

Everest Flames Chronicle



Everest Youth Hockey Association Newsletter
www.everestyouthhockey.org

February 2009

Issue 2

President's Letter

Dear Parents & Players,

The Everest Youth Hockey season is now past the half way point, with most of you looking forward to State playdowns. Regardless of how the kids finish, the number of smiles and laughs I've seen since the beginning of October has been too numerous to count. If WAHA kept track of this alone, a hunk of wood would already be on its way to our Association.

I'm glad my family and I decided to move to this Association approximately four years ago. I'm proud to be a part of the Everest team. My point being is that the Everest Youth Hockey family (you) have much to be thankful for. No, it hasn't been perfect, but I've noticed improvement "each" year because of parents, coaches, etc. stepping up to the plate to make things better. This is what makes our organization successful. I'm aware of other Associations out there where 80% or 90% of their membership watch 10% or 20% do the work. Anyone can be a armchair quarterback! And that my friends is not us.

This truly has become a season of accomplishments (some of which are):

- Mini Mite welcome committee
- New Mite B team
- New all girls Inhouse team
- New and improved communications with Greenheck
- Three EYH tournaments at home

Letter continued in next column

- Website enhancements (too many to list)
- New EYH purchases (jerseys, equipment, 2 computers, radar gun, bungee cords, etc.)
- Ace Coordinator Committee (representation at all levels)
- Executive Committee with Jacques du Vair input and direction
- A new trophy case

In addition, I'd like to thank Jeff Dennis, Tom Jasurda and Jim Kachel. Your tour of duty on the Board has been much appreciated. Your attendance, commitment and leadership to name a few will be missed.

Hint to our membership: "We are taking nominations for positions available on the Board".

A few final thoughts:

1. Start thinking of tournaments that you'd like to attend for next year. I'm positive that Bernie (our fearless scheduler) will want the coaches and parents input by the end of this season. So he can plan more efficiently next time around.
2. If you are having a bad day, week, etc. Set some time aside to attend a Mini-Mite practice. It sure is refreshing and puts things in perspective. Older coaches, bring your skates. We can always use the help.

Letter continued in next column

Inside this issue:

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Inside the Goal Crease
Kids Corner (Hockey Puzzles)
Board Election Information
EYH Shot Club Results
Main Event Detail
AND MUCH MUCH MORE!!!

3. Don't stop communicating with each other. Older groups to younger groups, seasoned coaches to new coaches. Always make it a positive. Anyone can sit in the bleachers and be negative. As you already know, that is not Everest Youth Hockey.
4. Good luck at State for those who make it.

Lonny Techel, EYH President





A hockey puck is 1 inch thick, 3 inches in diameter and weighs about 6 ounces.

Looking to sell or donate your used hockey equipment?

You can place a classified ad on our website. Just e-mail your information to me. Your information will be placed on the website under the used equipment tab. EYH will also take any mini mite sized equipment in good condition that you wish to donate to us.

Thanks,
Jim Kachel
ljkachel@charter.net

It's election time and we need you!

There will be three spots opening on the EYH board this spring. All you need to do is have some passion for the game, organization and kids. Fill out the nomination form found on our website at:

<http://www.everestyouthhockey.org/page/show/8295-association-documents>

Nomination forms need to be turned in by February 23. Election forms will be mailed to all EYH families on or about March 1st and the new members will begin in April. If you have any questions please contact Pete Jaglinski at 355-3701 or 432-2585.

A big THANK YOU to all Everest Youth Hockey Sponsors

We would like to thank the sponsorship committee and other Flame families for all their time and dedication in securing sponsors for this hockey season. If you visit one of our sponsors please tell them thank you for their commitment to Everest Youth hockey.

If you are interested in approaching a business for sponsorship I do encourage you to attend a sponsorship meeting. When we work together we can succeed. We are open to new suggestions and ideas from everyone.

