



Hyland Hockey News

Message from Board President

To all,

Tryouts are right around the corner and we would like to welcome everyone back and also welcome in the new members to Hyland Hills and the Colorado Outlaws.

Tryouts can be a stressful time and seemingly more so for the parents, then for the players. It's always harder to sit and watch versus being the one on the ice taking control of their position. We try to move our bodies to help our kids move, but we end up looking like we're dancing in our seats.

I once read (or heard) a piece of advise or wisdom that helped me during the early years. "Your kids will need two things to be successful - motivation and support - the parents job is support."

Good luck and we'll see everyone at the rink in a few weeks.

Scott Sheehan, BOD President

BOD Meetings and Updates

Upcoming BOD meeting is scheduled for August 11th. BOD meetings will be held the second Monday of every month starting at 6:00 pm in the party room at IPAC. All association members are invited and welcome to attend.

For more information contact Joanne Schmidt at joannesch@comcast.net.

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Colorado Outlaws

The Colorado Outlaws AAA Hockey program staff would like to wish everyone a fun and productive hockey season for 2008-2009. While the AAA Program tryouts have come and gone, there are some useful bits of information that parents and players should heed walking into this new tryout year for the "AA", "A", "B" and "C" teams.

A Canadian hockey study has demonstrated that the number one priority for most youth players walking into tryouts is acceptance, earning a spot, and a sense of belonging. Parents, believe it or not, are the ones most responsible for assigning value to being placed on one particular team instead of another up until about age 15. In most cases, players, if left to themselves, could care less what team they fall on provided they are accepted by their peers. Typically, once parents have assigned merit to achieving placement on a particular team, the players then also assign a value and seek their parents' approval. Let the tryouts belong to the kids.

Remember that this is just a game, and the vast majority of the time, the team that players are assigned to is usually the team or level of play that will lead to the most rewarding and developmental experience.

For those players that strive to make higher level teams for the right reasons, here are some tips:

- Make an impression. Remember that coaches are responsible for evaluating 40 to 80+ kids per division. Introduce yourself to the coaches. Be first in to the group for instruction, be first in line (make sure you understand the drill)
- Stand out. Prove your point through extraordinary effort and responsibility on the ice. Be vocal on the ice and on the bench in a positive way. Anything you can do to draw attention to your self in a good way can't hurt
- Demonstrate leadership and the "Intangibles". All other things being equal, coaches look for the players that seem to have character, strong work ethic and positive attitudes. Do what you can to demonstrate your strengths in these areas.
- Act out your own personal highlight reel. Remember that when asked what the five most exciting plays are in hockey respondents typically cite the following:
 - Big Hit
 - Great Goal
 - Great Save
 - Great Pass
 - Fight
- What do we learn from this? Of the five most exciting things in the game of hockey four of the five happen "on the puck" (and seeing as how fighting in a youth hockey tryout is a sure way NOT to make the team we ignore the fifth). Be on the puck. Be aggressive. Do not become a spectator in the tryout process. At the same time, remember that one of the five most exciting facets of the game is a great pass...do not mistake "being on the puck" with being a puck hog!
- PLAY YOUR GAME! Players should make every effort to demonstrate their own personal players that compliment your abilities. If you are a playmaker, make plays. If you are an offensive defenseman, be offensive. Do not spend time and energy worrying about yourself in the scrimmage with players that compliment your abilities. If you are a playmaker, make plays. If you are an offensive defenseman, be offensive. Do not spend

time and energy worrying about mistakes and/or what the coaches are looking for...instead, showcase your strengths!

Here is a good article from Mr. John Russo, a staff writer for the "Let's Play Hockey Magazine". Give it a read and remember the tryout is for the kids, have fun, acknowledge the stress involved and do your best to put it aside. Reassure your child that you love him or her regardless of where they land.

