

Everest Flames Chronicle



Everest Youth Hockey Association Newsletter
www.everestyouthhockey.org

July 2009

Issue 3

President's Letter

Dear Parents & Players,

I would like to take this opportunity to welcome everyone to the 2009-2010 Everest Youth Hockey season. It's hard to believe that the hockey season will be starting in a few short weeks as the registration season begins. Keep in mind that this year your registration will be completed online through our website and USA Hockey. We are also working on getting registration stations opened on a few dates at Greenheck so board members can assist you with the registration process if needed.

I hope all members and their families are enjoying their summer months and the kids are working hard at various camps, clinics and driveways to improve their skills. Don't forget to keep track of those shots you are taking during the summer months to record them for the shot club.

I want to thank the past board members, Jeff Dennis, Jim Kachel and Tom Jasurda for the time and efforts that they have put in over their last terms. I would like to welcome the new board members, Erick Beck, Charlie Herwig, Ken Jensen, Faye Landry, Mike Lukasik and Tod Speer. I ask that others in the association consider attending the board meetings and in the future running for an open board position.

Letter continued in next column

In the summer months please familiarize yourselves with the EYH website as this is the easiest and quickest means of communication within our association. The website is always being updated and information added, so check it regularly, and get into the habit of looking at it for the regular season as your game schedules and team information will be listed on there.

I assure you that the board members have been working extremely hard in all areas to make this association a great place to skate at a reasonable cost.

If you have any questions or concerns in the upcoming season please do not hesitate to call or drop me an e-mail with your questions or concerns.

Thank you and have a GREAT season.

Ryan Berdal, EYH President
359-4784
crberdal@charter.net

Your 2009-2010 EYH Board

We are all very committed to taking this organization to the next level. We will not forget who our customers are: you and your children.

Past President - Lonny Techel

President – Ryan Berdal

Secretary/Recruiting/Public Relations – Pete Jaglinski

Article continued in next column

Inside this issue:

Officials Penalty Box
Inside the Goal Crease
Kids Corner (Hockey Puzzles)
List of Board Members
EYH Shot Club
AND MUCH MUCH MORE!!!

2009-2010 EYH Board – Con't

Treasurer – Charlie Herwig

Registrar – Mike Lukasik

Equipment Manager – Faye Landry

Referee Coordinator – Ken Jensen

Sponsorship – Barb Schubring

Merchandise – Bob Schmitt

Webmaster / Newsletter / Goalie Program – Lisa M. True

Manager of Managers – Tod Speer

Tournaments – Eric Beck

Fundraising – Todd Ress

Scheduler – Bernie Begley

Ace Coordinator – Mike Wasmundt

Member at Large – Jacques duVair





Locker Room

It's a new planning year for the EYH Board! As the new Equipment Manager, I have implemented changes in many areas and will do my part to help EYH be the best it can be!

JERSEYS: Out with the old, in with the new! Over the course of the next few seasons, we will be changing our jerseys!! We will be starting with the Mite level since their need is the greatest right now. The GREAT thing about doing this now is that we are giving all MITE A & B level parents the opportunity to PURCHASE their player's jerseys with their numbers on them! The price of each jersey will range between \$50-\$60. There will be more information and pictures coming on the website when they are available. Please consider buying your jerseys now so that when it's time to order you can place it right away.

EQUIPMENT: As the Equipment Manager I am always on the lookout for used equipment for any level. If you have equipment sitting around that you aren't sure what to do with, I'LL TAKE IT!!! Since we are a non-profit association, all donations are tax-deductible so you will receive a receipt for your tax purposes if requested. Please contact me at 571-5460 or ragazzaitalianaf@gmail.com.

