

Hockey Hotline

The Official Publication of the Tri Cities Amateur Hockey Association
January 2008

Fundraisers

Fundraisers are a big part of how our teams afford to travel to tournaments. So if your team is having a fundraiser please forward that information to me to include so that everyone can be aware of what is happening. Together we can all make a difference.

Squirt 2 is selling double sided fleece hockey blankets. They are \$35.00 each. For more information please contact Debbie Trader at (509) 521-0906.



Tri Cities Amateur Hockey Association
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tcaha@charter.net

TCAHA Newsletter Kickoff 2008

I would like to "Thank Everyone" so much for all the encouragement and support you've given me since I began this adventure. I will be calling upon you each month to assist as we move forward through the coming season. So please feel free to send me any information you would like included. If you think of something you'd like to see please let me know. I will try to keep it informative and interesting. I hope you enjoy this first one.

Thanks again for all your support.

Debbie Didzerekis

The General Membership Meeting and Election will be held at 6:30 p.m. on January 22 in Room 4 at TRAC. The following members are the nominees for the vacant positions:

- President- Dustin Beck
- Treasurer- Maria Castillo
- Directors- (3 positions)
 - Jordan Owen
 - Robert (Trae) Rockwell
 - James Cramer
 - Tom Mallonee
 - Tim Kelly



Nominations can be accepted from the floor. Absentee ballots must be requested from Jean Megna, the TCAHA Secretary, (ckjmegna@hotmail.com) by January 12.

Board Meetings are the 2nd Tuesday of each month, 6:30 p.m. at TRAC. Everyone is welcome to attend. Agenda Items must be submitted to the Secretary (ckjmegna@hotmail.com) one week before the meeting.

You can submit articles for the Hockey Hotline via email to debbie@didzerekis.com or you can call me at 946-3397 to make other arrangements.

TCAHA Board Contacts



Position	Name	Phone	Email
President	Dustin Beck	(509) 582-2889	tcahapres@aol.com
Past President - VACANT			
Vice-President	Wayne Moore	(509) 521-2263	waynemoore2@charter.net
Secretary	Jean Megna	(509) 627-1220	ckjmegna@hotmail.com
Treasurer - VACANT			
Director	Mark Westphal	(509) 551-2123	markwestphal@verizon.net
Director	Linda Walker	(509) 967-3502	we3playpuck@aol.com
Director	James Cramer	(509) 551-2113	hockeyjim@charter.net
Director	Susan Winslow	(509) 627-4619	swinslow@charter.net

For additional contacts visit the TCAHA website at www.tcaha.com and look under the Contacts link on the left hand side of the webpage.



Reprinted from USA Hockey Coaching Education Program - Practice Plan Manual

Coaches Corner

FOREHAND AND BACKHAND SWEEP PASS

KEY ELEMENTS

1. Command: Look-Slide-Guide-Point

- Grip: lower hand is placed 10-14 inches from top of stick
- Blade of stick should cup the puck
 - Puck moves from heel to toe of stick for proper spin
- Head up, eyes focused on target
- Start pass near back skate and sweep it towards front skate for release
- After release, follow through with stick

Got a favorite drill or coaching tip? Please pass it along to me for publication in the Coaches Corner. I'll credit the coach who sends it in. Email it to me at debbie@didzerekis.com or



The 13th Annual MDA Skills Competition

FUN WITH A PURPOSE!

This annual event is a great experience for the TCAHA members who get to compete alongside the American's players in the skills competition.

The TCAHA players who were selected to compete this year were selected by their coaches from each following divisions.

Mites:

Mark McDuffie
Meghan Holloman
Kaleb Anderson
Chase Mooney
Andrew Knollmeyer
Ryan Heiman
Sammy Megna (G)

Squirts:

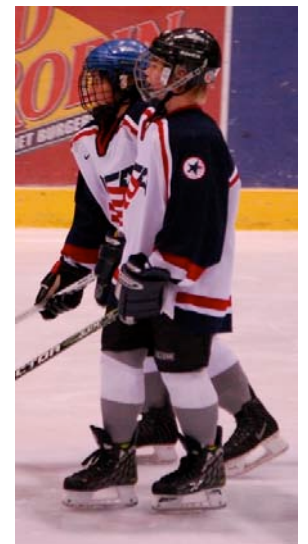
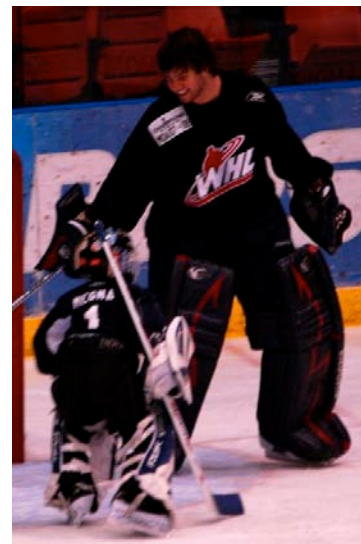
Aaron Questad
Andy Kenworthy
Michael Heal (G)

Pee Wee:

Brandan Armes
Travis Questad
Tye Arrington
Jack Kelly
Chase Ballard (G)
Zack Alderman (G)

The players competed in the following events: Puck Control, Fastest Skater, Shot Accuracy, Hardest Shot and Shoot Out.

