



- Coach's Corner • 1**
- Vounteer Hours • 2**
- Open Board Positions • 2**
- Everything about Tryouts • 3**
- Cope with Tryout Stress • 4**

BlueLine Bulletin

Wayzata Youth Hockey Association

Vol. 2 #1 Sept. 2009

Registration is Open

By Linda Riley

Registration for WYHA hockey is open and ready for business. It's no small business though, because Wayzata is a huge association. Each year, around 1,150 kids register for hockey. This year there are some changes to registration but if you read the registration page and click on the links, most of your questions will be answered.

Important Dates

Registration opens:
August 1, 2009

Walk-in registration
for new players only:
September 12, 2009
(9am-12pm)

Online Registration
deadline ALL players:
September 20, 2009

Participation Rule

For those of you not familiar with the rule change, the Participation Rule redefines association membership to be based on school attendance rather than where the player lives. The changes that affect players registering this year include:

- 1) Mite/8 & Under players can choose to register either based on the association that covers the location of their residence OR the association that covers the location of the school they are attending.
- 2) Squirt/10U players and older must participate with their Association of School Attendance. Participation in any other Association must be by waiver.
- 3) Players must be attending school (public or private) within District #284 geographic boundaries for one year before they are eligible for "A" teams.

See "Registration" p. 4

Compiled by Linda Riley

If your player is getting psyched up for tryouts and wants to know what to focus on in the upcoming weeks to put their best "skate" forward, look no further!

We approached boy's Bantam A coach Marc Sorensen, Peewee A coach John Maruk, and Squirt A coach Neal Cole to pick their great hockey minds about tryouts. We posed this question to them: "What advice would you give to the players to prepare themselves mentally and/or physically for tryouts?" This is what they had to say:

- Hockey is a game & it is fun. So relax & have fun. Stress=anxiety=poor performance. Fun=relaxed=good performance.
- If you haven't already taken some time off from skating since last hockey season ended, do so now. Skating 52 weeks a year will lead to burn out late in the season when you need to be the most energetic and enthusiastic. If NHL and Division 1 college players can take off weeks or even months at a time from skating during the off-season, youth players can certainly take a few weeks off as well. Continue to work on the off-ice things, and as tryouts get closer, that is when you'll want to start getting back on the ice for more skating sessions.
- Develop a goal to shoot pucks in your basement or driveway. Set a high but achievable goal for the # of pucks to shoot per week. Make a calendar and record your progress to help hold yourself accountable. Also, buddy up with a friend or two and shoot together to make it more fun and so you can hold each other accountable for sticking to your goals. Working on this consistently will help to improve your shot!
- Get a stick-handling ball of some sort (you can use anything, but even a golf ball or waffle ball stuffed with a cut-up tennis ball inside of it works great), and go through a stick handling routine in your driveway, garage or basement. Work on wide reach, toe-pulls, figure 8's around your gloves, etc... Also, be creative - imagine/visualize game-type situations and stickhandle your way around/through the opponent.
- Work on your strengths and weaknesses because you will never get better if you only work on your strengths.
- Be sure to come into tryouts in good cardiovascular shape. This can be achieved through many avenues, including skating, rollerblading, running, etc...
- Be sure to come into tryouts in good hockey shape but also rested. Hockey shape can

be achieved in many different ways (stick handling in the garage, shooting pucks, stretching hockey muscles, Fall clinics etc).

- For older players (mainly bantams), continue working to improve strength through work in the weight room. Focus on high repetitions and good form, not on lifting lots of weight. For players who are not yet physically ready for the weight room, push-ups and sit-ups definitely do the trick too!

- DON'T BE THE PLAYER THAT FORGETS A PIECE OF EQUIPMENT. If

you forget an item, it's your fault not Mom & Dad's fault.

- Equipment check. Make sure your skates are sharp, equipment is all set etc well before tryouts.
- Don't stress about things you can't control. Your jersey # or jersey color won't matter, nor does who you will be skating with, tryout format, who is evaluating etc.
- Work hard. Hard work is something you can control.
- Yes, it's ok to be nervous. In fact, everyone else is also nervous so figure it is perfectly normal.
- Ask yourself what your strengths are & then go show them off.
- Understand that it's not all about goals & assists. Little things like a good backcheck, blocked shot or hustle play often get noticed more than goals & assists.
- Make sure you are getting plenty of fluids/food/rest throughout tryouts. They can be both physically & mentally draining so eat, drink & rest up.
- Get ahead of your schoolwork before tryouts. If you have a presentation or exam during tryouts it will be difficult to do well at both. Get ahead.
- If all of the above fails, just have fun & work hard, the rest will take care of itself.
- Just remember to do the best you can because during tryouts you are showing the coaches what you can do and doing your best is all that we can ask for.
- Don't get discouraged; move forward and look at the positives.

