

The Vipers Pit...

Providing Superior Youth Hockey to Westchester since 1998.

JULY 2010

YOU KNOW YOU
HAVE BEEN BIT-
TEN WHEN...

AS WE BEGIN
THE SECOND
YEAR OF THE
VIPERS PIT
NEWSLETTER,

WE WELCOME
THE NEW
SKATERS AND
THEIR
FAMILIES TO
THE VIPER
ORGANIZATION
AS WELL AS THE
RETURNING
MEMBERS OF
THE VIPERS.

REMEMBER THIS
ORGANIZATION
IS IN A GROWTH
MODE,
AND WE NEED

EVERYONES

HELP IN
KEEPING THE
FAMILY
TOGETHER AND
FOCUSED ON
MAKING THE
PROGRAM THE
VERY BEST IT
CAN BE!

BE
COMMITTED!

Welcome back to another season of Vipers Hockey!

The numbers at tryouts this Spring were even stronger than last season! We will be fielding 3 teams at the Pee wee, Bantam, and Midget levels yet again this upcoming season. Once again our Midget program remains one of the strongest in the area where 54 out of 59 players will be playing high school hockey for their respective high schools. *This is one of the main overall goals of the Vipers, to get your kids ready for High School Hockey.* As you can see we continue to be very successful at this.

This season and the next two seasons ahead will be *very challenging* for all USA Hockey travel programs. USA Hockey is moving ahead with the **American Development Model** program it began in January of 2009. The ADM program is gaining more and more support from USA Hockey headquarters in Colorado and the rest of the nation. Lots of changes will be implemented between now and September 2012. I have described many of those changes in this issue of the Vipers Pit (see page 2).

The summer practice schedule and our conditioning camp schedule have all been released. They are also available for review on our website. We will hold our annual PEP RALLY during the first full week of September. This is a great way for all of our teams to come together at the beginning of the season before heading into opening weekend. More details to follow!

WSA Summer Camps are in full swing. If you would like to keep your skills sharp or improve on certain aspects of your game, please contact Jimmy or Judson in the Hockey Office to sign up.

You will be receiving all vital information from your manager starting in the next few weeks. Stay tuned!

Enjoy the start of the summer.

See you at the rink.

*Dave Mensi
President*

Westchester Vipers Hockey Association

of Elmsford, New York

USA Hockey and NYSAHA make important changes for the future...



It has been a very busy offseason for the officials at both the state and national levels. A number of changes are being made to the structure of youth hockey in order to conform to USA Hockey's *American Development Model* (ADM). A brief overview of the ADM program, and its implications for the Vipers, follows.

In conjunction with the NHL, USA Hockey is moving forward with the ADM program in order to shift the emphasis from winning to a more skills based operation.

Some of the changes being made are being implemented this coming season while a few others will be brought along starting with the 2012 - 2013 season. These changes *will not only effect the Vipers, but will also effect ALL other organizations affiliated with USA Hockey.*

Starting this season, **Hudson Valley organizations will be required to have ALL Mites born in 2003 and younger participate on their Cross Ice teams.** The HVHL has been named as the pilot program for NYSAHA and USA Hockey's Cross Ice Initiative.

Here are some of the decisions made at the National Congress held in Colorado earlier this month:

- 2002 birth year players will play full ice games in the 2010-11 season.
- Players born in 2003 and younger will play in a cross-ice program that will consist of (3) simultaneous games for the younger and less skilled players and 1/2 ice games for the older or more skilled players.
- Players will not be permitted to "play up" a level because of their skill level. It has been determined that players should play within their own age group for social and physical development reasons which far outweigh the desire to "play up".
- Organizations and leagues that are neighbors to the HVHL will be monitored by NYSAHA to ensure that they do not accept an excessive amount of players from within our league during this transition period.
- The HVHL will be scheduling a minimum of (5) jamborees for the upcoming season. Some jamborees will be geared toward the stronger teams (1/2 ice) while others will be geared towards the less experienced teams (3 games at once) as described above.