Have a great summer!
Faye Landry
Equipment Manager

2009/2010 Try Out Dates

- Oct 19th - Mite A & B
- Oct 19th & 20th - Peewee A & B
- Oct 20th & 22nd - Squirt A & B
- Oct 21st & 22nd - Bantam A & B

Bernie Begley
Everest Youth Hockey Scheduler
scheduler@everestyouthhockey.org

Sponsorship News

I hope everyone is enjoying their summer. However, it is the perfect time to go back to our current sponsors and new sponsors for next season. If you are interested in joining the sponsorship committee please send an email to sponsorship@everestyouthhockey.org

Or if you are going to be contacting local business' please send an email to the same email address so that we can keep track of who is going to which business and I will get you a sponsorship packet. If you do obtain a sponsor your family will receive 10% of the amount sponsored towards your fundraising obligations. If you have any questions please email us.

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

\$\$ Fundraising \$\$

I hope your summer is going well. The Fundraising Committee has been very active even though the hockey season ended in March. We have a few new ideas as well as some we are bringing back from last year. I'd like to start by asking for your help in selling NFL Football Pool Tickets. By now, you should have gotten an email about the pool tickets we are selling in conjunction with the Optimist Club; some of you have already starting selling them. Check the website for all the details if you want more information.

As far as our hockey season fundraising goes there are quite a few changes. There is a change in the amount of hours each family will have to perform and how you will sign up for them. You will be required to sign up for 12 hours. The increase in hours is needed to cover the large tournament and expo that we have planned for this year as well as other functions. You will have to sign up for these jobs during the online registration process. Half of the hours you will sign up for will need to be for the Freeze Tournament/Expo.

Article continued in next column

New for this year we will replace the Bowl-a-thon with a Skate-a-thon/Skills contest. You will again be seeking donations for the skate-a-thon, with the \$200.00 minimum, but hopefully you can collect much more. There are details still to be worked out as far as the skills contest goes, but it will be similar to the NHL All-Star Skills contest.

We will again be selling dining cards with new businesses providing discounts to make the card easier to sell. We will also be selling raffle tickets again this season.

Also new this year you will have to provide a check in the amount of \$240.00 per family as a deposit (that will not be cashed) as to assure that you put the required time in (i.e. 12 hours x \$20=\$240.00). Once again the check will not be cashed and will be returned once the hours are completed. The check will need to be turned in during the parent meetings before you are given your game jerseys, please bring your check book. Continue to check your emails and the website; it will be our connection with you for all information.

All of the fundraising and hours that will be needed is what keeps our hockey program going. With involvement by everyone, our program will become better and produce quality hockey players.

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





Past President's Letter

Another Everest Youth Hockey season is fast approaching our members. Most of us aren't even thinking about it because we are trying to maximize the summer. There are many activities to cram into 12 weeks/weekends. Our family is just finishing up AAA hockey and soccer tournaments. Camping, fishing, swimming and an occasional hockey camp are on the list of activities for the remainder of the summer. Whatever your plans are, I hope you have a safe and memorable 2009 summer with your family.

On another positive note, the amount of motivation and enthusiasm that I'm seeing from our board members in the off season is outstanding. The much needed, additional board positions have been very helpful for direction and work flow. We still need help in supporting them through committees and volunteer hours. Meetings such as: The Midwest Freeze Hockey Invite and Expo, fundraising, sponsorship, golf outing, user groups, web site, equipment/storage shed shelf project, handbook revision, by-laws update, rink investigation, etc. to name a few, have met every couple weeks since March. We are also looking for some individuals to organize a used equipment swap day or days. This would help our members in two ways: 1.To get rid of older equipment that doesn't fit any more. 2. Help cut the cost for people looking for equipment. It would be nice to have this equipment swap organized around the up coming parent meetings. It would be rewarding to see some new faces (veterans and new members) at these meetings. Give me a call at 715-218-1197 if you have some interest. Any part time help would be accepted and appreciated. Your hockey organization is what you make it. Thanks in advance for stepping up to the plate.

Past President,
Lonny Techel



Tournament Update

EYH along with Mosinee and Wausau Youth Hockey Associations are preparing to host the 2009-2010 Midwest "Freeze" Hockey Invitational. This 64 team/All Level hockey Tournament & Expo will be a true showcase of all that is Hockey.

