



Hockey Mom Heroes help save a life

By Linda Riley

Hockey moms are always heroes in my book. We are the unsung heroes behind the success of our players. We're the chauffeurs, the ATM, the ones to console our players when they "mess up". But that's nothing compared to the two real-life WYHA hockey mom heroes Mary Kay Hobday and Lisa Leininger.

While officiating the Wayzata vs. Highland Central 14U A teams on November 26 at Edina's Cake Eater Classic tournament, referee Kevin Whipple went into cardiac arrest. Mary Kay said, "It was apparent something was very wrong, He fell face first to the ice with no attempt to break his fall." Mary Kay said, "Everyone turned and looked at me." Mary Kay is a critical care nurse with 20 years experience. Lisa Leininger, a fellow hockey mom on the team, is a physical therapist. The team knew who the go to people were in an emergency. The two of them raced to the ice.

People immediately sprang into action. The EMT reached the 56 year old referee first to assess his condition. It was apparent by his gray coloring that he had stopped breathing. A parent in the stands, Dr. Nick Schneeman, a physician at North Clinic in Robbinsdale, whose daughter plays for Highland Central, began compressions on his heart. Another bystander called 911. Mary Kay retrieved Braemar Rink's AED (Automated External Defibrillator). They knew if they used an AED it could shock and restore the rhythm to Kevin's heart. Luckily, there was an AED at the rink and Mary Kay raced across the entire arena to retrieve it.



Referee Kevin Whipple (top left). FireFighter Justin Johnson, Nurse Mary Kay Hobday; Physical Therapist Lisa Leininger. Not shown: Dr. Nick Schneeman.

An Automated External Defibrillator like this one helped Schneeman, Hobday, Leininger, and Johnson to save Kevin Whipple. The AED was accessible to the public at Braemar Ice Arena. These units cost about \$1500 each, though many of them are donated. A Wayzata High School football player is one of at least six Minnesota teen athletes saved by non-medical personnel using an AED in the past two years.



Lisa and Mary Kay quickly assembled the AED and then applied the paddles to Mr. Whipple's chest. After one shock, his heart resumed beating. The Fire department arrived four minutes after the 911 call. By then, Mr. Whipple was alive and talking. He was assessed

and he was very lucky. He suffered no cervical or head injury from his fall and his mental acuity was very good. Not to mention the minor fact that his heart was now beating.

Surviving cardiac arrest is reduced seven to ten percent for every minute without CPR. Receiving CPR doubles or can even triple your chance of survival. Mary Kay said, "Everything went as perfectly as it could have that day in the rink." The fact that people immediately responded was so critical to saving Kevin's life. Mary Kay complimented the physician who had reached the ice quickly saying he had applied "really good compressions". The fact that the rink had an AED was huge. "That is what saved his life," Mary Kay said. "And they are easy to use, especially the new ones. The AED's come in what resembles a suitcase and a guide with three easy step by step directions."

Kevin has been a referee for 25 years and nothing, not even a heart attack, would keep him from the ice for long. At the Edina City Council meeting on December 21, 2010 Kevin's lifesavers were honored. At the event, he shared with Mary Kay that he would really like to referee another Wayzata game. Several weeks later while seated in the stands watching her daughter Mary Kay looked out on the ice--and there was Kevin Whipple.

"Eyes on the Puck!" Every goalie hears it, over and over, from practice to games to goalie clinics. It sounds simple. If you don't know where the puck is, how are you going to stop it from going into the net? As a goalie's skills mature, the phrase takes on new meanings.

Where the eyes go, the body can follow.

For a beginning goalie, "Eyes on the Puck" relates to watching the puck rather than all of the other action on the ice, on the bench, and in the stands. It can be hard to concentrate when you are first putting on the pads. Once a young goalie gets the hang of following the action on the ice, there is a tendency to watch the shooter's body and not the puck. You can easily lose sight of the puck. It's a lot like taking your eye off the ball in baseball. We have all seen a

Puck Marks by Laurie Ahrens Eyes on the Puck!

batter strike out because he took his eye off the ball, rather



than tracking it all the way to the bat. Or, an outfielder take his eye off the ball and drop a pop fly. Keeping eyes on the puck and not all of the other action on the ice is the first important thing for a goalie to learn.