Dates and venues will be announced at a later date.

As some of you are aware the Vipers have been fielding a cross ice team in the HVHL Thanksgiving Jamboree for the past 3 seasons. This year our cross ice team will be participating in even more jamborees as described above. Since the Vipers are a TIER II organization, fielding a cross ice team is a **MANDATORY requirement.** *Any Tier II organization NOT fielding a cross ice team will have their Tournament Status removed and will be considered ineligible for State Tournaments at ALL levels.*

With this change being implemented this is the last season for Mite travel Hockey in this area. This change is in conjunction with the following changes that were also made **which will be implemented in 2012 - 2013:**

The State Tournament at the Squirt level will no longer take place. Since Mite hockey will all be cross ice, players will be participating in travel games for the first time once they become of Squirt age, thus, the reason for the elimination of the State Tournament.

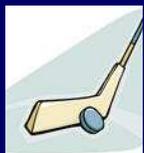
The National Tournament at the Peewee level will no longer take place. At this time it appears that the State Tournament will still be held, however, as this is a work in progress, this too may change as well in the near future.

States and Nationals will be held at the Bantam, Mid Minor, and Midget Major levels.

Again, this is a NATIONWIDE initiative which USA Hockey is mandating

There is a great deal of information regarding the ADM program available at www.usahockey.com. Click on the players tab, and then click on Youth Hockey to read all about it.

As more information becomes available, or if more changes are made or adjusted, you will be able to read about it right here in the **Vipers Pit.**



American Development Model

"It's Right for Kids"

To coincide with the principles of the [American Development Model](#), which focuses on age-appropriate training based on long-term athlete development, USA Hockey's Board of Directors voted to discontinue the 12 & Under National Championships at the Tier I and II levels starting with the 2012-13 season.

In making this decision, USA Hockey made key points:

- USA Hockey promotes a broad base of development – the goal is to support a world-leading, age-specific, long-term athlete development model.
- The current system encourages players and parents to seek out super teams at 11 years old in order to win a national championship – this short-term model causes peaking too early and burnout.
- USA Hockey increased the number of teams from 12 to 48 in the older youth and girls' national championship categories to provide additional opportunities for players when the event is developmentally appropriate. "USA Hockey is committed to providing our member players with the very best age-appropriate, competitive developmental situations. While the 12 & Under National Championships have been successful, the process and structure that leads up to the tournaments actually contradicts what is important for the competitive development of our nation's most promising young players."

–Ken Martel, Director, American Development Model

"As we continue to learn more and more about the development of our athletes, we find it to be beneficial for kids to wait until they are further matured before delving into a national competition. I've spent a lot of time at rinks, talking with and listening to athletes and various coaches and trying to understand all sides of this issue. After all of that, I came to the decision that for our athletes' development, this is the right thing."

–Dave Klasnick, USA Hockey Vice President/Youth Council Chairperson

For more info on ADM http://www.admkids.com/parents_ABC.php



A short hockey life story!



In the middle of a grueling six game road trip, where a very young hockey team is away from home, its the third game of the trip and it ends late, on a cold Canadian Saturday night.

This is the only break on the trip and the three days between games allow them the only break to get back home in their own beds for a couple of days before going back on the road. A scheduled commercial flight waits for them at Toronto's International Airport for the short flight home; they could be home by midnight.

This plane departs on schedule, **but without a single member of the hockey team.** Back in the locker room a vote had been taken after the game was complete, and a **unanimous decision** is made by this young team to skip this flight and stay one more day.

They make arrangements to check back in the hotel and on a frozen Sunday morning charter two buses that have no heat and begin a journey two hours straight north into a sparsely inhabited Canada , but where hockey is its passion. They arrive at their destination to the surprise of the teams general manager who is there attending his fathers wake.

After a few emotional hours, this team boards the buses and heads back for a two-hour trip back to Toronto. On the way they ask the drivers to stop in a tiny Canadian town because they are hungry. To the shock of the patrons and workers at this small hockey town McDonald's, a professional

team walks out of two rickety buses and into the restaurant, which just happens to have pictures of two members of this team on its wall.