- WHEN: December 31st – January 3rd
- WHERE: Association Rinks
- WHAT: 64 Team (Mite, Squirrel, Pee Wee, Bantam, Girls U12, Girls U14) Hockey Expo, Hockey Banquet, Area Events

The Hockey Experience (Expo) will coincide with the tournament at Greenheck Fieldhouse and provide Hockey Enthusiasts with a "Hands On" experience to manufacturers, hockey camps and cutting edge hockey products.

An event like this is sure to benefit the local area as well as EYH hockey in building our hockey exposure and tradition. The Freeze planning group will be looking for individuals within our associations to assist and help with the planning and preparation of this event. We meet every 2 weeks and will be expanding our needs to all of the associations more assistance. If you would like to learn more about the plans or have ideas for this weekend, please give us a call!

Eric Beck	Scott Liegl
414-349-2913	715-432-7344
dhc2nut@aol.com	s_liegl@yahoo.com





Everest Youth Hockey Shot Club Is Here!

ATTENTION PLAYERS and FUTURE PLAYERS:

Earn your spot into the Everest Youth Hockey Shot Club!

Everest Youth Hockey Association is happy to continue our off ice-shooting program for all players and future players in our association.

Our goal is to get players out, on their own, shooting pucks. The only way to improve your shot is with practice and repetition. Boys and girls can improve their stick handling and shooting abilities without being on the ice. Shooting and stick handling in the driveway or garage daily will improve player's puck control, accuracy, and strength.

We have set up different levels for the players and future players in our association to strive for this off-season. The goal is for every player to achieve a level in our shot club. You can do it!

Each player that achieves a level will receive the special recognition outlined below:

Level	Shots	Award
Bronze Marcel Dionne (731)	3,500	Name posted on the Bronze Shot Club web page
Silver Brett Hull (741)	5,000	Name posted on the Silver Shot Club web page and Everest Youth Hockey Shot Club T-shirt
Gold Gordie Howe (801)	10,000	Name posted on the Gold Shot Club web page and Everest Youth Hockey Shot Club shirt
Platinum Wayne Gretzky (894)	13,000	Name posted on the Platinum Shot Club web page, Everest Youth Hockey Shot Club shirt, Name is entered in drawing for "stick kid" (the stick kid will be on the bench for 1 home game with the Varsity Everest Hockey Team to assist the coaches with stick duty)

All levels of the EYH are encouraged to participate in the shooting club. Have fun, find a friend (or Mom or Dad) to shoot with, and make a game out of it. Don't forget to vary your shots! Use your backhand, wrist, etc.

Target 500 shots per week so it will take two weeks to get to 1000 shots. Before you know it you'll be at 10,000 shots!

It's easy to keep track too! We'll do it for you! Each time you shoot send an email to shotclub@everestyouthhockey.org and include your name, date and number of shots you took that day. We'll tally it up and post to the website (www.everestyouthhockey.org) once a week.

Now go shoot and have FUN!



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.





Inside the Goal Crease

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

DON'T FORGET - Goalie Neck protection is mandatory effective October 2009

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.

Goalie Program Revamp

This season EYH is taking several steps to strengthen our goalie program. Last season the Board voted to start goalie tryouts at the squirt level. This was our first step to allow players to commit to the position earlier. By building our goalie program we know it will help our organization be more competitive. Plus we understand youth organizations typically don't have an organized goalie program and their goalies are not developed to their fullest potential. We recognize EYH had that gap as well and are committed to change that short coming. We are going to commit a significant amount of time to the goalie program. Here are the highlights of next season's goalie program:

Goalie only practice nights will be back. Tentative dates are: 10/12, 10/26, 11/9, 11/30, 12/7, 12/21, 1/11, 1/25, 2/8, 2/22, 3/8, and 3/22. These will be open to all players interested in learning goal tending and mandatory for the team's fulltime goalies.

Goalie video nights – we'll break down videos and study the mechanics of good goalie practices, share stories and eat pizza!

Goalie tryouts – we're in the process of creating new guidelines and drills for evaluation. There will be three evaluators who are college level goaltenders or trained goalie coaches.

