



The Vipers Pit...

Providing Superior Youth Hockey to Westchester since 1998.

OCTOBER 2010

You know you
have been
Bitten when...

*So I'm sitting
in stopped traffic
in a construction
zone that has
historically
provided
at least
15 minutes
guaranteed
inactivity,
while they
reposition
stanchions.*

*What to Do?
Enter GPS!*

*Did you know
that there are
over 400 Hockey
rinks within a 200
miles radius?*

*If you need one
let me know,*

*I was able
to program
a little over 115.*

*If your traveling
to any rinks
beginning
with L-Z*

*you're on
your own!*

Time for Turkey! Where will you be?

I hope everyone had a Happy Halloween. We had a great **Vipers Wine Tasting Event** on Friday, October 29, with a big **THANK YOU to Joe Kelly and Joan Gangi**. Attendance was double last year's count, and everything ran smoothly. A special THANK YOU to all of you who contributed items for our Silent Auction. Proceeds from this event go directly into building our hockey program. Congratulations to all of the Auction winners, and my sincere appreciation to all of you who supported our program by taking part in this memorable evening.

As we head into the first weekend of November, three more of our teams travel to the **Silver Sticks Regional's - Bantam 97, Mite A, and Squirt AA**. GOOD LUCK to all of you!! During Thanksgiving weekend our two remaining teams play in the Regional's in Columbia, Maryland. GOOD LUCK to **Squirt A and Peewee A**. Also that weekend, **Peewee AA** heads up to the New England Sports Center to participate in the Fall Championships. It's a busy November indeed for all the Vipers teams as State Playdowns and League play also continue.

Most of our **Midgets** and some of our **Bantams** begin High School Hockey in earnest this month. Over 90% of Vipers Midget players play for their respective High School varsity teams. Iona, Lakeland, Mt. Pleasant, New Rochelle, North Salem, Ossining, Rye, Rye Country Day, Rye Town / Harrison, Scarsdale, Sleepy Hollow / Irvington, Somers / North Salem, Stepinac and White Plains are among the schools represented. **Westchester Skating Academy** hosts both the Ossining and Mt. Pleasant High School teams on Saturday nights. Stop by and see some of our players in action if you have the chance! Keep your eye on the box scores printed in the Journal News to follow our Vipers players through the season. GOOD LUCK to all!

As we approach Thanksgiving, **it's especially appropriate to thank all of our Coaches and Team Managers for their hard work and dedication throughout the season**. I am especially grateful for all that you do.

I would also like to wish each and every one of our Viper families a very Happy Thanksgiving!

See you at the rink,

*Dave Mensi
President*

Westchester Vipers Hockey Association

of Elmsford, New York

How Safe Hockey?

With the recent news coverage about severe injuries to football players, it's interesting to note that ice hockey compares favorably with other major sports when it comes to the occurrence of injury.

When USA Hockey, in conjunction with Health South Rehabilitation Centers, completed an ice hockey injury surveillance program in the mid 1990's, key findings from this research showed:

1. Youth ice hockey was determined to be a relatively safe sport.
2. Risk of injury increases according to age and level of participation.
3. Collision with the boards or other players was identified as the cause of most injuries (65 percent).
4. The majority of injuries are mild, with the most common severe injury being fractures of the wrist.
5. Goaltender is the safest position on the ice, accounting for only 4% of injuries.
Forwards fall victim to 63% of injuries, while defensive players sustain 33% of injuries.

The sport of ice hockey compares favorably with other major sports when it comes to the occurrence of injury. This chart shows selected sports injury rates from 1998:

Rank	Sport	Estimated Injuries	Participation (1,000s)	Injuries per 1,000 Participants
1.	Basketball	631,186	29,417	21.5
2.	Football	355,247	17,091	20.8
3.	Bicycles	577,621	43,535	13.3
4.	Soccer	169,734	13,167	12.9
5.	Baseball	180,582	15,856	11.4
6.	Ice Hockey	22,231	2,131	10.4
7.	Skateboards	54,532	5,782	9.4
8.	Softball	132,625	15,595	8.5
9.	Ice Skating	33,741	7,799	4.3
10.	In-Line Skating	110,783	27,033	4.1
11.	Tennis	22,665	11,227	2.0
12.	Golf	46,019	27,496	1.7
13.	Swimming	49,331	58,249	0.8

