICIALS

[Building Better Officials: Inside USA Hockey's Advanced Officiating Development Program](#)



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



In this episode, host Phil Osaer (Director of Athlete Development at Suburban Sports Group & former NHL scout) sits down with Olympic gold medalist, Boston Fleet (PWL) defender and Honeybaked Hockey alum Megan Keller.

Click on the link above to enjoy this interview!



PODCAST:

[Developing and Playing to a Team Identity, with Guy Gadowsky](#)

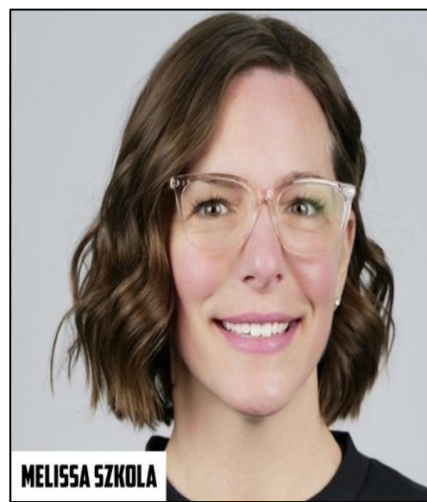


PODCAST:

[How to Maximize Your Practice Time, with Ryan Craig](#)



JAKE DAVIS



MELISSA SZKOLA

The IIHF also selected two officiating coaches to work the Winter Games, including **Melissa Szkola** (St. Clair Shores, Michigan).

The 2026 Winter Olympic Games will take place on February 4-22, 2026 in Milan and Cortina, Italy with the women's hockey tournament taking place on February 5-19, and the men's tournament running from February 11-22.



Michigan To Be Represented by Two American Officials in February's 2026 Olympic Winter Games

Congratulations are in order for two officials in the Michigan hockey community, as they are set to be part of a group of 12 Americans selected to participate in the 2026 Winter Olympic games in Milan and Cortina, Italy in February.

The IIHF recently announced that ten Americans have been selected to officiate the men's and women's ice hockey tournaments. Included as part of the men's tournament will be referee **Jake Davis** (Wyandotte, Michigan).



#TeamUpAgainstConcussions

'Team Up Against Concussions' Week Confirmed for October 20-25, 2025

USA Hockey and the Concussion Legacy Foundation have teamed up to raise concussion awareness and strengthen team bonds through **Team Up Against Concussions (TUAC)**.

TUAC is a simple speech designed to be given from a team leader before each season. The core message – teammates have a responsibility to speak up to a team leader if they notice concussion signs in a teammate.

USA Hockey's Team Up Against Concussions Week takes place **October 20-25, 2025**. Throughout the week, MAHA-affiliated associations are encouraged to share videos of their local players giving the TUAC speech to their teams.

During TUAC Week, players are asked to volunteer to be a 'TUAC Captain,' and record themselves giving the TUAC Speech to their team. Completed videos should be sent to the USAH Player Safety Coordinator (Michigan) Jon Hosking at jhosking@maha.org.

Video submissions will be promoted and shared on MAHA's digital/social media platforms, in an effort to reinforce the TUAC philosophy.

[Click here to learn more about Team Up Against Concussions Week, as well as the Concussion Legacy Foundation.](#)



Watch as Nate Leaman, Head Coach of the 2021 U.S. National Junior Team deliver the concussion awareness speech to his team ahead of the World Juniors tournament.



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

Dr. Hockey Highlights Benefits of Our Game for Mental Health

There are so many benefits to playing hockey – it has incredible effects on your health and mind. Playing hockey also teaches communication skills and how to overcome adversity. But that’s not to say hockey players don’t have challenges. Pressures to perform, physical injuries and intense schedules can take a toll on anyone’s mental health. This is where a sports psychologist comes in. I’ve brought in my colleague, [Seth Swary, Ph.D.](#), a sports psychology clinician at the Henry Ford Center for Athletic Medicine, to help explain why athletes benefit from seeing a sports psychologist.

“It’s helpful that a sport psychologist knows the culture of athletics and the stressors that athletes face,” says Dr. Swary. “We’re familiar with the influence the world of athletics can have on someone and how that can affect their well-being.”