After a goalie gets used to watching the puck, they need to work on following the puck at all times during a game. This is critical for maintaining the correct angle to the shot. As the puck is moved around on the ice, the goalie's body should adjust to it. This

takes away a lot of the net for the shooter to shoot on. Your odds of stopping a puck increase dramatically simply from maintaining the correct angle between the puck and the net and being the right distance from the shooter.

Once a goalie is used to stopping shots, coaches will use "eyes on the puck" to

finish "Eyes on the Puck" page 3



Thanks to All Team Sponsors!

Team sponsors are tremendously important to the Wayzata Youth Hockey Association! Please take a moment to read through this list and show your appreciation to the companies and families that chose to be team sponsors for the 2010-2011 hockey season.

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“Eyes on the Puck” from page 1

mean watch the puck from the shot all the way into your equipment. You will have better control and be more certain to make a clean glove save or solid pad save when you watch the puck all the way in. Also, if there is a rebound, you will be quicker to jump on it or to reposition your angle toward the puck.

Finally, coaches will encourage goalies to keep “eyes on the puck” after a save or a pad deflection to the corner. By watching the puck all the way from the shot, to the pad, and then tracking it from the pad as it is deflected to the corner, the goalie will be faster at squaring to the puck.

All of this sounds simple, but every goalie knows what hard work it is to concentrate for an entire game. Some goalies say that their least favorite game is one with very few shots. It takes a lot of concentration and energy to stay alert and track the puck when there is little action in your zone. If you don't believe it, think about how hard it is when you are told to listen to someone talk without losing concentration or letting your mind wander to think about something else.

Keeping eyes on the puck is one of the first skills that a goalie learns and it is one of the most important. Where the goalie's eyes go, the body can follow. “Eyes on the Puck!” is about following the puck with full concentration to better your game.

Just a few quick thoughts on the mindset of youth hockey. I have heard at least 10 parents, players and coaches claim that a 14-year-old kid is the best player in the world—or at least North America. Pretty ridiculous. Everyone in youth hockey is so concerned and preoccupied with the best player at his or her age group: Who has the most points, who is going to play junior early, who is being scouted.

This emphasis on the “best” seems to push the fun out of the game, causing kids that may mature later physically and skill-wise to question their place in the game. I would guess many potential late bloomers even quit when faced with this onslaught of pedestal rising at such a young age. Meanwhile, at NHL training camps, teams are stressing patience and slowly bringing prospects forward. So why can a group of people—NHL executives—with more than 100 collective years of professional experience look past point production or speed because they see something in a player that a Midget team can't?

I just finished reading an article on Tyler Bozak, who plays for Toronto. He is slated to be the first line center this year next to Phil Kessel. Bozak is two years older than Kessel and went undrafted because he was 5'9" at age 18; it took him until the age of 24 to see his first games. Kessel was lighting it up in the NHL while Bozak was still playing Junior hockey. Yet Coach Ron Wilson thinks Bozak can produce 60 points or more this year. What if Bozak saw Kessel on TV and, instead of dreaming

The Potential of Late Bloomers

of playing on the same line, became dejected that he was only in the Juniors and gave up? This is one of many examples of two different roads leading to the same destination.

The people you meet, the places you get to see and the experience of going through the ups and downs of being part of a team is what the game is all about. So don't try to rush yourself into the NHL at the age of 12—or beat yourself up because you don't have as many points as Jordan from the rival team. Enjoy each game, give it your all and if you enjoy lacing them up, then stick with it. You never know what back-door route will take you to the NHL, and if you don't make it, then you most definitely had a lot of fun along the way. I certainly did.

Hockey is a lifelong game that will give you immediate friendships at every turn. If you can skate and shoot, you can join the nearest adult league and become an instant member of the hockey brotherhood anywhere in the world there's ice.

