



Hyland Hockey News

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The Youth Hockey Experience

Why do our kids participate in youth hockey? What are our goals and objectives for our children's participation? Is the current state of the youth hockey experience creating the ideal environment for our children so that these goals and objectives can be realized? These are the questions I ask myself in order to make a realistic assessment of the state of the youth hockey game and identify where there is room for improvement. I hope to bring a unique perspective on the current state of the game based on my experiences as a player, coach, and parent. So much can be gained through the youth hockey experience. I believe the experience offers an opportunity for our children to have fun, to develop as people, and to develop as players. It is our responsibility as adults to ensure that our kids are given every opportunity to reap the rewards that the youth hockey experience has to offer. It is important that our kids have fun when participating in youth hockey. Fun is a vital part of the process. If our kids are having fun they will want to continue to play. They will want to come to the rink. They will be passionately engaged in the process. Passionate engagement is the foundation for all development. It is difficult for anyone to fulfill their optimal potential in any endeavor in the absence of passionate engagement. We are all at our best when we love what we are doing. Hockey is no different. Coaches have a unique opportunity to create an environment that is fun and filled with excitement. The greatest gift we can give our players is to fuel the passion for the game. We have to get kids excited to play hockey. If our kids are having fun and enjoying the youth hockey experience, they will develop a life long love for the game. Badger Bob Johnson, one of the greatest hockey coaches this country has seen, inspired many players to reach their optimal potential. He is responsible for one of my favorite quotes:

"It's a great day for Hockey!"

The youth sports experience provides a tremendous opportunity for kids to develop certain life skills that will serve them well in their adult lives. Kids have the opportunity to learn how to work together as part of a team. They have a chance to develop decision making skills. They will have an opportunity to learn how to win with humility.

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Message from Board President

Welcome Back!

We're off and running with one of the most difficult parts of the season (tryouts) behind us. The kids and parents begin to bond and it is one of the best parts of any season where everyone looks forward with anticipation to success and fun.

Hopefully, someone will come forward and take over the restaurant & bar vacated by Jackson's. Clearly a nice benefit to all of us over the past years. Otherwise, we'll actually have to get a little exercise and walk across the bridge -- still walking distance and a nice option that other facilities don't have.

I wish all the players good luck and that they have a great season measured by new friends and fun times to go along with goals, assists and team wins.

Go Jaguars!
Go Outlaws!

Scott Sheehan, BOD President

("The Youth Hockey Experience" Continued from page 1)

Youth hockey will offer them an opportunity to learn how to deal with adversity because the game doesn't always go the way we want it to go. Most importantly, the youth hockey experience will give our kids a chance to discover themselves and develop self esteem, a character trait so necessary to success and fulfillment. Coaches have a tremendous opportunity to influence and shape the character of our kids. This is an awesome responsibility that should not be taken lightly. We should be trying to develop people first and players second. Finally, the youth hockey experience should provide an opportunity for players to develop their hockey skills that will give them a chance to enjoy the game and advance to various levels based on their ability. Coaches should try to create an environment that allows players the opportunity to learn and discover the game. We should allow the game to become the teacher. We should be cautious of trying to win at all costs. The biggest pitfall that I have witnessed at the youth hockey level is something I call the "Safe Hockey" phenomenon. What is "Safe Hockey?" "Safe Hockey" is a certain way the game is being played that allows teams at the youth levels a better chance to win. It is a game of territory. It's when coaches discourage players to make hockey plays for fear of losing the puck and potentially getting scored against. Coaches will encourage players to dump the puck in the offensive zone as opposed to trying to make a play on the initial rush. Get it Out! Get it Deep! Those are the phrases that are indicative of the "Safe Hockey" phenomenon. I believe it is the biggest inhibitor of development that exists in youth hockey. We have to allow kids the opportunity to try to make plays. We have to allow the game to become the teacher. They will learn through the playing experience how to make proper decisions with and without the puck. I ask myself the question, "What would the player do if he/she were playing on the pond away from the watchful eye of coaches and parents?" I know that coaches are well intentioned when trying to teach the game of hockey to kids. I believe we have to be conscious of the "Safe Hockey" phenomenon and try to allow the kids every opportunity to develop the necessary puck skills that will give them a chance to succeed at the higher levels. Why do our kids participate in youth hockey? I believe there are two main objectives, fun and development, development of the person and the player. Coaches are responsible for creating the environment that is conducive to fun and development. If we all make a conscious effort to creating the optimal environment for participation, the youth hockey experience will be most fulfilling for those involved. Remember Badger Bob, "It's a great day for hockey!" See you at the rink!