Source: R, Murphey, Murost Enterprises, LLC (compiled Jan. 7, 2002)



Goalie Page

Mental Rehearsal Can Improve Your Goaltending

by [David Hutchison](#)

'Tenders Tips #8 – **Without going on the ice** you can improve your goaltending

I took a break from goaltending after university and was away from the ice for more than ten years. When I stopped playing we were still in a world of skate saves and Patrick Roy had not yet begun his now historic career. Today, without any coaching, I now play a butterfly game, and by most accounts I do a decent job of it. Shots along the ice, once a weakness, are now a strength. I have confidence that I can take away the pass on a two-on-one with a butterfly slide. Guys parked on the backdoor look like opportunities, not obstacles.



Bob Wilson Viperpixs.com

So if you want an extra edge to your training, or if you just don't get enough practice time, **think about a technique and rehearse—in your mind.** Imagine a play and how you will execute to make the save. Repeat several times.

Maybe your inspiration comes from something you have learned in practice or with a goalie coach. Maybe you have a great DVD on goaltending. Or maybe you've just seen Marc-Andre Fleury

make a lights-out save. Either way, you can think your way to a better game.

You can lie down on the couch today and get up a better goalie. Think about it.

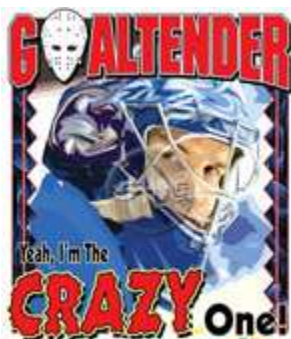
Reprinted with permission from David Hutchison InGoalMag.com

I'm not writing this to suggest my goaltending is anything special – it's definitely not. But somewhere along the line in the last twelve years I have transformed myself with no coaching – and did I mention no practices – into a butterfly goaltender. How did that happen?

I have a few thoughts on that but one of the strongest ideas is mental rehearsal. I can't claim that I have a special program for this, but I'm a visual person. I watch a good deal of hockey and I think about how particular moves are made. Over time, somewhat with intention, and somewhat without, I have incorporated all kinds of techniques into my game just by thinking about them.

Profile: David is the Editor of inGoal Magazine in the little bit of spare time he has after his kids go to bed at night. In real life, H finds time for some goaltending of his own as well, and despite his age, clings desperately to the idea that some NHL team will call him to play for them - though at 43 it'll likely be for a practice when everyone else on their depth chart has the flu.

Visit David's Website: <http://inGoalMag.com> for more Goalie Stuff



Small Saves® www.smallsaves.com



Reprinted with permission from James DeMarco Smallsaves.com

Face Offs

By Gianni Raimondo

Every player should learn the basic elements of taking a face-off, no matter what position you play. You do not have to be a center to take a face-off. There might be an opportunity during the game when you will be called upon to take a face-off.

Becoming a face-off specialist is more of a mental game than a physical one. When you are in the face-off circle, you must have confidence in yourself and believe you can win the face-off. That is the first step in becoming better with your face-offs.



Before you enter the face-off circle, you must first decide what you are going to do with the puck. Will you draw it back or push it forward? Then position your teammates to where you want them to be on the ice (this is extremely important).

The player taking the face-off is responsible for making sure the other skaters are in proper position.

In addition, look at the positioning of your face-off opponent.

- 1) Is his body turned to the left or right?
- 2) Is he using a backhand grip on the stick?
- 3) Is one skate back away from the face-off circle?



You should always look for signs from your opponent as to what he intends to do with the face-off and adjust your strategy.

If their body is turned or one skate is slid back away from the circle, chances are they want to move the puck in that direction. If they use a backhand grip on the stick, this usually means he wants to draw the puck back. Half the battle is figuring out what your opponent is going to do. You should always look for signs from your opponent as to what he intends to do with the face-off and adjust your strategy.