Article continued in next column

We would like to thank the newsletter sponsors:

- Crane Meadow
- Sport & Spine
- Wipfli
- Country Fresh Meats

Jeanne Olson and Barb Schubring
Co Chair's of Sponsorship committee

\$\$ Fundraising \$\$

I hope everyone is having a fun and successful hockey season. Things seem to be going well as far as the fundraising is concerned, with the collection of Dining Card and Raffle Ticket money upon us. With the majority of the fundraising soon to be over, the last item still ahead of us would be the Main Event. The fundraising committee has been planning this night for sometime now, and we hope it will be an enjoyable evening for all. With a few details yet to be worked out, I would like to share the ones that we do know.

This year's event will be at Bullshooters Saloon on February 28. The evening will start at 6:30 PM with the house DJ, and the live band will start at 9:00 PM. "Jackie Lawson & Her Hillbilly Rockstars" is being sponsored by Ress Plumbing & Testing LLC, and Wasmundt Construction. The band is from Nashville, and has done very well at Bullshooters in prior appearances. The owners of Bullshooters are allowing Everest Youth Hockey to keep all of the money from the \$5.00 per person cover charge on the night of the event. They have also agreed to donate all of the money from the Mechanical Bull rides throughout the night. The rides are \$5.00/person or you can "Sponsor a rider" for a \$20.00 minimum donation. This will be a great way to "call someone out" and see them ride the bull, and raise money for our Everest Flames.

Article continued in next column

As in the past we have three major items to draw for which you will be able to purchase numbered pucks for your chance to win. The three items are: Woodland Creations coffee table valued at \$500.00, Junion Photography package valued at \$550.00, and j.ress Photography package valued at \$670.00. Also don't forget about the \$4500.00 Grand Prize and \$2000.00 in additional cash drawings, as well as the individual team gift baskets to be raffled off.

Lastly we will be offering tap beer, soda, and appetizers for an additional \$10.00/person from 6:30PM - 10:00PM. After 10:00PM Bullshooters will be offering some great drink specials the rest of the evening. This will be a fun night for everyone, and a great way to celebrate with friends and share the year's stories about the greatest sport of all, hockey.

Thank you,
Todd Ress

Check out our website!

We're committed to keeping it updated!

If you have suggestions on how to improve our website email them to:

webmaster@everestyouthhockey.org



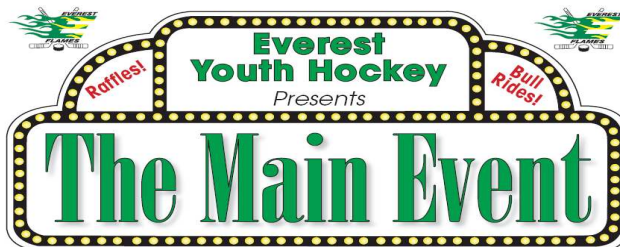


Everest Youth Hockey Shot Club Results!

Congratulations to these players who participated and those who achieved Bronze, Silver, Gold or Platinum levels:

First Name	Last Name	Shot Count	Level	First Name	Last Name	Shot Count	Level
Jake	Ange	10338	Gold	Kole	Ress	175	-
Josh	Ange	1273	-	Ryder	Ress	5026	Silver
Bryce	Dively	17850	Platinum	Chris	Sackmann	585	-
Brandon	Dively	17125	Platinum	Mike	Sackmann	385	-
Sam	Erickson	5049	Silver	Max	Techel	4625	Bronze
Seth	Jaglinski	6245	Silver	Nick	Techel	13937	Platinum
Cameron	Kissinger	13571	Platinum	Sam	Techel	4080	Bronze
Derek	Lodholz	909	-	Derek	Tomczik	425	-

For additional information check out the shot club section of our website (www.everestyouthhockey.org). Once the hockey season is over we will run another Shot Club during the 2009 summer season.



February 28, 2009
BullShooters Saloon in Weston
6:30 pm - close

DJ from 6:30 till 9 pm
Live music at 9:00 pm by

"Jackie Lawson & Her Hillbilly Rockstars"

Sponsored by:



Tickets: \$5 at the door, all proceeds go to EYH
\$10 more for tap beer, soda & appetizers from 6:30 - 10:00 pm
\$5 bull rides, all proceeds go to EYH
or sponsor a rider for a \$20 min. donation!

