



IN THE ZONE

NEWSLETTER

“Ice hockey players can walk on water”

volume 10-11 • issue 1

CANANDAIGUA KNIGHTS YOUTH HOCKEY

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CKH Volunteers

President:	Don Guay
Vice President:	Dave Melroy
Secretary:	Kelly McMullen
Treasure:	Jim Kibler
Registrar	Jim Kibler
Past President:	Kyle Johnson

Board Members

Jay Chase
 David Harvieux
 Lisa Hauf
 John Millspaugh
 Brian Roeder
 Brian Spitz
 Craig Towne
 Greg Wall

League and Functional Roles

Empire League Rep.:	Dave Melroy
WNY Rep:	Brian Spitz
Ice Scheduler:	Don Guay
	Dave Melroy
Referees:	John Millspaugh
Girls Program	Doug Myles
ACE Coordinator	Craig Towne

Who We Are

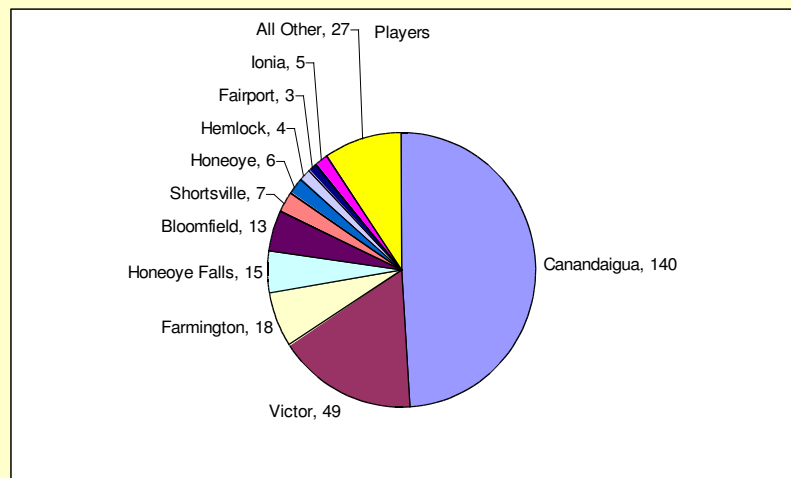
Canandaigua Knights Youth Hockey Conference, Inc. is a nonprofit membership corporation established to provide an opportunity for the youth of the Greater Canandaigua area to participate in the great sport of ice hockey.

The Canandaigua Knights are committed to providing the opportunity for boys and girls to develop sportsmanship, teamwork and personal integrity, all while enjoying the fun and challenge of a fast action game.

The organization includes members from the greater Rochester area. The organization sponsors teams for three local Hockey leagues..

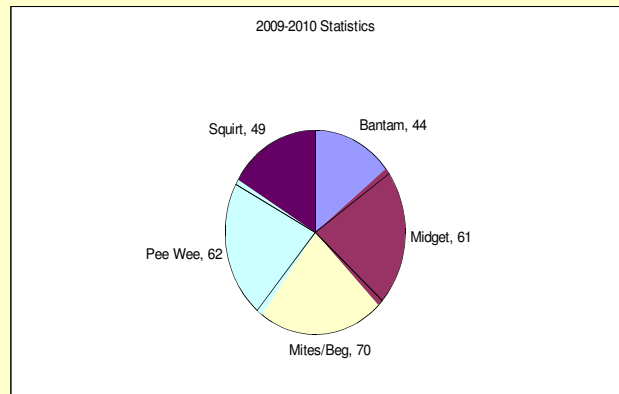
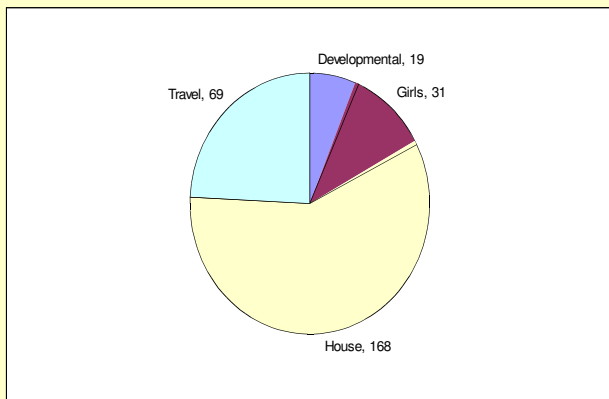
Empire Amateur Hockey Conference – House Program
 Western New York Amateur Hockey League – Travel Program
 Great Lakes Girls Hockey League – Girls Program

Our membership includes players from the following cities and towns.



Who We Are (continued)

Our members are distributed as shown:



* Members in the girls Program are included in the appropriate age bracket. Girls teams are U14 and U19.