The patrons know every single one of these players by sight being Fanatic fans of hockey in these parts. One can only imagine their amazement of the locals seeing the entire professional hockey team sit down and have a meal in their tiny little town in the middle of a hockey season.

After a while they board the buses and catch their same flight 24 hours later, giving one day to their general manager.

Was this up, is this an excerpt from some fictional book? No.

This is a true story of the Blackhawks on the Saturday night they decided to attend Dale Tallon's fathers funeral. It's amazing that such a good story can be found nowhere on the internet, and not even mentioned in the Chicago papers. This being said, its hard to imagine any professional football, basketball or baseball team doing this, but the members of the Blackhawks claim any "hockey" team would have done this. This is one reason I continue to be a big hockey fan, and another reason I am excited about this Chicago team. I thought I would share as this story appears to have gone unnoticed.

Chicago Blackhawks, winner of this years Stanley Cup!

They are a Family!



Let's build a brighter future for kids and hockey.

The Game Page!

The Jumble

Can you name the 2010 winners of the following NHL awards:

Hart Trophy for league MVP: **I N H K R E D E S N I**

Norris Trophy for best defenseman: **N D C N U A I E K H T**

Vezina Trophy for best goalie: **A Y N R I R L E M L**

Answers on page 6

Welcome All Goalies

Welcome to USA Hockey's goaltending development home page! It is a goal of USA Hockey to improve the goaltending position nationwide. This site is set up to help develop goaltenders and educate coaches on the USA style of goaltending.

Featured links: [Goalie Drills](#) | [Ask the Mechanic](#)

NEW: [2009 Holiday Challenge](#) | [Glove work](#)

[www.usahockey.com/
usahgoalies/](http://www.usahockey.com/usahgoalies/)



Hockey Trivia

So you think you know Hockey? Lets see...

Which player had the most points in the 2010 playoffs?

Which goalie had the best goals against average in the 2010 playoffs?

Which player was the MVP for the playoffs?

See answers on page 6

Ref's Corner

Can you answer this correctly? (Answer is on page 6)

The following penalties are often confused: **hooking, tripping, holding and interference**. Assign the proper name of the penalty to the descriptions assigned to the penalties by USA Hockey below.

- 1) A player cannot use his/her stick against an opponent's body (puck carrier or non-puck carrier) to gain positional advantage.
- 2) A player cannot use his/her body to impede the progress of an opponent with no effort to play the puck, maintain normal foot speed or established skating lane.
- 3) A player cannot wrap his/her arms around an opponent or use a free hand to clutch, grab or hold the stick, jersey or body of the opponent in a manner that impedes his/her progress.
- 4) A player cannot use his/her stick on the legs or feet of an opponent in a manner that would cause a loss of balance or for him/her to trip or fall



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(Or help clean up
our email listing)

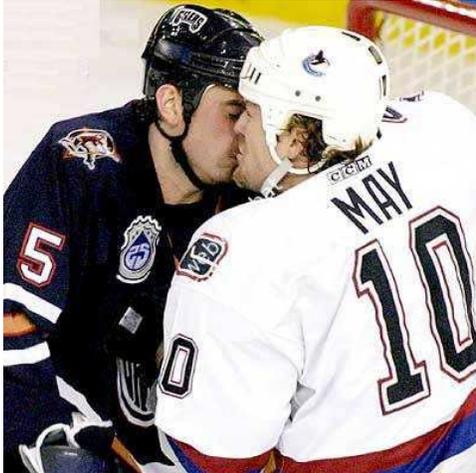
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That's all!

victory

Victory!
It's not always
what you think!



Who says it's a violent game?



**My
goal
is to deny
yours!**

Author Unknown

The Answers!

The Jumble...

The answers to this months Jumble

Can you name the 2010 winners of the following NHL awards:

Hart Trophy for league MVP: **Henrik Sedin**

Norris Trophy for best defenseman: **Duncan Keith**

Vezina Trophy for best goalie: **Ryan Miller**

Hockey Trivia

Which player had the most points in the 2010 playoffs?