Outlaws Staff

What the scouts are looking for

By John Russo

Let's Play Hockey Columnist

I am asked the question "What are the scouts really looking for?" fairly often not only by high school players, but also high school coaches and even youth coaches. "Scouts" can include high school coaches looking at bantam players and the myriad of scouts and coaches watching high school players (Triple A Midget, several Jr. A leagues, the Elite League, USA Hockey, DIII colleges, DI colleges, NHL).

At our 2007 Upper Midwest High School Elite League, we often had 70 to 110 of these representatives in the bleachers on any given day. The same will be true for our Xposure tournament in the spring.

High school teams can have anywhere from a few to a couple dozen at competitive games. It is amazing how many scouts are watching our Upper Midwest players. Even Midget AAA and Jr. A scouts today are paid to see players numerous times in various situations.

Not every high school player is being scouted, but some teams such as Hill-Murray, White Bear Lake, Edina, Duluth East, Benilde-St. Margaret's, Grand Forks Red River, Breck and Wausau West may have 2-3 — or even 6-7 players on somebody's "watch list".

Every scout has his/her own list of critical items or skills. There do seem to be a few that are fairly common.

1. Skating

It is impossible to be too good a skater — and very possible to be not a good enough skater. For forwards, quickness and speed with the puck counts. For defensemen, the requirements are higher because they include more backwards and sideways skills.

I often hear scouts describe a player as "one step slow." That's only really a quickness issue, generally. Players can't work on skating too much. Short burst and corners are the key. Quads and hamstrings are the key muscles to work on off-ice and on-ice.

2. Effort

A pretty easy one. I've seen very good hockey players (skating, skills, etc.) not go anywhere because they don't put out effort. Effort gets more important as the level of play goes up because more people try harder at these levels.

2008-2009 Tournament Preparation Has Started

Even before the try-outs and the teams are picked, the work has already started on the tournaments HHA will be hosting in the 2008-2009 season. The Rocky Mtn Regional Silver Stick was sanctioned through the International Silver Stick Assn in April. Yes, that was right after the hockey season ended. The Silver Stick will feature our AA teams, Midget Minor A and the Squirt A's. Entries are already coming in for the October tournament and there is interest from several out of state teams. The Hyland Cup tournament is held over Thanksgiving weekend and last years tournament had a record 66 teams. Hyland Hills A, B and Squirt C teams will participate in the Hyland Cup. In December the Jr Jaguar Jamboree will be held over Christmas break and will give the 8 and under A and B teams experience of a jamboree format. January will have the Colorado Outlaws AAA teams hosting the Outlaw Shootout. The Jaguar Jamboree is held over President's Day weekend in February and feature the 8 and under C and D pool teams. Along with hosting playoff games in March Hyland Hills also hosts the Spring Fling tournament that will feature the DNHL teams.

What makes these tournaments successful is the dedication of the volunteers. The Tournament Directors do most of the work before the tournament starts, which includes working with the teams entered, making the programs and scheduling the games. During the tournament the need is for the members to help with the games running the clock, entering scoring data in Pointstreak and working penalty boxes. Each team entered in the tournament will need to work all of their team games plus up to 5 additional games. There is plenty of time before the tournaments for members to become familiar with the clock operation and Pointstreak. The team managers will set up training on the clock and Pointstreak shortly after the teams are formed. Please use that opportunity to train for these duties not only during tournaments, but also league games and scrimmages. If requested by team managers, the Tournament Director will also hold training sessions before the tournaments.

Below are the dates of the 2008-2009 tournaments:

- October 16th – 19th – Rocky Mtn Regional Silver Stick
(Midget Major AA, Midget Minor AA and A, Bantam AA, Peewee AA and Squirt A)
- November 25th – 30th – Hyland Cup
(Midget Major A, Midget Minor A, Bantam A and B, Peewee A and B and Squirt B and C)
- December 27th – 28th – Jr Jaguar Jamboree
(8 and under A and B pools)
- January 16th – 19th – Outlaw's Shootout
(Colorado Outlaw's AAA)
- February 13th – 16th – Jaguar Jamboree
(8 and under C and D pools)
- March 18th – 22nd – Spring Fling
(DNHL teams)