Major Prizes Include:

- EYH Raffle Ticket Grand Prize drawing for \$4500!!!!
- Additional cash prizes totaling \$2000
- Junion Photography package valued at \$550
- Woodland Creations coffee table valued at \$500
- JRes Photography package valued at \$670
- Gift baskets valued at \$250 each provided by individual EYH teams

Printing donated by Johnson



Inside The Goal Crease

Goalie Camp at Greenheck

I'm happy to announce there will be a top notch goalie camp at Greenheck in July 2009. Some of the instructors are former and current NHL goalies. For example Mike Valley, former Vancouver Canuck and Brian Elliot from the Ottawa Senators will be here. I have notified all of our EYH goalie families, coaches and our Board about all the details. It wasn't tough for me to convince Mike Valley to bring his Elite Goalie School to our wonderful Greenheck facility. The information is also posted in the Camp/Clinic section of our website.

Goalie Video Night

On February 18th we're going to have a goalie skills video night. It will be a goalie bonding night. We'll have some pizza, introduce the goalies, discuss pregame jitters, discuss pregame routines, have them set 1 personal goal to achieve before the end of the season and then watch a goalie skills video together. All age goalies are encouraged to attend to share their experiences and learn from each other. Parents and coaches are welcome too!

Goalie Program Committee

I have a small committee formed to improve the EYH goalie program. If you are interested in joining our goalie program committee please contact Lisa True at ltrue@charter.net

Did you know Goalies should come out of their crease?

Yes, it's true. At times I hear parents and even some coaches say, "get back into the crease, why are they out so far?" When a goalie comes out of the crease and stays square to the puck it actually takes away the shot from the player with the puck. It's called telescoping. Telescoping is moving forward and backward in the shot lane to maintain good angles and good gap control. What happens is as the goalie comes out the player can see less of the open net. This forces the player with the puck to take a bad shot, try to deke or make a pass to his team. As a goalie matures and builds their technical skill set the further they can come out since they have the ability to control the gap (the space between the goalie and the net or the space between the goalie and the player). Best case scenario this aggressive goal tending move forces the other team to take a low percentage shot or make a mistake and turn the puck over to us.

Trapezoid Behind NHL, AHL, ECHL Nets

During the 2004-05 AHL season, an experimental rule was implemented for the first seven weeks of the season. This additional area behind the goal line is officially referred to as the Goaltender Trap Zone, but is more frequently called the trapezoid in reference to its shape. The area consists of a centered, symmetrical trapezoid. The bases of the trapezoid are formed by the goal line and the end boards. The base on the goal line measures 18 feet (5.5 m) and the base on the end boards measures 28 feet (8.5 m). It is prohibited for the goaltender to handle the puck anywhere behind the goal line that is not within the trapezoidal area. If he does so he is assessed a minor penalty for delay of game. The motivation for the introduction of the trapezoid was to promote game flow and prolonged offensive attacks by making it more difficult for the goaltender to possess and clear the puck. The seven-week experiment proved so successful that the AHL moved to enforce the rule for the rest of the season, and then was approved by the NHL when play resumed for the 2005-06 season following the previous lockout. The ECHL, the only other developmental league in the Professional Hockey Players Association (along with the AHL) also approved the rule for 2005-06. The zone has been referred to as different names. The Trapezoid is the most common.



Inside the Goal Crease – by Lisa True 715-574-8894 ltrue@charter.net





Wayne Gretzky played on a ten year old hockey team when he was six.

Officials Penalty Box

Rule Review:

Change of Players – RULE 205

Players may be changed at any time from the players' bench, provided that the player or players leaving the ice shall always be at the players' bench and out of the play before any change is made. If, in the course of making a substitution, either the player entering or leaving the game deliberately plays the puck with the stick, skates or hands, or checks or makes any physical contact with an opposing player while the retiring player is actually on the ice, then a bench minor penalty for "too many players on the ice" will be called.

Tripping – RULE 639

When a player in control of the puck beyond the defending blue line, and having no other opponent to pass than the goalkeeper, is tripped or otherwise fouled from behind or diagonally from behind (beyond the fouled player's peripheral vision), thus preventing a reasonable scoring opportunity, a penalty shot/optional minor shall be awarded to the nonoffending team.