Editor's Note: Thank you to Brett Henning of Score100goals.com for this story.

Bantam A Service Brings Smiles



Bantam A's present their contribution: Otto Haeg, Jacob Scattergood, Nick Olmanson, Brian Machut, Chad Olson, Mitchell Kowalski, Alec Hemenway, Chandler Lindstrand, Evan Fleming, Chase Heising, Nate Meyer, Jack Sorensen, Tommy McCollins, Matthew Freytag, Rem Pitlick, Joe Silbaugh, Vaughan Ahrens.

by Laurie Ahrens

The Wayzata Bantam A team sold tickets, served pancakes, and shopped for toys to bring holiday smiles to many faces last month. The team selected “Toys for Tots” as its service project and partnered with several local businesses to make the event a success.

Joe Senser's Restaurant in Plymouth graciously partnered with the team by hosting a pancake breakfast to raise funds to purchase the toys. The players canvassed their neighborhoods, schools, and families to sell tickets for the breakfast. Local businesses also responded when asked to donate food and beverages for the event. On a snowy Saturday morning, the team served as greeters, servers, and wait staff as several hundred families enjoyed a warm breakfast and lively hockey conversation. In addition to \$1,500 raised through ticket sales, many toys were donated at the breakfast.

A few days later, the team met at Target and headed to the toy aisles. The players had great fun filling shopping carts with sleds, toys, balls, and games. The toys were loaded into vehicles, and the team proudly presented the donations to Marines at the KARE 11 tent. One of the players said, “It felt good to know that our project helped so many kids enjoy the holidays.”

On behalf of the coaching staff, Head Coach Marc Sorensen said, “We are very proud of the commitment and enthusiasm that the boys brought to this project. Their service made a difference to a lot of families this holiday season, and serving together strengthened the team.”

The team thanks KARE 11, Joe Senser's Restaurant, Cub Foods, Byerly's, Rainbow Foods, Lunds, Target, and Caribou for partnering to make this event a success.

FUNdraisers! We thank our partners for continuing support for the 2010-2011 and 2011-2012 hockey seasons. Patronizing those companies generates funds for the program and offsets your costs, provides scholarships for kids who could not otherwise afford to play, and provides equipment for the association.

If you are interested in a partnership, or know of a business who may be, email fundraising@wayzatahockey.org or call Bonnie at 612.590.2021.

Fundraisers to Support

- 1) Visit Broadway Pizza, 13705 27th Ave North, Plymouth!
 - Support our charitable gambling partner by visiting Broadway for a night of pizza and fun. And purchase a few pull tabs or play Bingo on Tuesday nights to support WYHA!
- 2) Team Sponsorship!
 - Sponsorship has ended for the 2010-2011 season. Thanks to all who participated in this successful program!
 - If you are interested in sponsoring for the 2011-2012 season - please be sure to go to www.wayzatahockey.org then click on the “Sponsors/Fundraising” link on the home page to access the sponsor form.
- 3) Eat dinner at a local restaurant sponsor!
 - WYHA partners with local restaurants who will donate money to the association on designated nights. Notifications will arrive via email, the home page, and calendar listing at www.wayzatahockey.org. Watch for Papa Murphy's and Buffalo Wild Wings. Let's all get ready for some Great Food and Fun!
- 4) Order Hockey Panoramic Pictures!
 - It's time to order your hockey player's panoramic poster! Team managers have ordering paperwork. This year, the poster will be printed on Metallic photo paper. Cost is \$25.00 per poster. Shipping is free if the team's posters are sent to one address. It is quite impressive! Great work by Sports Star Photography, our official photographer this year. The association will receive 10% back on all panoramic posters placed.
- 5) Download the Shopping Genie search application!
 - Go to www.WayzataHockeyFreeGenie.com to download the WYHA Shopping Genie. WYHA receives a contribution for each download as well as a pay-per-click donation.
- 6) Purchase a Hitch Cover!
 - They are available at the Central Middle School (CMS) concession stand.
- 7) Make Purchases at the CMS concession stand!
 - Your food and beverage purchases support WYHA.
- 8) Sign up for Food Perspectives!
 - Go to www.fpitesters.com to register as a tester. WYHA receives \$10 each time you participate in a test.
- 9) Submit your Sports Hut Receipts!
 - Save your receipts for any purchase you make at Sports Hut (not just hockey)! Drop them in the Sports Hut Receipt box - located to your right as you enter Rink A.
- 10) Local Hotel Fundraising!
 - Do you know of anyone who needs a hotel night for an upcoming WYHA tournament? If so - please go to www.wayzatahockey.org then click on the “Tournaments” link on the home page to access the hotel/restaurant forms. These local businesses have offered to assist in our fundraising efforts by donating back to our association. Please let them know that you are booking it for “WYHA Fundraising.”