- Steps to taking a face-off:
- Place your stick blade on the edge of the face-off circle.
- Evenly distribute the weight on your skates.
- Choke up on the stick by sliding both hands down the shaft of the stick three to four inches and crouch down.
- Grip your stick firmly.
- Point your toes forward.
- Once you decide what you are doing to do, keep your eyes on the hand of the linesman anticipating the drop of the puck

There will be times when the person you are up against is much quicker and has better success than you during the face-off. You can combat this by either choking up on the stick a little bit more or take a defensive approach. The defensive approach is achieved by attacking the stick of your opponent. Bring your stick under your opponent's stick a few inches above the blade and lift up.

This will eliminate your opponent from using his stick and enable you to either move the puck with your stick or tie up your opponent and kick the puck with your skate to one of your teammates. Attacking the stick is also a good approach to use when the face-off occurs near your own goal. In that situation, you never want to lose the face-off "cleanly". You either want to beat or draw with your opponent but never give them a clear shot at your net.



Midget Major Silver Sticks

Photo by Bob Wilson Viperpixs.com

Wine Gala

SECOND ANNUAL WINE TASTING EVENT A MAJOR SUCCESS

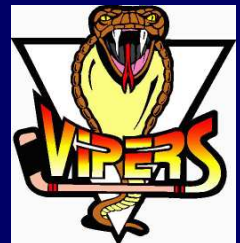
The Vipers Second Annual Wine Tasting event took place at the Sleepy Hollow Country Club on Friday evening, October 29th. We estimate that approximately 150 members of the extended Vipers family attended. Joe Kelly and Joan Gangi led the event and, thanks to their tireless efforts, made it happen and are responsible for the success that it was.

The event was held for the second year at Sleepy Hollow Country Club, which is a beautiful venue, thanks to Joan and John Gangi who are members of the Club. The event featured wines from around the world, a silent auction with a wide variety of sports and entertainment items, and this year we added a DJ and dancing. We must thank all those who donated auction items for their generosity and those who bid on the items, the winners and the losers, for their willingness to put their money on the line for the Vipers program.

This wonderful event provided those attending with a chance to mingle with friends and make new ones. We look forward to any feedback or suggestions as we hope to make next year even better.

Thanks to Joe and Joan, to all those who attended, to all those who donated items, and to those who purchased them for helping to make the event great fun and one to remember.

*"My hockey hero is my mom.
She spends more time at the rink
than anybody I know. Her motto
is 'You Can Do It.' She says hockey
teaches me that."*



Corporate Sponsors Program

Help us, help us all! November is the kick off of our Corporate Sponsorship Program

Early this month, we will be mailing, emailing and cold calling with formal presentations, to potential corporate sponsors for the Vipers Organization. Our efforts are geared at gathering local merchants, businesses, and Westchester based corporations to participate in a joint program with the Vipers Organization.

We have a lot to offer in return for their financial support



In cooperation with WSA, we will be offering a full range of advertising opportunities and potential new markets for future sponsors. Items that can provide exposure to new and existing clients/customers range from banner ads to Dashboards, and that is just the beginning. The Vipers maintains an extensive email database, we have an active and professionally produced Website and we offer a monthly Enewsletter with advertising possibilities. We also have a steering campaign geared for local merchants to use in capturing



more local traffic (*we are all in Elmsford many times a week*). The Corporate Sponsor Committee has these all worked into a program that is ready to roll out, and is flexible in its implementation. The program is designed to be a win-win for all involved. Participation levels are as follows, and each has corresponding level of media coverage.

Journal Ad (page)	\$200.00
Bronze	\$1,500.00
Silver	\$3,500.00
Gold	\$6,500.00
Platinum	\$10,000.00
"Rolling Platinum"	\$17,000.00
Partnering Sponsor	\$20,000.00

But we NEED your help!

It's always easier to approach a friend or someone with a peripheral relationship to the program to ask for their financial support, than to cold call. If you know of business/es that might be willing to provide a sponsorship, or that has advertising dollars to spend, *we want to talk with them*. We can either provide you with all the information needed to assist them in making an informed media buy, *or you can turn your lead over to us* and we will contact them directly.

Where the money will go!