**By Mike Sullivan, Professional Hockey Player & Coach
FlexxCoach Founding Member**

Newsletter Staff

Greeting it's hockey season again and we want to welcome all our readers to the Hyland Hockey News! The goal in starting the Hyland Hockey News again is to open the lines of communication within our association. With the help of the Board of Directors we hope to provide a publication that will be supportive, informative and entertaining. The newsletter will have the following monthly features: Message from BOD President, BOD Announcements and Updates, Current News for every division (U8, CCYHL, and DNHL), Team and Individual Successes and Updates (with pictures), Coaches Corner, Managers Corner, Fundraiser Events and Players Quarterly Honor Roll. The biggest feature will be sharing our team and individual successes, and to make this work we really need the help from coaches, managers and parents. All articles need to be submitted by the 25th of each month. Please take pictures using at least a 3.1 megapixel camera with a 200 dpi. Thank you.

Denise McClure
dmclure4@gmail.com

Kristy Matthias
kristymatthias@yahoo.com

Remodeling

Well, it is finally done - the new office and the coaches' room and it is beautiful!

I want to thank all the volunteers who put in the long hours ensuring the success of this season. These people went above and beyond helping out. All I can say, is that with your help we were able to make this hockey association a better place for coaches and parents: HHA BOD Members, Cheri and Mike Goff, John Shick, Mike Hicks, Doug Smail, Boyd Sutton, Mike Gaffney, Ryan Sablich, Marcus Baxter and Jamie O'Leary. Together these volunteers worked tirelessly, donating over 200 hours to help build the new office and the great coaches' room.

I would also like to thank Hicks Construction for all the framing; Home Depot for all the wood and paint and Wayne's Electric for all the electrical supplies and the coaches' door lock; my thanks to Mike Gaffney Painting. These companies made it possible for the coaches to have a secure room and for the office to look like an office.

I cannot say enough about how fantastic it was for these companies to step in and help out.

Brian Sutton
Executive Hockey Director



High Hockey Hopes

By Jamie O'Leary
Assistant Hockey Director

I recently had a parent ask me if most folks have unreal expectations for their children in the sport of hockey. It got me thinking about the contradictory perspectives of optimism and pessimism that cloud the youth hockey experience. I wanted to take this chance to write about youth hockey hopes and dreams and then move on to the nuts and bolts of giving our players the best possible chance to succeed through solid goal setting.

Yes. Most folks have unreal expectations for their children. This is not just in hockey. As far as I can tell, this fantastic optimism pervades academia, all youth sports, and just about every other aspect of life where extraordinary achievement is rewarded. I do not have a problem with this optimism. Without high hopes, in my opinion, nothing would be achieved. I believe that we can think whatever we would like about young Johnny's hockey prospects. It is what we do and say as a hockey parent that is most important, and those outputs need to be grounded in reality. We are doing no favors for our kids when we are constantly fighting the "my kid is the best" battle.

For me, the scary part is not that sense of ambition, but rather a feeling of pessimism. I once read that in North America, less than half a percent of youth hockey players at any given age level move on to Division 1 college hockey on a scholarship. I think that a many hockey families must have read the same article or have had this notion of "improbability" browbeaten into them to such a degree that the ambition is gone. This is frustrating for me as a hockey coach. More often than not, when I work with teenagers in the sport, I hear them say that they cannot do it, that they cannot make it. I have heard moms and dads even say the same thing to me in the presence of their teenager. It is rare, but fun and exciting to hear a player say "I can do this!"

If half a percent of the kids playing hockey in North America are making it into college hockey programs on a scholarship, why shouldn't it be you or your kid?

I believe that we have a responsibility to fuel these dreams. Our kids can get there. This year has been a significant one for Hyland Hills Alumni Steve Quailer and Jordan Slavin, for example. Steve Quailer was just drafted in the third round by the Montreal Canadiens and received a scholarship to attend Northeastern University. You can bet that he is setting his sites on playing the NHL, maybe even raising the Stanley Cup. Jordan Slavin was just awarded a full scholarship to play women's hockey at the University of North Dakota. You can bet that she is setting her sites on the US Women's Olympic Team.

How do we give ourselves the best chance to achieve these successes? Dream Big, Plan Small. Players should use solid goal setting and enter each season with a purpose. When I sit down with players to discuss goal setting, I typically ask them to do a quick homework assignment. Their task is to write down on a piece of paper where they see their hockey careers leading them (in order) 5 years from now, 3 years from now, 1 year from now and 6 months from now. I ask them to be as specific as they can be. I will then go over with the player what action steps need to be taken to achieve each goal along the way. This is often a very revealing process for players. It is also a terrific evaluative tool for players and parents to identify where the sport of hockey falls on the player's personal priority list. Unless there is an adult demanding it of a player, kids rarely take the time to go through this process on their own.