Thank you, coaches, for taking the time to share your words of wisdom with the players. This is great advice and something the players can focus on, and keep in perspective, for tryouts. Best of luck to all of the WYHA youth players during tryouts this year!

More on Tryouts: see Page 3 & 4

Coach's Corner Tryout Tips



Notes from the President

By Linda Riley

President Greg Gibson is a busy man. We had set up a time to discuss what's new for the Wayzata Youth Hockey Association (WYHA) this year and he entered Plymouth Ice Center (PIC) wearing a dress shirt and tie. I felt terribly underdressed in my t-shirt and shorts but he assured me he had not dressed up for the interview. He was just coming from a City Council meeting he had attended on behalf of WYHA. On a beautiful August evening, that is dedication!

You don't need to be "dressed up" to read what's new for the association this year. You just need a computer.

Travel Team Updates

Squirt A: In keeping with the long-standing tradition of non-parent coaches at the "A" level of play, WYHA has hired Neal Cole for the Squirt A coach position. Neal is currently a Physical Education and Health teacher at West Middle School (WMS). Neal has a B.A. in Physical and Health education and a Master's in Teaching and Education. Neal is a WYHA alumnus, playing hockey for Wayzata through 9th grade. He then played varsity hockey at Minnehaha Academy in his sophomore through senior years. Neal is very active with the youth in the community, working in the after school program, West Wing, at WMS, running the concession stand at Wayzata High School and is a middle school youth ministry leader with Grant Hill in a program called "Youth Alive". Neal has made a minimum three-year commitment to the program

Squirt B1: Based on anticipated numbers that are registering for hockey, another Squirt B1 team will be added, bringing the total number of travel teams from seven to eight. The new team will be known as Squirt B Steel.

Junior Gold:

WYHA will likely be adding at least one, possibly two more teams, based on registration numbers, to the Junior Gold program. Currently there are five teams; Junior Gold A, Junior Gold B Blue, Junior Gold B Gold,

U16 Blue and U16 Gold. For those players that do not make the high school team, Junior Gold offers an opportunity to continue their competitive hockey career and enhance their hockey skills. WYHA has a very strong Junior Gold program. In the 2008-2009 hockey season, the Junior Gold A team finished second in state, the Junior Gold B Gold team finished third and the U16 Gold team qualified for the state tournament.

Volunteer Opportunity

According to Greg, WYHA has been able to save \$40,000 to \$50,000 a year through the generosity of volunteers that donate their time to the administrative tasks of the association. This helps keep registration costs down and this money is instead used for hockey equipment. This year, a long time volunteer of the association is stepping down, leaving two open positions.

Ice Scheduler and Assistant Ice Scheduler (2 positions): Mark Brandt, who has been doing the ice scheduling for 12 years, will be relinquishing his position this year. If you are interested in finding out more about this position, please contact Alex Becker at abecker@isp.com. This position is paid a nominal yearly stipend.

Many thanks to Mark for his years of service to the association!!

Tournaments to be Hosted at PIC

For the 2009-2010 season, WYHA has been awarded two state tournaments to host. WYHA will be hosting the Bantam A Regional tournament and the U16 State tournament. We are very fortunate to be selected to host these tournaments and will rely on our association members to volunteer their time to make these events successful and special for the teams that qualify.

WYHA Monetary Donations

Again, WYHA has donated money to the City of Plymouth for improvements to the rink and its administration. The latest donations are:

- \$10,000 donated to add heat to the PIC B rink (yeah!!!)
- \$10,000 for ice scheduling software that syncs the scheduling by the City of Plymouth with the scheduling WYHA does. The money pays for the software, service and training and should decrease time and increase the accuracy of the ice schedule process.
- \$1,000 for a new TV for the Blueline conference room at PIC, which many volunteers who spend hours in that room during a tournament will greatly appreciate!
- \$19,000 for new outside entrance doors at the Central Middle school arena.

Stay tuned; Greg has more exciting changes and announcements on the horizon!

Volunteer Policy Update

By Linda Riley

With the hockey season just around the corner, keep in mind that not only do you have to get your checkbook ready, but also free up your time because volunteering is a part of the hockey experience.