What's up with those names?

Mites = 6-8 Years Old

Squirt = 9-10 Years Old

Pee Wee = 11-12 Years Old

Bantam = 13-14 Years Old

Midget = 15+ Years Old

* Ages as of Dec 31 of current season

No matter where you are from or what team you play on, our mission remains to develop sportsmanship, teamwork and personal integrity, all while enjoying the fun and challenge of a fast action game.

From the CKH Board...

Registrar notes:

Travel and House bills are due in full before regular season games begin. Since different levels begin play at different times, those dates will be based on the actual schedule for Travel and approximately October 23rd for House. For this purpose, GLGHL teams will be considered House. Partial payments are welcomed and encouraged prior to the applicable due dates. Payments by check can be sent to the CKH mailbox at P.O. Box 501, Canandaigua, NY 14424. Payment by credit card can be made through the CKH website but only after registration opens in late June. Unfortunately credit card payments must be made for the full balance owing rather than partial payments. Any bill not paid in full by the applicable due date will result in complete suspension of ice access for that player until paid in full. This will be enforced by the head coach and manager of each team upon notice from the Board. Any family with a balance owing from the previous season will not be allowed to register a player until both the previous balance and the current year's registration fees are paid in full.

Player registrations are open for House and Travel.

19th Annual CKH - Golf Classic - Victor Hills Golf Club - August 27th, 2010 - 4 Person Scramble - COST: \$80.00 per player.

Like last year, the goal of the event is to raise funds to aid in providing education, character building, and clean fun for our kids. In the past, with your support we were able to provide our kids with a safe place to play youth hockey at the GCC. Through the CKH they experience a positive message in team work, confidence building, and a sense of fair play while just having plain old fun. Won't you join us in our special event as a golfer, a corporate sponsor, or an individual hole sponsor. Help promote what we all believe in. Our Youth are an investment for tomorrow.

At Center Ice...

This month's focus is on USA Hockey's Developmental Model Program. (Copied from the USA Hockey Website).

What's wrong with where we're going?

For starters, many athletes spend too much time traveling, competing and recovering from competition and not enough time preparing for it. Second, there is too heavy a focus on the result rather than the performance. This attitude leads to long-term failure, as coaches forgo the development of skills to focus on specific game tactics. And third, too many athletes are specializing too early on. An early focus on just one or two sports often leads to injuries, burnout and capping athletic potential.

This way of thinking has led to 60% of players dropping out before PeeWees and 20% dropping out after only one season leading to an overall decline in retention since 2000.

Coach Herb Brooks was famous for saying that, "Great moments are born from great opportunities." Well this is our opportunity. Our time to get it right.

The American Development Model is a nationwide model for successfully developing American hockey players. It is by no means a mandate sent from USA Hockey, but a tool that will ensure every kid will have the same chance to succeed.

The building blocks of ADM...

PLAY

Playing the game is where kids learn that the game is, in its simplest form, fun. And if you can mix in age-appropriate training and practice with skills and athleticism introduction, kids will have even more fun. And to keep it fun, there should be a low priority placed on winning and losing and a high priority placed on just introducing the game to a young kid.

LOVE

Once a kid learns to play the game and begins to develop skills and athleticism, hockey starts to take priority among other activities. Skills become more refined, their physical and mental makeup is stronger and the friendships they developed early on continue to grow. The games become more important and hockey in general becomes a bigger part of their life.

EXCEL

Now that they play and love the game, a higher premium is placed on excelling at it. Tougher competition and more of a focus on mastering skills play an increased role in their development. Hockey starts to take a larger priority over other activities. But, above all, the game is still fun and the friendships that were forged back in Mites are as strong as ever.

GROWTH & RETENTION Getting more kids to try hockey and keeping more kids in the game for life is vital to the growth of the sport. Too many families are leaving hockey because of the cost, time commitment and win-at-all-costs attitude that is pervasive in our sport today.

KINGSTON A 1976 study by George Kingston found that the average player at the 6- to 8-year-old level touches the puck for only 20.7 seconds over the course of a 60-minute full ice game. This study has been repeated and proven with similar results over the years.

"Come on Ref!"

"That wasn't a trip!!!".....Really?

From the rule book....a Trip...Rule 639

"A minor or major penalty shall be imposed on any player who shall place his stick, foot, arm, hand or elbow, or extends the leg (Leg Checking) from the front or from behind, in such a manner that it shall cause his opponent to trip or fall.

(Note 1) If, in the opinion of the Referee, a player is unquestionably hook-checking or poke checking the puck and obtains possession of it, thereby tripping the puck carrier, no penalty shall be imposed

Any player who deliberately leaves his feet and contacts an opponent with any part of his body thereby causing the opponent to trip or fall shall be assessed a minor penalty.