The goal setting and action step process is an important one. Most young players have no idea how to appropriately set goals and have not heard

("High Hockey Hopes" Continued on page 8)

News from the 8U



We have a little less than 2 weeks until our evaluations for the 8U. The coaches are geared up and ready to go. As we stand right now, we have more kids registered this year than we had last year and I still expect another 10-15 more to join.

Please remember that we will be holding our 8U Parents meeting on September 2nd at 7 pm in the Party Rooms at the rink. See you there.

Rob Cuscaden
HHHA 8U Director



DNHL Updates

The DNHL would like to announce that the Evaluation schedule is now up on the web. Times have changed since it was put up, so please check the schedule often for updates.

There is a coaches meeting on Aug. 28, 2008 at 7 pm in the party rooms. We will be going over the evaluation procedures. If you signed up to be a coach, and your player is trying out for travel, please still attend in the event your player does not make travel.

Jersey's will be sold on Sept. 20 & 21, 2008 from 9 am-3 pm in the party rooms. This year we will be numbering them on site, so please give yourself enough time to get your player fitted, to pay and wait for the numbering. The cost is \$49 each or \$98 a set. We take checks, cash or credit card.

The DNHL is still looking for Squirt Head Coaches for this season. If you or someone you know is interested, please e-mail Brian Sutton (suttsy12@comcast.net) or Mark Wildrick (mwildrick3286@msn.com) for further information.

Managers are also needed for this season. If you are interested, please go to the web site, Managers Corner and fill out an application. (Please don't let this scare you; the association is trying something new this year). If you e-mail them back to Kristy Matthias (kristymatthias@yahoo.com) please put "Managers application" in the information line.

One other note, please don't forget about the Divisional Meetings on Sept. 4th. We would like to see you all there.

Squirts & Pee Wee's – 6 pm – 7 pm
Bantam & Midgets – 7:15 pm – 8:15 pm

See you there!!!



Coaches Spotlight

Name: Marcus Baxter

Coaching Position: Colorado Outlaws Minor AAA

Hometown: Pittsburgh, PA

Favorite Hockey Team: Pittsburgh Penguins

Last Movie You Saw That You Would Give A Thumbs Up: Batman

Kind Of Music You Listen To: Classic Rock, Country

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

Name: David Brandt

Coaching Position: DNHL Bantam 1

Hometown: Ft Wayne, Indiana

Favorite Hockey Team: Avalanche (Favorite as a kids was Boston because of Bobby Orr!)

What Youth Sports Did You Played: High School Hockey, Midget and Junior Travel Hockey

Name: Mike Koutecky

Coaching Position: 8U D Pool

Hometown: Chicago, IL

Favorite Hockey Team: Avalanche and Blackhawks

Last Movie You Saw that You would Give a Thumbs Up: Caddyshack, Animal House

Kind of Music You Like to Listen to: Blues, Rock & Roll

What Youth Sports Did You Played: Hockey, Football, Basketball, Baseball

Name: Michael Lewis

Coaching Position: 8U C pool

Hometown: Salt Lake City, Utah

Favorite Hockey Team: Here is the List NHL- LA Kings, AHL- Manchester Monarchs, OHL- Ownen Sound Attack, WHL- Everett Silvertips, USHL- Des Moines Buccaneers, NAHL- St. Louis Bandits. WSHL- Colorado Outlaws, CHL- Rocky Mountain Rage, ECHL- Utah Grizzlies, College- Michigan Wolverines, Youth- Hyland Hills Jaguars

Last movie that you saw that you would give two thumbs up: Blades Of Glory or Meet the Robinsons

Kinds of music you listen to: 80's Metal "Rock On"

What youth sports did you play: Hockey, Football, Golf, Baseball, Basketball

Name: Dave Lisnik

Coaching Position: Head Coach Bantam B2

Hometown: Orrington, ME

Favorite Hockey Team: Detroit Red Wings

Last Movie You Saw that You would Give a Thumbs Up: Into the Wild

Kind of Music You Like to Listen to: 90's Alternative

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

Name: JJ Pixler

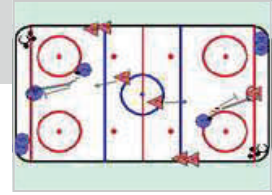
Coaching Position: DNHL Pee Wee 2

Hometown: Thornton Colorado

Favorite Hockey Team: Colorado Avalanche

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

Coaches Spotlight



Name: Steve Martin

Coaching Position: DNHL Squirt, 8U-B-Orange - '08-'09

Hometown: St. Louis, Missouri

Favorite Hockey Team: St. Louis Blues

What Youth Sports Did You Played: Hockey - is there any other sport?????, Track & Field - Pole Vault, Wrestling