A Rough Road to Roseau

Battered Peewee A squad takes hard-fought second

By Linda Riley

Hockey can be hard up on the Iron Range, and Wayzata Peewee A met the challenge of the Up North style of play—but it was a Metro archrival who got the last word.

After a wild ride bus ride to Roseau, the Trojans had a wilder ride in the tournament, with a big dose of the unexpected and several chances to pull out Plan B.



Peewee A players showing the wear of a demanding tournament. Mack Byers, Dylan Hewitt, Hank Sorensen, Mark Senden, Jacob Holmers, Cole Dougherty, Noah Fuhrmann, T Moss, Bill Arndt, Dan Myhra, Max Zimmer, Billy Duma, Luke Paterson, Eddie Chute, Carter Fallen, Dillon Riley and Alex Schilling

Wayzata's first opponent was a tough Lakeville South team on Friday morning. The players started shaky but soon found their rhythm and won, 6 to 1. There was a lot of down time until their next game, Saturday at noon. But the boys stayed focused and handily defeated East Grand Forks, 9 to 1. Their next game was against Warroad later that same day at 5:45 p.m. Although not a lot of time for

rest and recovery the boys did well and came away with a 10-0 victory over Warroad. And that's when the ride got bumpy.

The Trojans semi-final game was at 8:00 a.m. Sunday morning against Thief River Falls (TRF). Wayzata was surprised by the speed and ferocity that TRF came out playing. TRF pounded Wayzata and the refs let 'em play. Wayzata found themselves down 3-0. Coach Flem called a timeout and whatever he said certainly motivated his players. The team came out playing physical (they hadn't lost six fair play points this year for being demure) and battled back to tie the game 3-3 sending it into overtime.

Both Wayzata and TRF dug deep and battled viciously in the five minute overtime but neither team scored and it was time for a shootout, the most exciting event in sports (though this reporter/hockey mom couldn't watch). Wayzata won the shootout and won a tough task: taking on Edina after a long, physical game and with less than two hours rest.

Three Wayzata players were down with injuries after the rough, loosely-called TRF game. Factor in short rest, a vastly shortened bench, and a relentless and rested Edina team and it was an uphill climb. Edina handily won, 6-1, to relegate the Trojans to second place.

Congratulations to a great effort in Roseau! Members of the Wayzata Peewee A team are

Mack Byers, Dylan Hewitt, Hank Sorensen, Mark Senden, Jacob Holmers, Cole Dougherty, Noah Fuhrmann, T Moss, Bill Arndt, Dan Myhra, Max Zimmer, Billy Duma, Luke Paterson, Eddie Chute, Carter Fallen, Dillon Riley and Alex Schilling. The team is lead by head coach Josh Fleming who is assisted by Jon Dubel and Levi Arel. Team manager is Becky Arndt.

...and another: Peewee A takes Second at Edina Invitational

By Linda Riley

The Wayzata Peewee A team took second place at the Edina Invitational Tournament, which took place from December 30, 2010 through January 2, 2011. The team faced stiff competition, stiff winds, and a stiff weekend tournament fee of \$25 per adult to come away with the silver.

