



Volume 1, Issue 3

August 2011

FROM THE FRONT OFFICE

Coming Down to the Wire

Tim Gilbert - KVHA President

While we hope our KVH families spent July relaxing, this was one of the busiest months for our board members. Every year at this time, many quick decisions need to be made in order to prepare for our fall season. In an effort to keep you informed, let me share some of our July accomplishments.

- **Jersey selection** - First on the agenda was agreeing on a new style of jersey for our travel, girls, and house squirt and above teams from a new vendor called Game Wear. This decision is slated to save the association thousands of dollars for the upcoming season.
- **Evaluation process** - We also adopted and documented a new house evaluation process for our squirt and above leagues. Our goal is to improve the method of rating house players to be both consistent and allow for a fair and accurate selection process for all of our house teams.

INSIDE THIS ISSUE

Calendar of Events/House Eval Skate	2
New Jerseys for House & Travel	3
On the Road - New Player Rules	3
How to Choose Skates	4

VIEW FROM CENTER ICE

IN THE HOUSE

by Brad Dedrick - Director, House Program

What better way to beat the heat wave outside than to get yourself to the rink and prepare for our upcoming season! The Kensington Valley Ice House does a great job of providing skating opportunities with programs like 'Pucks and Parents', 'Sticks and Pucks' as well as 'Open Skate'. Take advantage of these offerings. There are also many hockey camps / programs running through the summer

August will be a busy month even though our House season does not officially start until September. Our House Player Evaluation process will be conducted during August. Please visit www.kvhockey.org for a full schedule. Remember, your player must attend at least one session and you are also welcome to attend as many sessions as you like. Not only is it necessary but it's also a great way for our players to 'knock the rust' off after summer break.

We continue to seek head coaches for the program and encourage anyone who is even slightly interested to please submit an application through the website. It seems that every year we scramble to fill a few head coaching vacancies, which makes it difficult for everyone involved. Please consider volunteering your time, you will be at the rink with your player anyway so why not be on the ice and make an impact!

Center Ice, continued on page 3

CALENDAR OF EVENTS

KVHA Board Meeting

August 15

6:00 to 8:00 PM

Kensington Valley Ice House

Open to Members

Play Hockey with a Friend

Registration Deadline

Mini-Mite & Mite Divisions

August 21 - see page 3 for details

House Evaluation Skates (KVIH)

August 13 - Evaluation Skate #1

MM: 12:15 PM, A-L; 2:15 PM, M-Z (North)

MT: 8:15 AM, A-L; 10:15 AM, M-Z (North)

SQ: 12:00 PM, A-L; 2:00 PM, M-Z (South)

PW: 8:00 AM, A-L; 10:00 AM, M-Z (South)

BT: 4:15 PM, A-L; 6:15 PM, M-Z (North)

MD: 4:00 PM, All (South)

August 20 - Evaluation Skate #2

MM: 2:00 PM, A-L; 4:00 PM, M-Z (South)

MT: 10:00 AM, A-L; 12:00 AM, M-Z (South)

SQ: 12:15 PM, A-L; 2:15 PM, M-Z (North)

PW: 4:15 PM, A-L; 6:15 PM, M-Z (North)

BT: 8:15 AM, A-L; 10:15 AM, M-Z (North)

MD: 8:00 AM, All (South)

August 27 - Evaluation Skate #3

MM: 8:15 AM, A-L; 10:15 AM, M-Z (North)

MT: 12:15 PM, A-L; 2:15 PM, M-Z (North)

SQ: 12:00 PM, A-L; 2:00 PM, M-Z (South)

PW: 8:00 AM, A-L; 10:00 AM, M-Z (South)

BT: 4:15 PM, A-L; 6:15 PM, M-Z (North)

MD: 4:00 PM, All (South)

All sessions are 2 hour duration

Jersey Sizing (House/Travel)