There is good news this year. Based on available volunteer opportunities and number of families in the association, the hours have been adjusted, and in some categories, fewer volunteer hours will be required. Current hours requirement:

Oldest Player Mini-Mite:	0
Single Player Mite:	8
Multi-Player family-all Mites	10
1 Player Squirt/U10 & above:	12
Multi Player Family-oldest is Squirt/U10 & above:	16

Other important information:

- You can buy out volunteer hours at registration. The cost ranges from \$400 to \$800 depending on the age/number of players in your family.
- Unfulfilled hours are billed at a rate of \$100 per hour not worked with maximum charges ranging from \$800 to \$1,600.
- You will be billed \$100 if you are reported as a no-show. This is above and beyond the charges for unfulfilled hours.
- For any volunteer hours not fulfilled and not paid, your player(s) will not be able to register and play any subsequent season at WYHA until payment has been received or hours fulfilled.
- Certain positions fulfill volunteer hours: Rostered Coach, Team Manager, WYHA/Blueline Board member, Team Sponsors, Team Representative, Team Treasurer/Banner, Tournament Treasurer, Director/Chairperson/Coordinator positions, Mite Banner/Basket Coordinator.

For complete volunteer policies, see www.wayzatahockey.org; click the "Registration" tab.

Open Blueline Board Positions

The WYHA Blueline Board has immediate openings for volunteer positions. These positions fulfill all required volunteer hours. For more information or to volunteer, please contact the appropriate person below:

Position	Contact Name	Contact Phone/Email
Co-Manager Concessions at Central Middle School Arena (2 positions)	Brenda Senden	763-232-2940 or bsenden@hotmail.com
Mite Silent Auction Coordinator	Brenda Senden	763-232-2940 or bsenden@hotmail.com
State Tournament Coordinator	Kathy Hewitt	612-867-0031 or kathyhewitt@gmail.com
Academic Awards Coordinator	Brenda Senden	763-232-2940 or bsenden@hotmail.com
Arena Banners	Linda Riley	612-578-6858 or linda.riley66@gmail.com

PARENTS: WRITE AND SHOOT FOR THE BLUELINE BULLETIN



WE WANT YOUR PHOTOGRAPHS; WE WANT YOUR INSIGHTS AND EXPERIENCES.

- HIGHLIGHTS OF PLAY AND PRACTICE
 - GAME AND FUN PHOTOGRAPHY
- MUSINGS, THOUGHTS, AND MEMORIES
- VALUABLE TIPS AND SUGGESTIONS

SUBMIT, SUGGEST, OR REQUEST AN ASSIGNMENT!

CONNECT AT BLUELINEBULLETIN@GMAIL.COM

Tryout Process Primer

By Linda Riley

Remember Speech class in high school? Everyone hated that class. Trying to come up with speeches about some random topic you would never, in a million years, talk about to anyone. (I remember doing a speech about how to shine shoes!) No one enjoyed getting up in front of everyone to give a speech. Getting evaluated by the teacher was a trip. "Not enough eye contact!" (Are you kidding me? I don't want to see my classmates snickering at my bumbling performance.) "Speak up." (No way. Then they might actually hear the stupid things I am saying!). "You are rambling." (Of course I am rambling. I have no idea what to say so I figure if I keep talking I might accidentally say the right thing.)

In college, I found out if you practiced your speech beforehand, it went a lot better. I often practiced speeches in my car. Yes, it was kind of weird if someone in the neighboring vehicle looked over to see me talking to myself, but I became a very prepared speaker. It eliminated anxiety when I had to give my speech in class because I had practiced it enough that even in my terror, I could give a good speech. Eventually, I wasn't terrified and I actually looked forward to that class. I ended up with an "A" and it was much more entertaining than calculus, in my opinion.

The same goes for tryouts. Knowing what to expect can help relieve your player's anxiety. Maybe eventually, they'll even look forward to it! Maybe this year, they'll get an "A".

This is a short recap of the tryout process to share with your player. To find detailed tryout information, including dates and times, go to www.wayzatahockey.org, click on "Teams" and then click on the appropriate level to find your information.