Wayzata was scheduled in pool B, along with Eden Prairie, Centennial, and Minneapolis Park.

The Trojans advanced as the #1 seed overall after dominant wins in pool play, yielding only a single goal in three games. They defeated Centennial 10-1, Minneapolis Storm 6-0, and Eden Prairie 8-0.

The final brackets proved to be tougher. The semifinal against Elk River resulted in a 4-3 win to earn a spot in the final.

In the Championship game, Wayzata was unable to slow down Farmington's offense and get around their defense. Wayzata lost to Farmington 4-1.

Congratulations to Wayzata for a great tournament, effort and a hard-earned second place finish.

The team is led by head coach Josh Fleming, assisted by Jon Dubel and Levi Arel.

It's late-season, and I think we've finally acclimated to the forewarned lifestyle changes that come with Squirt hockey. As a father of a 1st year Squirt -- the sole hockey player in the family -- this year has been crammed with new experiences and change. I can't say we weren't warned. Hockey friends sat us down and gave us the scoop. But I will now admit to glazing over like a teenager getting the nightly lecture on proper table manners; something to know, but is it really going to impact my life?

Yep.

Squirt life is much more demanding. What's changed since mites? Here are a few things:

- **Commitment:** Young men may fear that word, but hockey families live it--or perish!
- **Ice Time:** From 2-3 times a week to 4-6 times a week--and 7:30am weekend ice times. Ugh.
- **Volunteer Opportunities:** Or maybe it has always been this much. Just seems like a lot. And watch out if you have a weak moment and volunteer for team manager or treasurer.
- **Speed:** Skating, line changes, interpreting priorities (get the puck or get in position??). Yikes.
- **Size:** Some opponents are HUGE! I was tempted last week to ask for a birth certificate for one of their bearded 10 year-old gargantuans. Although it would be fine

if we had our own bearded gargantuan. Go figure.

- **Complexity:** Lines, off-sides, positions, off-sides, penalties, off-sides, "two hands!" off-sides...
- **Cost:** More ice time, better equipment, and an increased need for de-stinkifying the equipment on a regular basis all add up.
- **Training Opportunities:** Dry-land, skill nights, summer skating and online hands-on tutorials; very target rich.

Reflections of a Dad: First Year Squirts

By Tim Dagoberg

- **Playbook:** Cool! My son has a playbook! And he actually reads it. A very smart way to make ice time efficient.
- **No parents in the locker room:** As a normal step toward independence this is good as it enforces an arms-length distance for the parents, for better or worse. Probably helps the coaches avoid unnecessary problems.
- **Tying their Own Skates:** Didn't think this would be possible. 2nd day, he could do it. All good!
- **Out-of-town tournaments:** There's

nothing like being part of an entourage; the part that pays for everything...

These are all a part of the progression toward an NHL career... or not. Regardless, Hockey is serious business, even at this level. And our boys are learning a lot about hockey, about team, about themselves, and about life.

I think it's healthy to remind ourselves how hard hockey is to play well. Honestly, there is nothing natural about it. Not one blessed thing. Do you think primitive man brought

down prey with puck shaped projectiles shot from a curved stick, or evaded predators by skating away on stone knives tied to their feet (going backwards and doing cross-overs)? No. They threw things, they ran, they balanced themselves on two feet on solid ground, and they fought for their lives (well,

for those who make it to the NHL, that skill might come in handy). They, like me, probably avoided ice seeing it as a dangerous, difficult obstacle. So, we, as a species, don't have these skills hardwired in our DNA. Everything we do well on the ice, we figured out on the ice, with lots of work and time and pain (thank goodness for helmets and breezers).

Do I sound negative? I hope not. I don't think I am... Just resigned, reflective, and acclimated...

My son loves hockey. He loves his team. We've battered down the hatches for the long haul. Long live hockey!

La Crescent B Squirts Tournament

By Tim Dagoberg

On Friday, January 7th, 2011, the Wayzata Yellow (Squirts) journeyed to the Southeast border town of La Crescent MN for a fun weekend of tournament hockey.