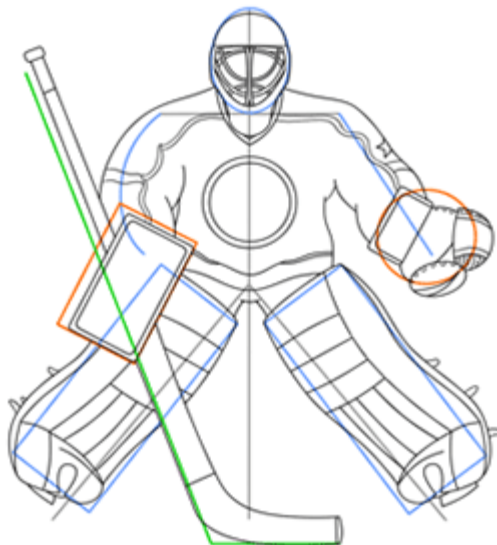
Goalie web section on www.everestyouthhockey.org – we'll create a special goalie section on our website. I'll get the goalies involved to see what ideas they have on creating an area.

Individualized goalie development plans.

Individualized video breakdown – I plan on asking the goalie's parent to record their goalie during a game. I'll then meet with the goalie and we'll walk through the video together to discuss the good and the not so good.

Goalie dry land and strengthening training – we'll show goalie specific dry land and strengthening they can do on their own.

Training equipment – our Board approved a small budget for us to start to build our goalie training equipment inventory.



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



Officials Penalty Box

I would like to introduce myself to those of you I was unable to meet last season. I have been officiating youth hockey for over 12 years. I was Head of officials at Wausau for about 5 years. With Ryan Berdal in the position of President this season, and to free up some of his time for other issues, I will be handling scheduling and training for EYH Officials this next season.

I do not foresee many changes in any direction Ryan was trying to take our group at this time and I and yourselves will be working with and for him as we move along.

I will remind all that 09/10 registration for officials will begin in August. 09/10 is a rule change year so there is a good chance some part of what we are familiar with will change, I always hope for the better, so we will wait and see. Please plan ahead for when you will be attending your training weekend seminar. Please remember everyone must attend a seminar and pass the open and closed book tests that are in place for your level, 1, 2, 3 or 4.

As Ryan did in the past, I will offer any help with tests and reviews anyone would need. I will be setting up dates that officials, their parents and myself can get together as small groups and go over filling out the open book test and review, discuss areas of concern and questions anyone may have at that time.

If any skater or parent has any questions about becoming a new Official please contact myself or Ryan. We are always very happy to help out in any way we can.

Until that time have a great summer, remember Officiating can be a great way to make some good income, get a different look at this great game, and learn from all we do.

Thank you – Ken Jensen (jensref@hotmail.com or phone at 574-3966)



Case and Rule Review:

RULE 502(a)

Does the Referee have the authority to prohibit teams from proceeding through the "hand shake" line following an unusually rough or chippy game?

Yes. Rule Reference 502(a).

The Referee is charged with the general supervision of the game. It is well within his authority to prohibit this common practice of a "hand shake" line in the event that he feels a problem may arise if the teams are allowed to shake hands. The Referee must be sure to use good judgment in arriving at this decision.

RULE 636(c) & 605(a)

A player breaks his stick and instead of dropping it on the ice he deposits it over the boards and outside of the playing area. Does this action warrant a penalty?

Yes. A misconduct penalty must be assessed. Rule References 636(c) and 605(a).

Even though the player may be trying to keep the broken stick off the ice, the Referee has no choice but to assess a misconduct penalty to that player.





Coach's Corner

LET THEM BE KIDS

Hello Hockey Fans,

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."

Hope everyone is enjoying their off season so far. I won't have any big pep talks for you until this fall. I do have something for you to think about this summer though.

The topic is what should a hockey player be doing all summer long to help improve their game for the coming season? Well in the old days kids just dreamt about that first day back on the ice! The first breath of cold air inside the arena, the smell of the ice filling your head, that sound of your blades digging into the ice as you shake all the rust from your legs. Unless you're over thirty years of age you probably have no idea what it's like to wait for the opening day down at the ice arena. Times have changed and most kids are able to head down to the rink almost any day of the week all year long. For most kids the "rust" never really sets in. It seems no matter where you go now days there are summer camps, camps for speed, camps for skating, camps for stick handling, camps for power, camps for elite players, camps for average players, mix this with summer leagues, and travel leagues and it's not hard to have your player on the ice 12 months a year.