Name: Greg Moore

Coaching Position: Head Coach DNHL Midget 1

Hometown: Newport, New Hampshire

Favorite Hockey Team: none, after many decades I remain a student of the game

What youth sports did you play: Hockey, Baseball, Skiing, Track

Name: Patrick Tarver

Coaching Position: Head Coach/Asst Coach

Hometown: Thornton, CO

Favorite Hockey Team: Avalanche/Toronto Maple Leafs

What youth sports did you play: Football, Baseball, Basketball, Wrestling, Swimming, Cycling

Coaches Corner

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.

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



Managers Corner

CCYHL Manager's Meeting will be held in the ICAP party room on September 15th at 6 pm.

TBD DNHL Manager's Meeting

TBD 8 Under Manager's Meeting

Any questions please address to kristymatthias@yahoo.com or joannesch@comcast.net





Goalie News

Hyland Hills Hockey Association has recently added Kyle Diehl-Sutton to the coaching staff roster. Kyle is the founder of FBS Hockey, and the primary goalie coach for our programs started his devotion to hockey at an early age. He has over 10 years experience working with some of the best goalie coaches in North America and Europe. He has played AAA, Junior A, and Professional Hockey and has accomplished local success here in Colorado going through The Rocky Mountain District Camps and making National Festival Teams. Furthermore, he has coached and played with players in the NCAA Division 1 and NHL. He works with positive reinforcement and knows what it takes to be the best goalie. He takes pride in training young athletes.

Upcoming Goalie FBS Hockey Camp

- The Christmas Camp is tentatively scheduled for December 26 - 29th, please visit www.fourbysixhockey.com for more information.

Upcoming Goalie Clinics at Hyland , please visit www.hhha.org for more information on future goalie clinics.

- Sept. 8th - 5:45pm to 6:45pm
- Sept. 15th - 5:45pm to 6:45pm

Contact Information

Email: coach@FBSHockey.com

Phone: (417) 861-4621

Fax: (810) 821-0920

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of the concept of establishing "action steps". Some Goal Setting golden rules:

1. WRITE THEM DOWN
2. Write your goals in the positive, not the negative
3. Make sure your goals are something you really want, not just something that sounds good.
4. Write your goals in complete detail
5. Start with "Big Picture" goals and then break them down into smaller attainable goals along the way:
6. Set Performance Goals, not Outcome Goals - set goals that are within your power to control. (i.e. I will improve my speed, I will practice shooting my wrist shot 500 times a day; not – I want to score more goals this coming season)
7. Set goals, re-evaluate them and set them again. Intermediate and low-level goals should be fluid.

8. Stick to the action steps that will help you achieve your goals. Once you have written your hockey goals down, copy them and put them in places that you will see them. Don't bury your goal setting worksheet in your junk drawer.

As parents and coaches, it is our job to keep the dream alive. One of the most encouraging facts for teenage hockey players is that we reach our peak athletic potential between the ages of 24 and 28 years old. The average incoming age of college hockey players is 20+ years old. There is time to achieve what you or your child wants to achieve in the sport. Don't get a big head, but don't get discouraged either. Set your goals, aim high. Achieve your goals through precise planning and execution. You can do it!



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 from the pros on the Outlaws Staff:

- Make an impression. Remember that coaches are responsible for evaluating 40 to 80+ kids per division. Introduce yourself to the coaches. Help with pucks and water bottles. 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. Wear crazy colored hockey socks, 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 strengths throughout the tryout process. Try and position yourself in the scrimmages 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.

- Outlaw Staff

(“Colorado Outlaws” Continued on page 11)

Hydration For Hockey Players

By: Hal Tearse
Coach in Chief, Minnesota Hockey

An often overlooked area for coaches is whether or not their players are properly hydrated before, during and after practices and games. This matters because players who are dehydrated perform at lower levels and they do not recover as quickly. Proper hydration has a direct impact on performance.

At the International Coaches Conference during the IIHF World Championships in May, 2008, Dr. Lawrence Spreit presented research finding about hydration and offered suggestions to help your players.

The research centered on the science of hydration, carbohydrates and protein all of which are consumed during exercise. The most important fuel for athletes is carbohydrates which should be consumed as a regular part of an athlete's diet. They are the fuel for the engine. Athletes should eat 3-4 hours prior to competition and consume replacement carbo's as soon as possible after practice/games.