(Note) The intention of this rule is to restore a reasonable scoring opportunity that has been lost by reason of a foul from behind when the foul is committed in the Neutral or Attacking Zones.

Please note: this "penalty shot" situation is for the common "break away" situation that could arise, not for deliberately displacing goal cage and other areas that a penalty shot could be awarded.

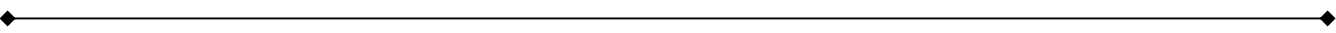
It's not too early to be thinking of next year:

It's not too early to be thinking about officiating for next year. EYH and other associations are ALWAYS looking to add to their "pool" of officials. If you are interested in officiating or would like additional information about officiating, please contact me at the locations listed below.

Reminder to Coaches:

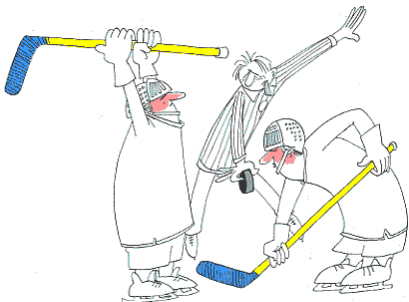
If you would like to put in a request for an official from our association for play downs, please contact me.

Thank you - Ryan Berdal (crberdal@charter.net or phone at 359-4784)



Use Your Pick'n Save Tag & Raise Money for EYH!

We Care Program participation - Roundy's Supermarkets, Inc. contributes millions of dollars annually to support customers' favorite charitable organizations. You can sign up for this program and select to donate to EYH at the Customer Service Desk in any Pick'n Save store.





Coach's Corner

FUN – FUN – FUN

Is the season half over already? Are your weekends getting long? Is the house a mess? Are you sick of the snow? As the days grew shorter I'm sure some of you started going through the winter blues. Well guess what! The days are getting longer, the snow will be gone soon and who really cares what the house looks like, you're a hockey family! Get ready for a midseason pep talk. I would like to ask everyone to take a step back and remember what the main focus of Everest Youth Hockey is "Everest Youth Hockey is committed to maximizing skill development of young hockey players in a positive atmosphere of fun competition, sportsmanship, and equal participation."

Two things I would like to focus on from the EYH Mission Statement are Fun and Positive Atmosphere. As a coach or parent we need to make sure we strive to maintain a positive atmosphere and make sure it's fun to be involved in EYH. As a parent you will be the most important coach your child will ever have. You will be responsible for everything your child endures in the first 18 years of life. Your child may have a "Head Coach" at hockey but you're the head coach of his or her entire life. That head coach is the most important of all coaches. It's that head coach that we need help from. EYH coaches need your help in molding, producing, and developing the young hockey stars of tomorrow!

Now you ask, "How can I help"? Please remember kids are not born with a passion for hockey. A hockey passion builds over time. If a child has fun playing hockey soon they will start to enjoy hockey and want to play it more often. Once they have fun and enjoy hockey they will start to take pride in what they do on the ice. Once they take pride in something they will be driven to work harder to become better. Once they become driven and they strive to be the best they can, only then will they become passionate about the game. Once a player becomes passionate about hockey you can never get them to give up on the sport. Passion takes time and as their head coach/parent we need to make sure we lay down a good foundation to build off of. That foundation is FUN! FUN FUN FUN hockey has to be fun from the time the alarm goes off at 6:30 am on Saturday morning until they fall asleep on the way home from a weekend of games. Hockey has to be fun on the way to practice as well as on the way home from the rink.