“Athletes have a whole team around them to help them perform – athletic trainers, nutritionists, etc. – so why shouldn’t they have an expert who is dedicated to supporting their mental health? A sport psychologist acts as a strength-training coach for the mind,” Dr. Swary adds.

Mental Health Challenges that Hockey Players Face and how Sport Psychology Can Help

Hockey players often have a built-in support system: teammates and coaches who know what they’re going through and trainers and physicians who can help manage aches and injuries. But still, it’s not always easy. Some of the difficulties include:

- **The pressure to perform:** When your game is off, you’ll know it. And there can be pressure to perform from coaches, teammates and family members. A sport psychologist can help you find ways to work through those feelings.

- **Navigating demanding schedules.** Hockey players have action-packed schedules filled with practices, team meetings and travel, and while trying to keep up with school.
- **Physical injuries.** The physical demand of hockey can bring about its own set of challenges – especially when injuries occur. You’re not only dealing with surgery and rehabilitation, but you’re also out of the game and your routine for a while.
- **Making career transitions.** “I’ve worked with many athletes who are transitioning from one level of athletics to another (middle school to high school, high school to college, college to professional) along with athletes transitioning out of their career,” says Dr. Swary. “It can be a huge part of their identity and a tough transition. Even more so if it’s an injury that abruptly derails their career. We can provide them with ways to make a smooth, healthy transition.”

That said, nothing “bad” has to happen to benefit from sport psychology. As Dr. Swary says, you don’t see a personal trainer because you’re not strong, you see a personal trainer because you could benefit from being stronger. It’s the same with sport psychology – and it can help improve your performance.

“We have specific skills we work on for performance optimization,” says Dr. Swary. “How do we talk to ourselves? How do we respond in certain situations? How do we stay in the moment when we’re distracted? An athlete may have had a rough day at school; then they have to refocus and find energy at the end of the day for their game. It can be helpful for any athlete at any time.”



Dr. Swary grew up in Pandora, Ohio, playing all of the sports available in a small town. He attended Ohio Wesleyan University for undergraduate studies, majoring in Neuroscience and Psychology while playing for the football team.

Following graduation, Dr. Swary attended the University of Denver and received his master’s in Sport and Performance Psychology. He then received his PhD in Sport, Exercise and Performance Psychology, and his MA in Clinical Mental Health Counseling from West Virginia University. Prior to joining Henry Ford Health in 2023, he served as Coordinator of Sport & Performance Psychology for Oakland University for 2 years.

Visit henryford.com/sportpsychology to learn more about the sport psychology clinic at the Henry Ford Center for Athletic Medicine and make an appointment with [Dr. Swary](#). Learn more about [Dr. Hockey](#).

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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**

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LOCAL LEADERS

KEITH AND RACHELE HAZEL
GREATER FLINT HOCKEY ASSOCIATION



MAHA 'Local Leaders' Initiative Highlights the 'Unsung Heroes' of Community

In the Spring of 2024, Keith and Rachele Hazel approached the Greater Flint Hockey Association with an idea – building the first girls' team in association history. The hockey family built a team from scratch, recruiting 19 girls to the inaugural squad. To make the sport accessible for all – some of the girls had no hockey experience whatsoever – Rachele created a 'Girls Only' Sticks & Pucks weekly skate that cost only \$8.

Fast forward to the end of the 2024-25 season, when the GFHA Girls found their way to it first Michigan Girls Hockey League championship.

Just like the Hazel Family, MAHA is celebrating the unsung heroes who help grow and enhance our hockey community. Nominated individuals who go above and beyond to make a difference will be highlighted in our new 'Local Leaders' feature on MAHA's website and social media throughout the season.

Do you have a nominee? [Click here to submit a nomination to MAHA.](#)

[Click here to read more on the Hazel Family's success story.](#)



Important Dates

IIHF World Girls Hockey Weekend
Worldwide
October 17-19, 2025

MAHA 16u A State Tournament
Jackson and Lansing, MI
October 16-19, 2025

'Team Up Against Concussions' Week
Nationwide
October 20-25, 2025

MAHA 18u AA State Tournament
Jackson and Lansing, MI
October 24-26, 2025

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