Some sports drinks claim to offer combinations of carbohydrates, sodium, protein and electrolytes. Some of these products are actually quite beneficial to athletes and are great compliments to ordinary water

According to Dr. Spreit, the most beneficial sports drinks contain 6% carbohydrates, plus sodium and electrolytes. These drinks, for example Gatorade Endurance, are a mix of bitter and sweet flavor and as a result do not quench thirst thereby encouraging the athlete to drink more than might be consumed with plain water.

The research on hockey players was conducted by Dr. Spreit on an NHL team, a Canadian Junior team and several high school age teams. The results were very interesting and so as not to present too much science, I have listed the important findings below.

- The research indicated that 75% of high school players arrived at the rink partially dehydrated.
- Players lose as much as 1.5 liters of fluids during a game and goalies as much as 3 liters.
- Players lose on average 4 teaspoons of salt during games.
- Goalies lose as much as 3 liters of fluid per practice.
- 30% of properly hydrated players will become dehydrated during practice.

Hydration matters because it materially impacts performance. Just like your car engine will quite working

efficiently when the coolant levels fall causing the engine to overheat, so to with athletes. Coaches need to educate their players and their parents about the importance of proper hydration. Here are some suggestions:

- Athletes of all ages need to drink plenty of water every day. They need to consume 600-700 ML prior to going on the ice.
- Water is good and a sports drink with the right additives is also recommended. An example is Gatorade Endurance. There are other products available that will work. The key is 6% carbohydrates.
- Make sure your players have plenty of fluids before and during practices/games. Once they get thirsty they are already getting dehydrated.
- Remind your players they need to drink lots of water while they are in school. The air in schools tends to be quite dry which helps to dehydrate them during the school day.
- Drinks containing protein are excellent after competition to help in the recovery process. Accelerade is a product with protein. Dr. Spreit indicates that chocolate milk is also an excellent post exercise drink to rehydrate an athlete and provide the needed protein required for recovery.

Drinks that are sold as energy drinks that contain stimulants like caffeine are quite detrimental to a player's performance and health. They do get an energy kick for a while but when the energy levels drop during the games/practices the athlete ends up at much lower levels. Drinks like Red Bull and AMP to name a couple are in this category. Soda drinks with caffeine are also a poor choice. Besides the caffeine and sugar they also contain acids which cause the demineralization of teeth. Drinks with caffeine actually cause dehydration as the body reacts pulling fluids to deal with the caffeine. Soda drinks are not a good choice.

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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.

There are also key areas where effort is watched. These include: at the end (contact point) of a forecheck; on backchecks; 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!

John Russo, Ph.D., is founder and director of the Upper Midwest High School Elite League. He was a captain at the University of Wisconsin, and his Coaches' Corner columns have appeared in LPH since 1986.

BOD Meetings

Upcoming BOD meeting is scheduled for September 8th. 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.

Outlaws AAA Billet Families

The Colorado Outlaws AAA teams are looking for billet families for several players for this coming season. If you are interested in helping out a young man fulfill his dreams to play hockey at a very high level, please contact Colleen Sheehan or Brian Sutton.

HHHA Policy Updated and Announcements

Disciplinary Policy Updated:

Over the summer one of the projects undertaken by the Board of Directors was a revision of the Disciplinary Policy and the Code of Conduct. It had been some time since these documents had been revised so another project was born.

At the August Board of Directors meeting the Board approved revisions to the Disciplinary Policy, Code of Conduct, "24 Hour Rule" and adopted a new "Zero-Tolerance" Alcohol, Drugs and Controlled Substances Policy. All of these documents have been posted on the left hand side of the website under the Rules & Regulations tab. I would highly encourage everyone to take a few moments to read the documents and familiarize themselves with the updates.

The Hyland Hills Disciplinary Committee is need of volunteers for the upcoming hockey season. Interested individuals should complete the application below and submit to David Evens at dsevens@hotmail.com or applications may be delivered to the HSHA hockey office.

Dave Evens, BOD Vice President

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Brian Sutton, Executive Hockey Director
Jamie O'Leary, Assistant Hockey Director
Lisa Wildrick, Assistant DNHL Hockey Director
Marcus Baxter, ACE Coordinator
Kyle Sutton, Goaltending Consultant
Colleen Sheehan, Registrar/Office Admin.
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Quote of the Month

Great Leadership usually starts with a willing heart, a positive attitude, and a desire to make a difference .

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

Chief Editor:

Denise McClure dmcclore4@gmail.com