I do not have the official results to pass along .



Injury Prevention for Parents

Article re-printed from <http://www.chp.edu/besafe/adults/02hockey.php>

Ice hockey is classified as a "collision sport" by the American Academy of Pediatrics. It is a popular winter sport, but injuries are common and can be quite severe.

- According to the Centers for Disease Control, ice hockey is the second leading cause of winter sports injury among children, and most injuries are a result of body checking.
- One study of 9- to 15-year old hockey players found that body checking caused 86 percent of all injuries during games.
- Sprains, bruises, fractures, facial cuts and head injuries – including concussions – are the most common types of ice hockey-related injuries.
- The severity and number of ice hockey-related injuries are reduced through the use of safety gear and changes in the rules of how the game is played among children.

Safety Tips

Equipment

Make sure your child wears safety gear at all times when playing or practicing. Equipment should fit properly and allow freedom of movement.

- Check safety gear and equipment regularly for wear and tear, and to ensure it is in good condition.
- Purchase a foam-lined helmet specially designed for ice hockey. Never buy a used helmet. Replace a helmet if it has sustained significant blows.
- The helmet should fit snugly. Check the chinstrap snaps frequently.
- A full face mask can protect your child's face and eyes. Plastic visors should be checked for scratches or cracks. Wire face protectors should be solid, with no broken wires.
- Insist your child use a mouth guard. They can be specially molded for your child.
- Shoulder, chest, elbow, leg, knee and shin pads, as well as padded gloves, should be worn. Groin protection is advised.
- Ice skates should fit your child and provide ankle protection. Ice skates that are too large – or too small – can be dangerous.
- Remember the "chin rule" when buying a hockey stick. With ice skates on and the stick resting on the end of its blade, the butt of the stick should come to your child's chin.
- Goalies need special protective gear to stop high-speed slap shots. Make sure the gear your child wears is correct for his or her position on the team.

Playing the Game Correctly

- Teach your child good sportsmanship. It has been shown to reduce injury and penalty rates.
- Children should warm up before playing.
- Before the start of a game or practice session, check the ice, goal net and arena for damage or hazards.
- It is important that your child learn and practice how to fall properly.
- Teach your child: "Heads up! Don't Duck!" Players who duck their heads in collisions are more likely to sustain spinal cord injuries. Players should learn to protect themselves by making board contact with

Injury Prevention for Parents

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anything other than their heads.

- A "Heads Up Hockey" brochure featuring tips to avoid spinal cord injuries is available from USA Hockey. Call (800) 495-USAH.
- The American Academy of Pediatrics recommends body checking should not be allowed for children age 15 or younger.
- Children should not play through pain. Seek medical evaluation for any injuries.
- Encourage children to take plenty of rest breaks and to stop when they get tired.



Stop Checking From Behind

SAFETY TOWARDS OTHER PLAYERS
"S.T.O.P."

The Safety Towards Other Player {STOP} Program teaches participants about the dangers of checking from behind and other safety tips as well as values such as sportsmanship. The STOP Patch is the focal point of the program. It is a three inch wide patch that is applied on the back of the jersey, centered just above the numbers and below the name patch. It is a reminder for players to STOP when they see the patch to avoid a dangerous check from behind. For additional information on the program visit <http://www.safetytowardsotherplayers.com/>.

Are you looking for an adult group to skate with? There are adult groups in TCAHA. Below are the group contacts for the different levels of adult programs within TCAHA.

Co-Ed Recreational - Skates on Sundays - Contact TBA

Seniors (Over 40) Recreational - Skates on Sundays - Contact TBA

Intermediate Recreational - Skates Thursdays - John Fialkovich (email: psujf@aol.com)

Competitive League - (SEE Page 8 for more details) - Mike Gibson (509) 539-8436 or email: msegibson@hotmail.com

All participants must be a current member of USA Hockey and TCAHA

Upcoming Tournaments Local and Out-of-Town

2007-2008 TCAHA Desert Classic Hockey Tournaments

Bantam House - January 11-13, 2008
Pee Wee House - January 25-27, 2008 - Pamela Rockwell (946-5162)
Squirt House - February 1-3, 2008 - Jodi Landefeld (585-6187)
Mite House - February 8-11, 2008 - Jean Megna (627-1220)



2007-2008 Spokane American Hockey Association Tournament Schedule Young American Days

Midget & Bantam House - January 18-20, 2008
Squirt/Atom & Pee Wee House - February 15-17, 2008
Sr. Mite & Jr. Mite House - March 7-9, 2008