GameWear rep at KVIH

August 12 - 14

See page 3 for details on new team jerseys

U-Meet the Athlete Hockey Clinic

Children 5-12 can meet and play hockey with the U of M Hockey Team

Sunday, September 25, 4:00 to 5:30 PM

Yost Ice Arena, Ann Arbor MI 48104

Cost: \$20

Visit our [website](#) for more information

- **Team/coach assignments** - Our membership team is in full swing notifying our members about the upcoming season and reporting enrollment numbers to our House Director. These numbers are important since they determine how many teams and coaches are required.
- **Ice assignments** - It is both art and science to estimate association ice needs using the registration numbers. That is why it is so important that our members register early to assist us with this scheduling.
- **MAHA rule changes** - Mid-July also saw some of our members attending the important MAHA (Michigan Amateur Hockey Association) meeting to understand the new revised rule changes for all levels of play in our association. One of the more crucial changes includes the elimination of travel for Mite level players and phases in a reduced playing surface size for Mites and Mini-Mites (8U/6U) by the 2012-2013 seasons. Coming so late in the year, this rule change has caused a lot of concerns not only in our association but throughout all the districts within the state. As of this letter we are still meeting with our D4 district representatives to learn how to successfully implement this new model within our association.

We will ensure you are kept informed of the decisions made and the changes that result as we learn more ourselves. Please know that we are working hard to make this season successful for all involved. We hope that our members are enjoying their summer and that everyone returns safe and rested for an exciting fall season.

House Head Coaches Needed

Head coaching positions for the upcoming season are still available for the house division. If you have ever had interest in supporting our kids on the ice now is your opportunity. Make a difference this season and get involved. Applications are now being accepted at this [link](#). If you would like to know what is involved in becoming a head coach, please refer to July newsletter or you can visit the MAHA website [here](#).

Center Ice, continued from page 1

We are also looking for someone to help us run the Learn to Play Hockey program. If you have an interest in this position please reach out to me directly. This is a great program with a small time commitment.

I for one can't wait to get back to the rink on a regular basis and I look forward to seeing you all there!

ON THE ROAD

New Rules for House & Travel Players

by John Maley - Travel Director

For the upcoming 2011-2012 season there will be two major rule changes that will be affecting our travel and house programs. The first is the implementation of ADM for 8 & under. This rule will do the following:

Center Ice, continued on Page 4

VIEW FROM THE BLEACHERS

New Jerseys for KV Teams

The KV Jersey/Trophies & Awards committee has recommended a new vendor for our travel, girls, and house team jerseys for the 2011/2012 season. GameWear was selected by the KV Board over last seasons vendor, Perfect Edge, due to their high quality and low cost. The new team jerseys are of a heavier weight polyester with reinforced shoulders and elbows, and feature embroidered lettering and logos.

The committee has selected the GameWear Winger style jersey, which will be used by our travel, girls, and house teams. (The new jerseys will only be used for House Squirt and above; Mini-Mite and Mite will continue to use the reversible jerseys from last season supplied by Perfect Edge.) Each player will have a home and away jersey. Travel team away jerseys will be green, and House away jerseys will be navy; while the Travel and House home jerseys will be white with green and navy trim, respectively. All of the the jerseys will feature the new KV logo on the right shoulder (see bottom page 6), with an American flag on the left shoulder. A graphic rendering of the Winger Jersey is shown below.

GAMEWEAR Winger Style Jersey



Home Jerseys (Front Shown): White with Green Trim (Travel) or Navy Trim (House)



Away Jerseys (Back Shown): Travel - Green House - Navy

These jerseys are of very high quality and the negotiated cost to KV represents about 20% savings over the travel jerseys used last year. A special thank you to committee members Barry Paxton, Bob Kittridge, Len Pietila, Scott Staby, Rob Allerton, and Keith Shulz for all of their hard work on behalf of KV Hockey in realizing these savings for our members.

Sizing for the new jerseys will be held during the House evaluation skates, as well as during KVHA Office hours. You can see a more detailed description and sample photo of the jersey at GameWear's website [here](#).