To have fun you need another key ingredient, you need a positive atmosphere! The early morning ride to the rink has to be positive. It's not a time to reflect on the fact that everyone got up late, your child didn't finish their breakfast and the dog ran into them on the way to the rink and that's why the milk got spilt all over the floor! Speaking of the floor why did you walk all over the house with your wet and muddy boots on last night! Come on lets go... now we're going to be late!!! WE HAVE TO GO NOW!!! (Sound familiar?) This commute time needs to be used as a fun and positive part of the day. Talk about things that went well in the last game or practice. Talk about setting some positive goals for the day. Play some songs that you know your kids will enjoy. Do anything you can to make the trip to and from hockey one of the best parts of their day! If a child gets yelled at before and after hockey that's all they may remember about the hockey experience. Plus remember IT'S JUST A SPORT!!! Not everything in their little complicated lives has to revolve around hockey. Make sure they get plenty of exposure to other things outside of hockey.

So there it is a midseason goal for everyone to work on heading into the tournament and play down season. Good Luck everyone.

In closing I would like to say THANK YOU to each and every family involved in Everest Youth Hockey! This season has started off great and I know everyone is working hard to improve and expand our association heading into the second half. Good Luck to everyone in their upcoming tournaments also. Let's bring home those trophies and start filling up the new trophy case.

See you at the rink!

Mike Wasmundt
Everest Youth Hockey
ACE Coordinator





Registration 2009-10 Season

Registration via our website should be available early July 2009. We will require on-line registration for the 2009-10 season. We are adding the ability to track volunteer hours on our website. In order for this new functionality to work we need all families to register on-line. For families that don't have a computer we will have an on-line registration night at Greenheck. We'll be there with our laptop to assist the families. More information will be sent once we have all the details worked out.

If you have any questions, email Jeff Dennis at: registration@everestyouthhockey.org

Locker Room Supervision

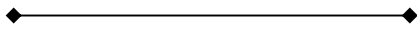
Effective immediately a coach or adult must be present in the locker room before and after practice as well as games. This means at all times while kids are occupying the room. It is the coach's responsibility to ensure a parent or coach is present at all times.



Check out the camps & clinics page of our web!

For more information visit:

www.everestyouthhockey.org



EYH Tournament Update

Squirt Tournament A Huge Success!

Congratulations to the Middleton Wings in their winning of the "Climb the Mountain Classic".

The tournament committee would like to THANK everyone who helped out at the rink to make the weekend a success. Incoming teams were impressed with our association, facility and community.

Upcoming Tourney:

Feb 20-22nd
Bantam "Blast" Tournament
(8 Teams)

We invite everyone to stop by the rink and watch some exciting hockey.

To continue the success of EYH tournaments, association member help is needed. If you're available to help out for an hour or two or know of someone who can please contact Eric Beck at 414-349-2913 or dhc2nut@aol.com

The Shooting Gallery is open for the kids!

We have a list of authorized people who can sign out the shooting gallery at Greenheck. The shooting gallery is located within the ice area, where the rock climbing wall is, at the far end of the bleachers.

We already have 25 people signed up. To see the list of authorized people go to the shooting gallery section of our website. If you would like to be on the list of authorized people please email Lisa True at ltrue@charter.net

Neck Guards Mandatory Starting 2009/2010 Season

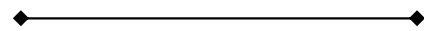
One of the Everest Youth Hockey (EYH) Board's responsibilities and top priorities is to ensure the safety of your child(ren) and all of our EYH players. Neck guards are mandatory in Hockey Canada, the Ontario Hockey League, the IIHF (players under age 18), many European Leagues and many US youth organizations like ours. USA Hockey doesn't mandate them but has recently upgraded their position on neck guards from "no position" to "USA Hockey recommends that players wear a neck laceration protector, choosing a design that covers as much of the neck area as possible".

Effective the 2009/2010 season (by November 1, 2009) the EYH Board has mandated the following neck guard use:

Players - Neck protection is mandatory effective October 2009 for skaters. The choice of protection is up to the parents but must be a hockey neck guard.

Goalies - Neck protection is mandatory effective October 2009 for goalies. A goalie bib style neck guard or extension of upper body pads as well as the goalie helmet extra hanging plastic neck protection is required.

Additional information was mailed in the envelope with the newsletter. Please be sure to fill out your form and return to your team manager by 3/1/2009.



**Free Skates!
Easton Synergy 100
Size 11 - New condition**

**Contact Kyle Bennett
355-8862**