Wayzata played well on Friday defeating Dodge County (10-0)



with strong defense, increasing confidence, and many different players getting goal glory. They continued their strong advance Saturday morning defeating Faribault (9-1), a stout opponent, with more of the same style of play.

On Saturday afternoon, "...we ran into a little bit of a buzz saw..." said coach Bryan Dielemann of the 13-0 loss to Inver Grove.

The boys started slow and weren't able to overcome the momentum of the strong Inver Grove squad -- the eventual tournament winners -- but they fought until the end, and didn't hang their heads with their first loss of the weekend.

They took heart in the fact that they were able to put shots on goal, which no other team had accomplished against Inver Grove up until that point in the tournament.

Wayzata's final game on Sunday, for 3rd place, was against host team La Crescent. It seems that the combination of a few key strong opponents, and some fatigue, led to the loss (2-8). But they played well and earned a respectable 4th place finish. Not bad considering the significant distractions of their first out-of-town tournament.

The B tournament was organized into two brackets of four teams (8 teams total), playing Round

Robin on Friday and Saturday to determine rankings for the final games on Sunday. Rankings were calculated based on a combination of points (goals, saves, and penalties) and wins.

Other bright spots for Wayzata Yellow: Most goals were scored in the 3rd period, indicating improving endurance; also, only 7 penalties for the entire tournament (only one team had fewer at 5).

Wayzata Yellow worked hard, but they had fun, too! Saturday after hockey they had a raucous time in the pool followed by a delicious pasta/potluck team meal (including the largest salad offering I have ever seen) in the hotel's banquet room/impromptu knee hockey arena. Later, they attended a Chill hockey game; some

of our more enthusiastic parents (parent) and kids were intent on sliding down the coulee hill after the Chill game, but fortunately the lights were off and hypothermia was averted.

The tournament staff and volunteers went all out to make the event fun, friendly, and accommodating. Yes, the weather was blowing and cold, but we found plenty of that Midwestern



warmth to keep us comfortable. Congratulations to all those involved, including Doug Harpenau, Tournament Director, on their success!

Exhausting, memorable, chilly, and certainly fun, Coach Dielemann's final thoughts sum up the overall experience: "The tournament went well. We started playing as a team and had a couple games where it was a lot of fun for us. We got a lot of goals by a lot of different guys... overall a great weekend."

Hear hear. Well done, boys.



Photos by Nathan Olmquist and Abdishav Bhavsar



Wayzata Squirts B Navy Wins Bloomington Tournament

Back Row: Jackson Hay, Cade Unitan, David Oberg, Tommy Bergland.
Middle Row: Tommy Harrison, Brayden Nelson, Ben Prekker, Jacob Ocholik, Reid Sanders, Rhett Pitlick, Charlie Erickson, Evan Spadafora.
Front Row: Garrett Nelson, Luke Fairchild, Sawyer Anderson, Grant Hakim.
Coaches: Lance Pitlick, Pete Bergsland, Vince Cerniglia, Kelly Fairchild, Chad Nelson, Ted Sanders.



Squirts A, Champions North St. Paul Tournament

Brook Hanson, Callen Ambrose, Carter Anderson, Charlie Ankeny, Cole Jacobs, Dalton Seesz, Daniel Welshons, David Kramer, Drake Shaver, Even Sivets, Grant Anderson, Griffin Ness, Jack Ostapeic, Joe Greenshields, Ryan Hognlund, Sarah Chute, Tyler Dingmann
Head Coach: Neal Cole. Assistants: Luke Peterson, Curt Smith, Brad Hanson, and Tom Shaver. Manager: Lance Cole

Wayzata Squirts C Gold finishes Strong

Despite a 1-12 season in the District 3 season, Wayzata Squirts C Gold fared well in two tournaments and came into the District 3 tournament with enthusiasm. Wins over Armstrong and St. Louis Park gave the Gold a 3rd place finish and a sweet close to a great season of learning and hustle. Below, center Raiki Namura takes a faceoff at the Rochester tournament.