Mini-Mite and Mite Play Hockey with a Friend

Does your Mite or Mini-Mite player have a friend they would like to be on the same team with this season? If so, then we have some great news for you! KV Hockey is offering a Play Hockey with a Friend program exclusive to the Mini-Mite and Mite divisions.

To be eligible for this program, both players must be currently registered with KV Hockey. Parent/Player may request to be placed on a team with a friend provided the Parent/Player is not also requesting to be placed on the same team as a sibling, and neither player's parents are head coaches in the Mini-Mite or Mite Divisions.

Submission Process:

1. Both parties must submit online request form, which can be found [here](#).
2. For verifications purposes, email addresses must be in the same as the email addresses used during the player registration process.
3. A submission acknowledgement email will be sent to the entered email addresses. Both parties must reply to the email to confirm the request.
4. Email responses must be received by August 21, 2011.

What's more fun than playing hockey? Playing Hockey with a Friend!

Center Ice, On The Road, continued from Page 3

1. Mandate age appropriate ice surface for 8 & under. This can be cross ice or half ice.
 - a. Mite AA or 2003's that played full ice last year during the 2010-2011 season can play full ice games this season
2. Elimination of Mite Travel hockey, with the exception of part 1a. mentioned above
3. Starting in the 2012-2013 season, the second year players (which will be the 2004 birth year) will be able to play up to 10 full ice games on December 20th.

If you would like to view this rule in its entirety, it can be found [here](#). Scroll down to rule change 9-1. The KVHA is working diligently to implement this in the most reasonable fashion. More to come on this soon, and of course for most up to date information visit kvhockey.org.

The second major rule change by USA Hockey is removing body checking for the Pee-wee age bracket. Body checking has been moved to the Bantam level. The objective of this rule is to

decrease injuries due to lack of physical development at the Pee-wee level, and to increase skill development. Body contact will still be allowed at all age brackets. More information on this rule change can be found [here](#), and in the July edition of the KV Newsletter. I strongly encourage you and your player to review the YouTube video that has examples of legal and illegal body contact.

As the 2011-2012 season starts to move into our first practices and games, let's do the best we can to create good hockey players and good people. Best of luck to you and your team, and please [contact me](#) if you have any questions.

John Maley

OFF THE BENCH

How to Choose Hockey Skates for Your Athlete

When buying new equipment for your skater, and especially for the first time, skates may be the hardest item to choose. There are many choices at various prices. Following the below steps will help you choose a skate that best suits your needs.

What use are you purchasing the skates for?

When buying skates you will want to look for a skate that will fit your needs. If you are a recreational skater that skates a few times a month, then obviously the top performing skate, at the top price, will be way more than you need to spend. If you are a travel player in a highly competitive league and are skating five or more hours a week, then you will want to look for a top level skate as it will offer the performance and longevity you will need. In general, the more expensive a skate is, the higher performance it will offer and the more durable it will be.

Player Weight: Weight plays a major factor in choosing a skate, for instance, a young player who is just starting out will not need a skate that is overly expensive. Since they do not have much weight and grow like weeds, they will grow out of the skate before it breaks down and needs to be replaced. If you are an adult who has stopped growing and do

not want to buy a new pair of skates every couple of years, you will want to look at a mid level skate at the least. These types of skates will have more durable material in the sides of the boot to keep its shape and support.

Level and amount of play: If you are a travel player in a very competitive league and spend more the 4 or 5 hours of week on the ice, you will want to look for a top performance skate to give you all the maximum performance advantages and durability that are available. On the other hand if you are just getting started or play in a recreational league for only 1 to 3 hour a week, then you will not need to spend that kind of money to get a skate that suits your needs to play and enjoy the great game of hockey.

Boot: With so many different boot designs on the market, it can get confusing on which is better than the next. Each manufacturer has their own design theories, so you will want to read the descriptions on each skate to see if it will fit your needs. There are, however, certain characteristics you will want to look for.

Weight - You will want to know the weight of the boot you are looking at as weight has a big impact on leg fatigue.