Dave Dygert, Tournament Director

HHHA To Use the Same Injury Prevention Tool as the Colorado Avalanche

Concussions are a reality in contact sports like hockey, although happily most of the time our athletes recover swiftly and fully from them. However, deciding when an injured player is ready to return to play can often be a difficult decision for the injured player and his or her parents, especially given that:

- Concussion signs and symptoms vary among athletes
- CT, MRI, and EEG procedures are often not useful in evaluating the effects of a concussion
- An athlete who sustains a concussion is 4 to 6 times more likely to sustain a second one
- Incurring a second concussion while not fully recovered from the first can have tragic, even deadly, consequences (The Brain and Behaviour Clinic brochure, 2007)

To assist parents, athletes, and their doctors with making better “return-to-play” decisions, the Hyland Hills Hockey Association has elected to provide all of its checking-level players (Peewee and above, house and travel) with the opportunity to utilize an innovative concussion management program at no additional cost to you. The program is called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) and involves an online, computerized exam for each athlete. This is the same tool that has been mandated in the NHL, much of Major Junior in Ontario, the NFL, and most major colleges (including CU and CSU in this area).

Here’s a summary of how it works: Find a quiet time and place to take the evaluation, somewhere where the athlete will not be distracted by TV, siblings, and so on. Then log onto <http://www.impacttestonline.com/brainandbehaviorclinic/> from any computer with an internet connection. Follow the prompts, indicate HHHA when asked for your organization, and have the athlete take the evaluation. Most people find it a fun experience, with a variety of patterns to remember and puzzles to solve. The system will store the results of the exam under the athlete’s name, creating a baseline from a time when we know the athlete was healthy. Later, when the athlete suffers a head injury, the exam will be repeated, and the differences, if any, between the baseline and the post-injury exams will help you and your physician determine how ready your son or daughter is to return to play.

Participation in the ImPACT program is completely voluntary. HHHA has elected to “foot the bill” for this simply because it deeply cares about the well-being of our young people and the ImPACT test has proven to be a significant step forward in the management of post-concussion assessments.

Detailed instructions will be provided to you by your team manager in the fall. If, however, you are interested in establishing your baseline prior to tryouts, simply email Steve Fitzgerald (sfitz88@comcast.net) and he will gladly send you the instructions to do so.

Hockey Office

Welcome back to another exciting year of Hyland Hills Hockey. I just wanted to update everyone with a quick note on payments for the upcoming season. If at any time you have questions regarding your account balance, please email Diane Wirth - Accounts Manager at diane.wirth@HHHA.org.

Hyland Members:

The first Member Fee Assessments will be emailed in the beginning of October and will be Due Nov. 1st. The second billing will occur in December and will be due January 1, 2009.

Outlaw Members:

Please review your team contract for payment due dates.

All **ice fee payments** should be made to Hyland Hills Hockey Association and can be mailed to:

HHHA, 10710 Westminster Blvd., Westminster, Co 80020 Or Dropped in the Payment drop box outside the video room OR By Credit Card at: 720-240-4691

NO TEAM FEES will be allowed to be run on a credit card.

All team fees should be made to your team treasurer and made payable to your team.

IE: HHHA - Midget AA.

If you are asked to make payments to another account name, please notify your team manger, coach, or Hyland Board Member.

Please note:

As a member organization it is imperative to keep the group running smoothly. Any returned checks will incur a \$50 Returned item fee. Any late payments will be subject to a \$50 late fee. At any time a member's account is found to be delinquent, the player will be removed from all team activities until the account is current.