With all that being said one of the biggest questions I get from parents is "What should my son/daughter do this summer to get ready for next season?" The answer is simple but often misunderstood. LET THEM BE A KID!!! A truly great hockey player must first be an athlete then work their way up to being a great hockey player. This takes years to achieve and you may not see the true potential of your player until they reach 18 to 25 years of age. Even the "Great One" was not born a hockey player. He achieved that title by becoming a great athlete first and a great hockey player second. The single best answer I have ever heard to the question "What should my kid be doing this summer" came from a USA Hockey representative. He said his answer to that question was simple. "Get your kid a bike and get him some friends".

Parents need to let their kids be kids in the off season or any season for that matter. Let them play with friends. Let them develop skills in other sports too. Each sport is unique in its own way and can only help develop them into athletes first. Have them get out and see the world outside of hockey. Take them fishing, boating, hiking, camping, biking, swimming, anything that may be fun for them. They're only kids once and boy the time sure does fly by!! Don't get me wrong a camp here and there is alright but it needs to be fun and not burn them out. The last thing you want is a kid that's ready for a break from hockey one week before the season starts.

Great hockey players always say, to get to the top you have to play multiple sports. And the most important thing is you have to have fun. Without fun you can't build a passion for something. Who knows maybe some of our Everest Youth Hockey players will become professional swimmers, golfers, or even basketball players. It's up to us to make sure whatever road they may travel we keep it fun and exciting for them!!

Have a great summer and we'll see you at the rink this fall!

Mike Wasmundt
Everest Youth Hockey
ACE Coordinator





Registration 2009-10 Season

Registration via our website should be available mid 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 Mike Lukasik at: registration@everestyouthhockey.org

Stars of Tomorrow Hockey Camp

Starring Coach du Vair and his staff!! Focus on the fundamental skills that will form the basis of your future star including skating, stick handling with your head up, passing, shooting and scoring, body position and angling.

For more details and the registration form see the Documents section on our website.

Key Dates – 2009/2010 Season

Camp Week of July 27th-31st

Parent meetings Oct 5th and 6th separate meeting for each level.

Mid-season parent meeting (Jan 12th is the target date). This meeting will be a large group meeting for all parents of all age groups.

Try out dates Oct 19th-22nd

Black out dates for the year -Nov 26th-27th and Dec 24th-25th

Registration target is mid July

Newsletters Second week of July, September and December

Start of the season Oct 5th & 6th

First games Dec 5th

Tournament for 2009/10 Dec 31st Jan 1st, 2nd, & 3rd

Mini Mite start - Nov 7th (Nov 14th is the first time they will skate)

Learn to skate Sept 7th, 14th, 21st, & 28th

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.

Always use our web for up to date information!

www.everestyouthhockey.org

Get your kids shooting for the Shot Club.

Great way to teach them to set a goal and go for it!

Plus they potentially can get a cool EYH shirt.





Kid's Corner

NHL Hockey Teams Word Search

T H S R O T A N E S E S P B R
 S R E D N A L S I T R U E C I
 N E S H A R K S R E H T N A P
 S D R T D L I W G K A D G N N
 S W O S A D T N H C E E U A C
 F I T K S R A A P A I V I D T
 A N A C K R S A T J S I N I G
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| AVALANCHE | FLYERS | PREDATORS |
| BLACKHAWKS | HURRICANES | RANGERS |
| BLUE JACKETS | ISLANDERS | RED WINGS |
| BLUES | KINGS | SABRES |
| CANADIENS | LIGHTNING | SENATORS |
| CANUCKS | MAPLE LEAFS | SHARKS |
| COYOTES | OILERS | STARS |
| DEVILS | PANTHERS | THRASHERS |
| DUCKS | PENGUINS | WILD |
| FLAMES | | |