2007-2008 SnoKing AHA Tournaments

Mite C Recreational - January 19-21, 2008
Bantam C - February 16-18, 2008
Sr. Mite & Jr. Mite House - March 7-9, 2008
For additional Info: 425-821-7133 x3 or tournaments@snokinghockey.com

2008 Portland Jr. Hawks Frozen Rose Tournament

Feb 29-Mar 2, 2008
Open to Bantam, PeeWee, and Squirt
House, Rep, and "C" Level teams
For additional Info: Ron Monteferrante ron.monteferrante@comcast.net
or Teresa Uttke (registrar): hockeymomx2@comcast.net



2008 PNAHA Tournaments

Tier II State - Feb 14-18, 2008 @ TCAHA -Tri-Cities (Glen Triner)
Tier I State - Feb 21-25, 2008 @ Kent Valley Ice Centre - KVHA - Kent
(For more info on the B State contact Mark at (206) 351-82445 (C) or (253) 850-2400 ext. 14 (Office))
Squirt Festival - March 6-9, 2008 @ Puget Sound AHA - Tacoma (Kristin Videto)
B State - March 6-10, 2008 @ Kent Valley Ice Centre - KVHA- Kent
(For more info on the B State contact Mark at (206) 351-82445 (C) or (253) 850-2400 ext. 14 (Office))



Congradulations to TCAHA Squirt 1 House Team for winning the CDAHA Ice Breakers Tournament which was held November 23-25, 2007 at the KRYO Ice Arena in Coeur d'Alene, Idaho. **Way to go team!**



Happy Birthday

Bantam 2 - Polar Bears
would like to wish the following players a
happy birthday

Kyle Jagelski (7)
Taylor Rando (7)
Michael Moody (15)
Andy Sampson (31)



Team News

Remember to send me your team news for inclusion in the TCAHA newsletter.

TCAHL TRI CITIES ADULT HOCKEY LEAGUE

Did you know that there is a competitive adult league in TCAHA? If not, now you do and the second session of 2007-2008 season started on 12-10-07. There are eight teams. This session is 9 regular season games and then playoffs. Everybody makes playoffs and have an opportunity to be the TCAHL champions.

If you have never watched the adults play you should go out and catch one of their games. There are a lot of great players from various hockey backgrounds who play in this league and it is always interesting to watch them play. Below is their list of team sponsors and the January Schedule for the TCAHL.

2008 Team Sponsors



Agrium - White
 Open Sponsor Spot - Yellow
 Premier Landscaping - Orange
 Hockey Source - Dark Blue
 Desert Wild - Green
 Finneys - Light Blue
 Yakima Pub - Red
 Three Rivers Internet - Black



Schedule current as of 1/10/2008 - for up to times check out the website at www.tcahl.com

Team1	Team2	Date	Time	Day	Rink
Red	Green	1/7/08	7:30pm	Monday	Rink B
Orange	Yellow	1/7/08	9:00pm	Monday	Rink B
White	Black	1/8/08	9:15pm	Tuesday	TRAC
Dark Blue	Light Blue	1/9/08	9:15pm	Wednesday	Rink B
Red	Light Blue	1/14/08	7:30pm	Monday	Rink B
Black	Orange	1/14/08	9:00pm	Monday	Rink B
Green	White	1/15/08	9:15pm	Tuesday	TRAC
Yellow	Dark Blue	1/16/08	9:15pm	Wednesday	Rink B
Orange	White	1/21/08	7:30pm	Monday	Rink B
Light Blue	Black	1/21/08	9:00pm	Monday	Rink B
Dark Blue	Green	1/22/08	9:15pm	Tuesday	TRAC
Red	Yellow	1/23/08	9:15pm	Wednesday	Rink B
Orange	Red	1/28/08	7:30pm	Monday	Rink B
Yellow	White	1/28/08	9:00pm	Monday	Rink B
Black	Dark Blue	1/29/08	9:15pm	Tuesday	TRAC
Green	Light Blue	1/30/08	9:15pm	Wednesday	Rink B

For additional information on the competitive league contact Mike Gibson (509) 539-8436 or email: msegibson@hotmail.com

2007-2008 Team Sponsors

Sr. Mite 1 - Tri-City Orthopaedic Clinic
Sr. Mite 2 - Performance Orthopedics
Sr. Mite 3 - Tri-Cities Laboratories (TCL)
Squirt 1 - Columbia Point Golf Course
Squirt 2 - Inland Empire Distribution Systems (IEDS)
Pee Wee 1 - Dove Contracting
Pee Wee 2 - Precision Anesthesia
Pee Wee 3 -
Bantam 1 - Dove Contracting
Bantam 2 - LAN Gaming HG
Bantam 3 -
Midget 1 -
Midget 2 -
Squirt Rep -
Pee Wee Tier II -
Bantam Tier II -
Midget Tier II -



Tri-City
Orthopaedic Clinic



Thank You

Please make sure to send me your Sponsor name and information so that it can be included in the newsletter. Also if you have a logo for your sponsor email that to me and I'll include that too. You can email them to me at debbie@didzerekis.com.