If you would like to request a special payment plan to be made monthly via electronic funds transfer (Payment processing fees will be incurred), please contact the HHHA Board Treasurer - Shawna Sablich at RSSabb@aol.com



Reminders From Hockey Office

- Squirt A - Midget AA Try-Outs: To sign up send Diane Wirth the players name, DOB and position along with \$75 before August 15 by 5 pm, if registration or payment is received after that date, then the price goes up to \$90. Names will get posted on the web site soon. Please send the information to: diane.wirth@hhha.org.
- Balance of \$250 for the travel team registration is due.
- USA Hockey confirmations need to be done with the confirmations being sent to Colleen at colleen.sheehan@hhha.org before tryouts begin.

("Colorado Outlaws" Continued from page 3)

There are also key areas where effort is watched. These include: at the end (contact point) of a forecheck; on backcheck; in support situations (without the puck); defensively; along the boards. Toughness goes with effort. Often, "lazy" players are just what we call "shy" in traffic or along the boards.

3. Defensive Responsibilities

Of course this is different for forwards and defensemen. For forwards, it means watching the situation in the offensive zone, neutral zone positioning and coverage, back checking effort and coverage in the defensive zone. A forward that is a defensive liability generally won't go far unless the offensive output is enormous. That "plus-minus" stat will get them.

For defensemen, this area is paramount, of course. Even what we call "offensive defensemen" have to be good defensively. While the plus-minus stat is not the only measure of a defenseman, it is the primary one. A defenseman constantly "up the ice" will not often be able to counteract the resulting minus with enough goal creating output (pluses).

4. Making Positive Things Happen

Really good players often have positive things happening in all areas of the ice because of their play. The puck goes out of the defensive zone easier; movement through the neutral zone is easier; there are more chances on goal; the forecheck is more effective. There is a long list of good things. The opposition is "put on alert" when they are on the ice. Other characteristics listed (1, 2, 3, 5) are most often the reason for good performance in this one.

5. Anticipation

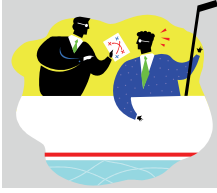
One scout explained this to me by saying "good players are slightly ahead of everybody else as to where the game is going." I thought that was a great description.

When I was young, the Detroit Red Wings had training camp in my home town (Sault Ste. Marie) and there was also a senior professional team as well as good junior teams in both Sault Ste. Marie's (Michigan and Ontario — across the river from each other).

My friends and I watched a great deal of very good hockey — and tried things out all winter long. We didn't have as many other competing activities in 150 inches of snow! I think we understood the game a little better than most kids today and we were able to anticipate better because of it. Studying the game can help players with this item — just like football QB's study game film. To some degree anticipation is also in the genes.

Notice that none of the above items include discussions about size, strength, goals or assists. Size is important, but strength is more critical. Short is ok if bulky/strong goes with it. Scoring is good, but players have to have many of the other things as well.

Last of all, what about goaltenders? Well, they come in all sizes and shapes, all levels of effort and skills and all manner of mental makeup. In the end, they have to be able to stop shots. It's the only real measure that counts!



Coaches Spotlight

Name: Jean Cote

Coaching Position: 8U

Hometown: Dolbeau, Quebec

Favorite Hockey Team: Avalanche

Last Movie You Saw that You would Give a Thumbs Up: The Last Knight

Kind of Music You Like to Listen to: All except Jazz

What Youth Sports Did You Played: Hockey, Baseball

Name: Alan Cunningham

Coaching Position: D-White Head Coach

Hometown: Sarnia, Ontario , Canada

Favorite Hockey Team: Colorado Avalanche

Last Movie You Saw that You would Give a Thumbs Up: Transformers

Kind of Music You Like to Listen to: All kinds

What Youth Sports Did You Played: Hockey, Ski Racing, Soccer, Baseball & Football

Name: Mike Driscoll

Coaching Position: Midget Major AA

Hometown: South Boston, Mass.