Danny Briere of the Flyers, 12 goals, 18 assists, 30 points

Which goalie had the best goals against average in the 2010 playoffs?

Ryan Miller, 2.34 GAA with a save percentage of .926

Which player was the MVP for the playoffs?

Jonathan Toews of the Black Hawks

Refs Corner...

The answers are;

- 1) Hooking
- 2) Interference
- 3) Holding
- 4) Tripping



Meet the Vipers Coaches for the 2010-2011 season

Mite B (Cross Ice) -	Robin DesForges	
Mite A (2002's only) -	Jim Pellegrino Jr & Judson Selig	
Sq A -	Brett Bilodeau & Matt Garro	
Sq AA (State team) -	Judson Selig & Frank Scalia	
PW B -	Josh Isenberg	
PW A -	John Moyer & Karl Boswick	
PW AA (State team) -	Kevin Hagen	
Ban A -	Tom Pomposello & Joe DiDomenico	
Ban 97 -	Dean Hall & Mike Cookingham	
Ban 96 (State team) -	Kevin Hagen, Gus Katsuras	
Mid A -	Joe DiDomenico & Brendan Gomez	
Mid Minor (State team) -	Kevin Hagen & Phil Forzaglia	
Mid Major (State team) -	Dean Hall	
Girls Coaches -	Nicole Hall, Erin Kegley, Jenn O'Brien, Jim Pellegrino Jr	Goalie Coach - Laura Pecchia Defensive Coach - Burton Mills



Judson Selig - 2010 Squirt AA HC, Mite A AC

Judson played Junior Hockey in British Columbia as well as professionally in Europe. Judson is the Hockey Director at WSA and will be coaching the Mite A team for the 6th consecutive year. Judson's Mites teams have won the Silver Stick regional's as well as the Can Am Lake Placid Tournament on more than one occasion. Judson has his Mites play an independent (non league) schedule in order to better prepare his players for play at the Squirt level.

Jimmy Pellegrino Jr. Mite A HC, HC Girls Program

Coach Jim has been playing in Goal since age ten, growing up through the Rye Rangers Organization. After winning a Connecticut High School Division 1 state Championship with Trinity Catholic, Coach Jim played 2 years of Junior Hockey with the Boston Jr. Blackhawks making the IJHL All-star game and holding a Blackhawk team record of 26-0-0 in tournament play. Post Juniors, Jimmy took 2 years off from the game, only to come back to play Semipro in various leagues, and fulfilling a dream by turning Pro in 2007 with the Jamestown Vikings of the MAHL (adding an another All-Star appearance). Jim finished his career with a brief time in the EPHL as he and his Wife Gina welcomed there son Caiden into the world in February 09. Jim is now the Assistant Hockey Director here at WSA.





Brett Bilodeau 2010 Squirt A HC

Brett grew up playing hockey in Skowhegan Maine playing for the Somerset Youth Hockey Organization and then the Portland Jr Pirates. He played High School Hockey for Hebron Academy in Hebron Maine and moved on to play D2 College Hockey for Franklin Pierce University. Brett has previously coached for Scarsdale High School before joining the Vipers. This will be Brett's second year as a Viper Coach. We are excited to have Brett as a part of our staff.

John Moyer - 2010 HC PW A

John grew up playing in the area playing for the Greenwich Blues and Brewster Bulldogs. In high school, he played one year at Iona Prep then transferred and played at Trinity-Pawling. He played Div II at Stonehill College in Easton, Ma. and also played for the Bridgewater Bandits of the EJHL in Bridgewater, Ma. He went on to play semi-pro with the Danville Pounders of the now defunct NEHL. Coach John has been with WSA for the past several years, working with the Hockey 2 & 3 classes. In 2009 John as Head coach, lead the Squirt B to an undefeated HVHL Championship season. We are happy to have John back in our program.