Fit – There are basically two types of feet and the same boot will not fit as well on each type of foot. Bauer skates are typically made on a narrower last and will work well for narrow feet, with the Vapor line narrower than the Supreme line. Those with wider feet may find a brand such as Reebok or Easton provides a more comfortable fit. The important point is you need to try on as wide a variety as possible to find the best fit. When trying on a skate, you want to make sure that the boot holds your heel tight with no shifting or sliding. This will give you maximum control.

Tongue – You will want the tongue to have some form of plastic or high density foam insert which performs two tasks; stops lace bite, and to add some protection from flying pucks.

Liner – If you are a tournament player you will want to look for a skate that has a quick dry or moisture wicking liner. There is nothing worse than putting old cold wet skates on for three games in a row. These liners will also kill odor causing bacteria.

Ankle Padding – The ankle padding should be form fitting and heat moldable. The ankle padding is what helps the skate form to your feet for the best fit possible.

Outsole – The outsole plays a major roll in weight savings and energy transfer from your legs to the playing surface. Top end models will have full carbon outsoles while lower end skates will have a plastic outsole.

Holder: Holders are an important part of performance. They are like the transmission on a car. You can have all the horsepower possible, but if you do not get that power to the road then you loose much of the performance. A stiff holder will maximize power but will offer little feel, no rebound for acceleration and will vibrate under hard cornering or stopping. A flexible holder will offer awesome feel and control; however, you will loose power. The optimum point is not really known. The Tuuk+ Custom holder is generally regarded as the best on the market. Most NHL players will use this holder regardless of the boot type and it is the holder that all manufactures try to replicate.

Runners: There are two types of runners, stainless steel and carbon steel. Both have advantages and disadvantages. The advantages of stainless steel are; it is a harder, denser metal which will offer better edge retention and it will not rust nearly as easy as carbon steel. Carbon steel offers you the advantage of being able to make the edges sharper and easier to sharpen, but the edges will not stay sharp as long as stainless steel so you will have to sharpen them more often.

Correctly sizing skates: The way to check if a skate fits correctly is to have the skate completely unlaced and slide your foot all the way forward till your toes touch the inside of the toe cap, making sure your toes are flat. Pull the skate back towards you so your knee and ankle are both bent. Check to see how much room or space is between the back of your ankle and the back inside of the skate. The experts recommend that there never be more than ¼” of an inch. If the player is still growing, ¾” should be enough for a years worth of growth. If the player is not growing anymore than you will want almost no space remaining due to the fact that as the skates break in you will actually gain room in the skate.

Editor's Note: Special thanks to HockeyX for the above article.

2011/2012 KVHA Board of Directors

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[Keith Schulz](#) - Equipment
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Joann Palaian - KVHA Office Manager
Norm Kawaelde - Referee Scheduler
Matt Ronan - Bookkeeper

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Arena Information

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www.kensingtonvalleyicehouse.com



TRIVIA CORNER

When did helmets become mandatory in the NHL?

Helmets first became mandatory in the NHL during the '79-'80 season. The new helmet rule was announced by then NHL President John Ziegler in August 1979, as an "additional safety factor" to reduce injuries. The new rule, however, was only mandatory for new players who signed NHL contracts after June 1, 1979. Players who had signed NHL contracts prior to the June 1 cut-off could be exempted if they signed a waiver.

The first NHL player to wear a helmet for personal protection was George Owen who played for Boston Bruins during the 1928-29 season. From the 1930's through the 1960's, many teams tried to impose helmet rules on their players with minimal success, due to the stigma associated with helmets as being a sign of a lack of toughness. It wasn't until the death of Minnesota North Star Bill Masterton resulting from a head injury he suffered in a game on January 13th, 1968 that the stigma began to change. By the time the helmet rule was imposed 11 years later, nearly 70% of NHL players wore helmets voluntarily.

Craig MacTavish, former Stanley Cup champion from the Edmonton Oilers, was the last player in the NHL to not wear a helmet during the 1996-97 season while he was playing for the St. Louis Blues. Brad Marsh was the last Red Wing to not wear a helmet during the 1991-92 season.