Favorite Hockey Team: Avs / Bruins

Last Movie You Saw that You would Give a Thumbs Up: No country for old men

Kind of Music You Like to Listen to: Dropkick murphy's

What Youth Sports Did You Played: Hockey, Basketball, Boxing and a little football

Name: Lance Jaeger

Coaching Position: Squirt A

Hometown: Rochester, MN

Favorite Hockey Team: Colorado Avalanche & Minnesota Gophers

Last Movie You Saw that You would Give a Thumbs Up: Batman Dark Knight

Kind of Music You Like to Listen to: Classic Rock, Hard Rock, and Heavy Metal (KBPI 106.7)

What Youth Sports Did You Played: Hockey, Football, Baseball, Track & Field

Name: Bryan McClure

Coaching Position: Squirt B

Hometown: Frederick, CO

Favorite Hockey Team: The Charlestown Chiefs

Last Movie You Saw that You would Give a Thumbs Up: The Dark Night

Kind of Music You Like to Listen to: 80's Rock

What Youth Sports Did You Play: I played a number of sports as a kid: Football, Baseball, Soccer. When my family moved from Greeley to Arvada all my new friends played hockey and I joined them at 11. I have never stopped.

Coaches Spotlight

**Name: Kevin Montoya**

Coaching Position: TBD

Hometown: Westminster, Colorado

Favorite Hockey Team: Colorado Avalanche

Last Movie You Saw that You would Give a Thumbs Up: The God Father Series (nothing will ever beat The God Father)

Kind of Music You Like to Listen to: All genres. Check out my iPod and you will see what I mean.

What Youth Sports I Played: Hockey, Tennis, Lacrosse, Drag Racing (from 16 yrs. Old)

Name: Jamie O'Leary

Coaching Position: Assistant Director, BT AAA Head Coach, Midget Minor AAA Assistant Coach

Hometown: Windsor, CT; Chicago, IL; Denver, CO

Favorite Hockey Team: HHA Jaguars/New York Rangers/Chicago Blackhawks/Colorado Avalanche

Last Movie You Saw that You would Give a Thumbs Up: The Dark Knight

Kind of Music You Like to Listen to: Classic Rock, Alternative Rock, Country

What Youth Sports Did You Played: Hockey, Soccer, Baseball

Name: Rich Pijanowski

Coaching Position: Head Coach Midget Minor AA

Hometown: Chicago

Favorite Hockey Team: Chicago Blackhawks

Last Movie You Saw that You would Give a Thumbs Up: The Italian Job

Kind of Music You Like to Listen to: Classic Rock

What Youth Sports Did You Played: Power Lifting, Track, Football, Baseball, Hockey!

Name: Mic Prochazka

Coaching Position: PeeWee B2

Hometown: Denver

Favorite Hockey Team: AV'S

Last Movie You Saw that You would Give a Thumbs Up: Indiana Jones

Kind of Music You Like to Listen to: Old Time Rock-N-Roll

What Youth Sports Did You Played: Football, Basketball, Wrestling

Name: Kelly Shelton

Coaching Position: Assistant Coach Bantam B1 Travel

Hometown: Denver, CO

Favorite Hockey Team: Avalanche

Last Movie You Saw that You would Give a Thumbs Up: Batman

Kind of Music You Like to Listen to: All

What Youth Sports Did You Played: Hockey, Football, Soccer, Volleyball, Baseball, Track, Swimming, BMX

Coaches Spotlight



Name: Trevor Sneed

Coaching Position: Head Coach Hyland Hills Bantam B1

Hometown: Brownstown Township Michigan

Favorite Hockey Team: Redwings

Last Movie You Saw that You would Give a Thumbs Up: Defending the Giants

Kind of Music You Like to Listen to: Alternative

What Youth Sports Did You Played: Hockey, Baseball

Name: Boyd Sutton

Coaching Position: 8U D pool

Hometown: Sterling, Alaska

Favorite Hockey Team: I can't answer this question please speak to Brian Sutton

Last Movie You Saw that You would Give a Thumbs Up: Kung Fu Panda

Kind of Music You Like to Listen to: Country

What Youth Sports Did You Played: Fishing, hunting, hockey, baseball and racquetball

Name: Mark Wildrick

Coaching Position: PeeWee B

Hometown: Omaha, NE

Favorite Hockey Team: Avalanche

Last Movie You Saw that You would Give a Thumbs Up: Hellboy 2

Kind of Music You Like to Listen to: All mostly, Classic rock

What Youth Sports Did You Played: Baseball, football, Soccer

Coaches will continue to be featured in next month issue.