Karl Boswick - 2010 PW A Asst Coach

Karl grew up in Nova Scotia and started playing hockey at the age of 2. He has over 35 years of organized hockey experience and is certified level 3 in the States and has completed 5 levels of SkateCanadian Hockey. Karl has coached at every level with the Vipers leading Bantams and Midgets teams to States. Karl has extensive experience in Power skating, effective body contact, advanced pivots and multiple coordination puck control training. He has been a long time instructor at WSA. We wish Karl continued success with our program



Kevin Hagen 2010 PW AA HC, Mid Min HC

Coach Kevin has been a fixture with the Vipers program for many years and is beloved by the players he has coached. Kevin has coached at every level over the years. He has won numerous HVHL and various tournament championships. He has been to the State Tournament as well. Kevin grew up playing youth hockey in Western Canada. He played Junior hockey in Calgary and went on to play D1 hockey at St. Lawrence University in up-state New York. Kevin also coached the 2002 Connecticut Yankees Spring team to the Championship of the Canadian Brick Tournament. Kevin is the Asst. General Manager at WSA.



Dean Hall 2010 Bantam 97 HC, Midget Major HC

Dean grew up playing hockey in Canada. He played junior hockey for the Seattle Thunderbirds in the WHL. Dean went to Northern Michigan University and he was drafted in the 4th round by the Boston Bruins in the NHL Draft. Dean also played professionally in Germany. Coach Dean has been a Vipers coach since the Vipers began and has led his teams to HVHL, State and regional titles on numerous occasions. He also been to the USA Hockey National Tournament with his Bantam team in 2007. Dean is the General Manager at WSA and the Coaching Director for the Vipers.



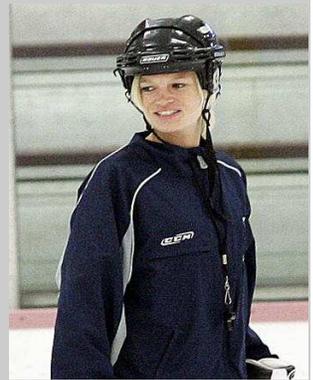


Mike Cookingham 2010 Ban 97 AC

He grew up playing for the Snapple/Westchester Express and the Westchester Vipers. He played varsity ice hockey at Pleasantville High School for the Ice Cats, where he won 3 league titles and captained the team in his senior year. Mike has been around hockey all his life and is now passing on what he has learned. In 2009, Mike took the Squirt B's to the HVHL Championship capping an undefeated HVHL season. We welcome Mike to our staff and wish him continued success.

Nicole Kirnan Hall 2010 HC girls program

Nicole grew up playing youth hockey in Syracuse NY and also played for the well known Connecticut Polar Bears Girls program when it won a National Championship. Nicole went on to prep school at Choate Rosemary Hall. She was the captain of the St Lawrence University hockey team for 3 years. Nicole also played for the US National Junior team. She has been a coach and evaluator for the US National Development program for the past seven years. In 2006 she served as an assistant Coach at the Olympic Festival aiding to the selection of the national team that competed in the 2007 World Championships. Nicole had been the Head Coach for the Women's team at Manhattanville College and led the team to the NCAA Division III tournament in each of her six seasons in the position. Nicole is entering her 4th year with the Vipers. She has been with the Girls program since its inception in 2007. Nicole took our U12 team to the State Tournament in only its 2nd year of existence. We are very fortunate to have Nicole as an instrumental part of the Girls program.



Laura Pecchia - 2010 Goalie Coach

Laura is our valued goaltending coach developing and working with all of our goalies from Mites - Midgets. But Laura has been involved with many other parts of our program over the years. She won the 2008 State Tournament with the Midget Minor team and took them to the USA Hockey National Tournament in Buffalo NY. She went back to the States in 2009 with the Midget Major team as well. As a seasoned veteran of Midget hockey she has been able to perform at a high level while accommodating their players' busy high school hockey commitments. Laura (with her husband Mark) run the East Coast charter of the Laura Stamm Power Skating Program.

Continued Next Month!