All Players Should Know:

- The tryout sessions are observed by evaluators who rate the players. WYHA has a long-standing tradition of selecting knowledgeable evaluators who are impartial. Evaluators consist of non-parent coaches and independent evaluators.
- Skills sessions at tryouts are not graded quantitatively, but offer the evaluators a qualitative impression of the skill level of each player. Skills are evaluated by the same person at each skill station to ensure consistency of scoring.
- You are required to bring a Wayzata Practice Jersey, Wayzata Clinic Jersey or prior year Tryout Jersey for Tryouts.
- At check-in, each player will be issued a tryout pullover. The players will keep these throughout the entire tryout process. These must be returned immediately following their final tryout session.
- You should arrive 45 minutes prior to scheduled ice time and should be ready with all equipment on 15 minutes prior to scheduled ice time
- You must wear Wayzata colors when participating in the tryout process. This includes a yellow/gold helmet and Wayzata colored socks that match.
- Once the tryout process starts, check the WYHA website to find out when to report for additional pool scrimmages. Postings will be completed within 24 hours following the completion of an event.
- After all pool scrimmages are completed, you will be able to check the WYHA website advising you of your team assignment for the 2009-2010 season.
- Boys only: Those players not assigned to a travel team will be eligible for placement on a "C" team

Boys Tryouts

Goalies:

All goaltenders are required to attend the appropriate goaltender skill session. Goaltenders are not required to attend the skaters' skill sessions. For the scrimmage sessions, goalies initially will be randomly assigned to the scrimmage sessions based on number of goaltenders needed to balance each session.

As the scrimmage sessions progress, Squirt goaltenders will be assigned to the "A" or "B" pool based on rankings.

Peewee and Bantam goaltenders may choose to register and pay separately to participate in the "A" pool. They will follow the same "A" tryout process as the skaters.

Squirts:

At the travel level, there will be one "A" level team, four balanced "B1" teams and three balanced "B2" teams.

- The first tryout session consists of a skills session followed by a series of scrimmage sessions.

- In the first scrimmage session, players are divided randomly into groups.
- From the second scrimmage session forward, players will be divided into groups based on skill.
- After the second scrimmage session, 30 players and four goalies are assigned to the expanded "A" pool. The expanded "A" pool will continue to practice and be evaluated until the final 15 skaters and two goalies are selected.
- Any players who are in the expanded "A" pool but are not assigned to the Squirt "A" team will automatically be assigned to the "B1" level and need not continue with the "B" tryouts.
- Those players not in the expanded "A" pool will follow the "B" tryout schedule. After completing the tryout sessions, players will be assigned to either the "B1" or "B2" level. Those players not assigned to "B1" or "B2" will play on the "C" level.

Peewees:

At the travel level, there is one "A" level team, two balanced "B1-1" teams (skaters 16-45), one unbalanced "B1-2" team (skaters 45-60) and three balanced "B2" teams.

The tryout schedule for Peewees is similar to Squirts with these exceptions.

- Trying out for the "A" team for Peewees is not automatic. Skaters and goalies must register and pay separately to tryout for the "A" team.
- There are no skater skill sessions/evaluations at the "A" level but there are at the "B" level.
- Those players participating in the "A" tryouts will scrimmage twice a day.
- Only those players who are in the final "A" pool but do not make the "A" team will automatically be placed on a "B1-1" team.

Bantams:

At the Bantam travel level, there is one "A" team, one upper "B1" team (skaters 16-30), two equally balanced lower "B1" teams, and three equally balanced "B2" teams.

The tryout process and schedule is similar to Peewees with one exception.

- There are no skating/hockey skill evaluations at the "A" or "B" level for Bantams.

Girls Tryouts

Goalies:

- Will have a separate skills evaluation
- Are expected to attend all the on-ice sessions they are assigned to.
- Will be rotated during the scrimmages in order to display their skills against all skaters in their assigned pool.

All levels

In the past, tryouts have started with warm up sessions at each level however, that may change this year. If there will be warm up sessions, the number of sessions will vary by level. Check the website for updates regarding the warm up sessions status.

In summary:

- The first session will consist of mainly skills.
- Subsequent sessions will begin with basic drills, followed by either a scrimmage or one-on-one drills.
- Girls will be rotated through the positions during the scrimmages, so evaluators can observe girls playing forward and defense during each session.
- Players will be randomly assigned to a pool for their first two sessions.
- Players will be moved into talent-level pools, according to their ranking, after the second session.
- After the final session, the evaluation process will result in one "A" team and balanced "B" teams for each level.

Teams

This year the goal is to field teams as follows:

- U10A - One Team
- U10B - Two Teams
- U12A - One Team
- U12B - Three Teams
- U14A - One Team
- U14B - One or Two teams
- U19 - One Team

Again, to find detailed tryout information, including dates and times, go to www.wayzatahockey.org, click on "Teams" and then click on the appropriate level to find your information.

How do you spell stress? T-R-Y-O-U-T-S

By Linda Riley

It's August and the weather is getting warm-finally. That's why it's hard to believe that colder weather outside, cold rinks inside and hockey tryouts are just around the corner.