While everyone would like to reduce their tuition, that is not what this program is about! Monies realized through this program are earmarked to enhance the overall program and the Executive Committee will decide on these expenditures. Our ultimate goals are to help expand competitive opportunities and challenges for all our players, foster the growth of a competitive girls hockey program in Westchester, fund special projects/clinics and tournaments, support current members that find it difficult to maintain multiple skaters, and to offer economic grants to new skaters that have demonstrated skating abilities (and desires) but may not be able to meet the tuition costs.

For more information, a packet of information, or to send us a lead.

Email to: vipernewsletter@optonline.net. Please put **Corporate Sponsor** in the "Subject" line.

Westchester Vipers Hockey Association

of Elmsford, New York

The Game Page!

The Jumble

Its where we play can you name them?

VSEILR CSSIKT

SLAOICOSNNEGR UCP

UADEHNT OOOTTHSU

(Answer is on page 8)



Hockey Trivia

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

Who said the following?

“If hockey fights were fixed, I’d be in more of them.”

“I went to a fight and a hockey game broke out.”

“You miss 100% of the shots you never take.”

(Answer is on page 8)

Want to Unsubscribe to the Vipers Pit? (Or help clean up our email listing)

Do so with an Email to vipernewsletter@optonline.net

Please place **UNSUBSCRIBE** in the “Subject field”

That’s all!



Ref’s Corner

Can you answer this correctly? (Answer is on page 8)

What is the appropriate penalty for hitting after the whistle?

- minor penalty
- major penalty
- game misconduct



CAN'T WE ALL JUST GET ALONG, DISPUTE RESOLUTION IN VIPERSLAND

Because of the importance of the topic, we are republishing an article from last season on the very important Team Relations Committee and its work

As with any organization, disputes occur between and among Vipers coaches, officials, players, and parents. The Vipers have a Committee of parents who have been selected to assist in the resolution of those disputes. This Committee, the Team Relations Committee (TRC), has been in place for four years and has successfully resolved a number of issues that have been brought before it. Here is a short summary of how the TRC does its important work.

The Executive Committee of the Board has selected **Tom Harty** as the TRC chair and has appointed a representative from each level and program to serve as TRC representative. Those representatives are: **John Polera** (Girls); **Al Feliu** (Midgets); **Larry Regan** (Bantam); **Eric Klein** (Peewees); **Kevin Wyman** (Squirts); **Liz Cott** (Mites).

Most disputes get resolved informally by the parties themselves or with the help of team managers, Vipers officials, or friendly mediators. Some issues however do not resolve themselves informally and require the intervention of the TRC. In that case, a team manager, TRC member, or Executive Committee member can initiate the process. Further informal attempts to resolve the issue will be attempted by the TRC member responsible for that level. If those efforts do not succeed, then the full TRC is convened to hear the dispute.

All parties can submit information to the TRC and can meet with the Committee in person. All TRC proceedings are intended to be confidential to the extent practicable. The TRC will then make a recommendation to the Executive Committee which will make the final decision giving full weight to the TRC's determination. Appropriate remedial actions may be taken when necessary, including issuance of a warning, temporary exclusion from events, or even expulsion from the program in an extreme case.

The fact that the TRC has had very little business to attend to over the last four years is a testament to the good will and faith of our Vipers family. But it is important to know however that there are processes available to aid in the resolution of disputes when and if they may be needed.

The Answers!

The Jumble...

The answers to this month's Jumble

V S E I L R C S S I K T
(SILVER STICKS)

S L A O I C O S N N E G R U C P
(CONGRESSIONAL CUP)

U A D E H N T O O O T T H S U
(HAUNTED SHOOT OUT)

Hockey Trivia

Who said the following?

"If hockey fights were fixed, I'd be in more of them."
(Rod Gilbert)

"I went to a fight and a hockey game broke out."
(Rodney Dangerfield)

"You miss 100% of the shots you never take."
(Wayne Gretzky)

Refs Corner...

What is the appropriate penalty for hitting after the whistle?

minor penalty
major penalty
game misconduct

Each of these penalties may be assessed. It is within the discretion of the referee to assess the appropriate penalty on a player who makes physical contact with an opponent after the whistle is blown if, in the referee's opinion, the player had sufficient time after the whistle to avoid contact. If an injury occurs, a game misconduct must be assessed.