Coaches Corner

Coaches meeting scheduled for August 15th 6:30 pm - 8:00 pm followed by the coaches party.

Coaching clinics will be posted on the USA Hockey website as they are scheduled. Coaches have until December 31, 2008 to obtain the required certification level. Please continue to check the USA Hockey website for clinics scheduled in Colorado. To register go to the USA Hockey website. The following clinics will be held at the Promenade Westminster.

- Aug. 16th (Sat) Level 1 - 9:00 am - 4:00 pm
- Sept. 13th (Sat) Level 2 - 9:00 am - 4:00 pm
- Sept. 14th (Sun) Level 3 - 9:00 am - 4:00 pm

News from the 8U



We are in full recruitment swing right now and we are currently ahead of last year's numbers at the same point in time. But that does not mean that we are happy at where we are at. We want to be even bigger and better this year so if you know anyone who is interested in playing hockey, please have them contact the hockey office for more details.

On the same recruiting subject, school is going to be starting up soon for many of our players. If you would like to help us out by placing Hyland Hills posters at your child's school, please let us know and we can provide you with the posters.

The 8U coaches for this year are almost set with only a few holes at the A and B pool levels. If you want to coach and if you have not put in an application, please contact the hockey office to put your name in the hat.

Lastly, we are waiting on the shipment of our OneGoal equipment. For those of you who do not know, we purchased 20 sets of the OneGoal gear which includes everything but a helmet and skates. Once we have the equipment in, we plan to hold a "Bring a Friend to Hockey" event where new players can rent our equipment to give hockey a try. If you know of anyone who would like to try hockey out, please have them contact our office and ask about our OneGoal program.

Thanks
Rob Cuscaden
HHHA 8U Director

Hyland Hills Squirt Skate



Additional skates have been added to our Squirt Skate schedule.

- Sunday Aug 17th - 1:15 - 2:15 pm GREEN rink
- Monday Aug 18th - 6:00 - 7:00 pm

Costs for the additional skates are \$15.00 each

Managers Corner



Manager and Treasure applications are due by September 15th.

Please either e-mail Kristy Matthias at kristymatthias@yahoo.com or place completed application in the payment box.

DNHL Updates

DNHL Informational Meetings

Thursday September 4, 2008 - Hyland Party Rooms
Squirt & Pee Wee - 6pm - 7pm
Bantam & Midget - 7:15pm - 8:15pm

At this time you will be able to pay fees, register for USA Hockey and give information for coaches to reach you after evaluations. We will also discuss how the evaluations will run, tournaments, introductions of coaches, introduction of Jamie O'Leary & Marcus Baxter and what they will be doing with the DNHL. On Saturday September 6, 2008 you will still need to check in 1 hour before evaluations to pick up your evaluation jerseys.

Thank you and we hope to see everyone there.

Want To Get Involved?

The Hyland Hills Hockey Association is seeking to identify people who would like to become more involved with the association and its many volunteer committees.

- Try-out Committee
- Sponsorship Committee
- Equipment/Apparel Committee
- Suggestion/Grievance Committee
- Discipline Committee

If you are interested in volunteering some time and effort for the love of the sport and the players, please e-mail Shawna Sablich, rssabb@aol.com.

The Hyland Hockey News is published by Hyland Hills Junior Hockey Association

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Kristy Matthias, Director of Managers
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Quote of the Month

You can have anything you want, if you want it badly enough. You can be anything you want to be, do anything you set out to accomplish if you hold to that desire with singleness of purpose.

Abraham Lincoln

We welcome any newsletter comments, suggestions or stories, please submit them to:

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