I, maybe like many of you, never had to tryout for any sport. Most organized sports didn't start until junior high. I grew up in a small town and if you wanted to play a sport, you just played it. Rarely did my parents even attend one of my high school games, since games took place right after school and this was before the home office, personal computer, Wi-Fi®, Bluetooth®, PDA toting days. They *had* to be at work, in a real office. So I played sans a fan club, had fun, told them about it. No tryouts, no parent recap of my performance, no coaching tips, no judgment-no stress.

Now, it seems when you turn the ripe old age of nine the competition begins. Tryouts for hockey, soccer, basketball, volleyball, softball, baseball, football, lacrosse - the list goes on. Tips are coming at them from parents, friends, coaches and siblings. I simply can't relate to how my young children must feel competing against friends (who for tryouts become the dastardly "competition") to get a spot on the best team they can, to please parents and sometimes even themselves.

Hockey tryouts seem the most intense. We are, after all, the state of hockey - intense as football in Texas is hockey in Minnesota. I've been to soccer tryouts and very few parents bother to stand around watching and analyzing the players' performances, even though it is held outside on a beautiful afternoon or evening. But parents will fill the gallery in the ice cold hockey arena, hanging over the railing, commenting on who looks good, figuring out who is wearing what pinnie number and in hushed tones discussing who should be on the A team and who shouldn't. While the players execute difficult skating and stick handling drills, battle for pucks, position and goals while scrimmaging, they are being judged. They are being judged by not only the evaluators in a closed glass box above the rink, writing mysterious comments in their notebooks, but also by potential coaches in the stands and every single parent who fancies themselves a hockey expert. Talk about stress!

Doing some Internet searches to find out what parents can do to reduce a player's stress, I came across this comment at www.sportsesteem.com that put everything in perspective:

"Trying out for a team takes courage and a player should be proud of their attempt. Becoming a better player takes time. Tryouts for a select team are simply a way to measure progress. Players with a good attitude continue to work on their game no matter which team they play for."

So this year, I'll leave the tips to the experts.

We can't control what our players do on the ice. We can't control what the evaluators write. We can't control whom the coach picks. What we can control is how we react. Maybe the most important thing we can do for our players is to be their biggest fan, encourage them to be the best player and person they can be and support them whether the result is what they (or you) hoped for or not. And remember to keep things in perspective. After all, it's not brain surgery.



Registration" from page 1

Note: Private school and open-enrollees will be required to provide school attendance verification to the registrars before their registrations will be accepted.

- 4) For the 2009-2010 season, players who participated with WYHA during the 2008-2009 season but attended school outside of the District #284 boundaries will have a one-time choice to continue participation with their association of residence.

Registration with USA Hockey

Anyonewhohasregistered with WYHA will have already noticed the need to register first with USA Hockey, pay the \$40 fee, obtain a confirmation

number and then proceed with registration through Wayzata. This registration with USA Hockey has always taken place in the past (and you have always paid for it in the past--that is how you receive mailings from USA Hockey including USA Hockey Magazine), but the registration had been done behind the scenes by registrars Mark and Colleen Sivets. Due to changes required by USA Hockey that is no longer possible.

Also new this year is the need for ALL coaches to register online with USA Hockey. Coaches fees paid to USA Hockey have always been taken care of by the association in the past and they will again be paid this year. However, coaches will have to pay up front when they register, but will be reimbursed by WYHA once they submit the Screen and Consent form and a photocopy of their current CEP card with a legible name and signature.

Details and a link to register will be found on the WYHA website under the Coaches tab.

Scholarships

In difficult economic times such as these, WYHA wants to make sure that kids who want to play hockey still can. In fact, last year was the largest scholarship award year ever. We are very fortunate that Wayzata has a very generous scholarship program. Funds for scholarships are obtained through the association's fundraising efforts. There is also an opportunity for individuals wishing to donate money to do so when they register. If you are in a position to donate any funds, WYHA greatly appreciates your generosity.

While many associations will limit a family's scholarship award to a maximum of two years, WYHA puts no limits on

such awards.

If you are interested in requesting scholarship funds, complete the online registration. On the payment page you will be asked if you wish to pay using a credit card or with scholarship dollars. When you choose scholarship dollars, it triggers an email to the payment area and a form to be completed will be sent to the family requesting the scholarship funds. WYHA uses discretion processing these requests, limiting access and processing of the scholarship awards to only a few individuals.

Many answers to your questions about registration can be answered by going to the Registration tab on the WYHA website and scrolling down to the bottom of the page where you will find several FAQ documents. If you need further information, contact registrar@wayzatahockey.org