Note from the editor...you must do more than just hit the puck!

"That should be a penalty shot!!.....Really?"

From the rule book....Rule 406

When a player is:

1. in control of the puck beyond the defending blue line
2. having no other opponent to pass than the goalkeeper
3. is tripped or otherwise fouled from behind or diagonally from behind (beyond the fouled player's peripheral vision)
4. preventing a reasonable scoring opportunity

a penalty shot/optional minor shall be awarded to the non-offending team. Nevertheless, the Referee shall not stop the play until the attacking team has lost possession and control of the puck to the defending team.

Rochester Ice Hockey Officials Association, Inc., is a corporation which works with various hockey leagues to provide referees for youth and men's hockey in the greater Rochester New York area. RIHOA, Inc. acts as a liaison that contracts with officials as independent contractors.

“What were you thinking, Coach?”

An interview with one of our coaches...

This month's interview is with newly appointed Head Coach of our Girls U14 team, Bill Como.

1. Tell us a little about yourself and why you generously volunteer your time to coach?

BC - I have three children they all play Hockey. Just like many other parents you get involved because you want to make sure that the experience for your children is a positive one, as well as to keep them safe. For me one of the biggest reasons I coach is to share my love of the game with the kids. Hockey is one of the greatest games on the planet. There is nothing better than telling a kid how awesome they can be and then watching it happen!

2. What do you think are the biggest challenges for girls hockey in this area and specifically for CKH?

BC - Numbers...getting the community to understand hockey is a terrific game...getting past the stereotypes that follow the game of hockey, i.e. "it's an expensive sport" or "it's a rough sport", all misnomers...girls hockey is non-check, no more expensive or time consuming than any other sport, just a whole lot more FUN!

3. Can you describe what a successful season would be like for you and your team?

BC - Getting 16 players to have FUN, to feel SAFE enough to step outside their comfort zone and most importantly to have learned something about themselves as well as the game! Getting each player to realize that everything they do, or don't do, has an effect on the team.

4. What advice can you share with parents of first time hockey players?

BC - This is just youth athletics, no one will remember the score of the league championship game fifteen years after, however, they will remember the friends, the results achieved from hard work and if the experience was enjoyable! It's just a game!

Please send recommendations for future interviews to board member Greg Wall via the contacts page on our web site.

Other News and Notes...

Important Dates

- Now – Registration via the CKH web site is open
- July 31 - \$25 Late fee will be assessed to registrations received after this date.
- August 1st - \$150 deposit for House players is due
- August 10th – House coaching (all levels) applications are due.
- August 20th Last Day to submit a sponsor for the golf Classic
- August 27th - 19th Annual Golf Classic, Victor Hills Golf Club, 9AM
- TBD - House Pre-Evaluation Skate Sessions
- TBD - House Evaluation Skate Sessions
- TBD – Season starts at GCCC
- October 10th – CKH night at AMERKS Home Opener!

Volunteers

- Please consider helping the CKH organization by offering your time and skills to help enhance and improve our effectiveness. We currently need help with:
 - CKH Night with the AMERKS
 - Fund-raising
 - Cross Ice Development Program (U8)

SPONSORSHIP

- Our organization succeeds due to the generosity of our community. We are able to keep our registration fees lower than other organizations in the area due to this strong community support and the support of the Greater Canandaigua Civic Center.

All donations are tax deductible and if required a receipt of payment will be provided. We have 4 levels of sponsorship. Please see our website for details.

Level 1 - General Sponsorship (\$100)

Level 2 - House Team Sponsorship (\$400)

Level 3 – Travel Team Sponsorship (\$500)

Level 4 – Organization Sponsorship (\$3,000)

LETTER TO THE EDITOR:

...This section of our newsletter is intended to represent the "Voice" of our members. We will publish as many reasonable and appropriate letters/emails we receive and highly encourage participation in our "Letter to the Editor" section. Please indicate your desire to be published in this section when submitting content.

...This being our inaugural issue of the 2010-11 season we will reprint a famous "letter".

DEAR MOM AND DAD

I hope that you won't get mad at me for writing this letter, but you always told me to never keep anything back, that ought to be brought out in the open. So here goes.

Remember the other morning when my team was playing and both of you were sitting and watching. Well, I hope that you won't get mad at me, but you kind of embarrassed me. Remember when I went after the puck in front of the net trying to score and fell? I could hear you yelling at the goalie for getting in my way and tripping me. It wasn't his fault, that is what he is supposed to do.

Then do you remember yelling at me to get to the other side of the blue line? The coach told me to cover my man and I couldn't if I listened to you, and while I was trying to decide, they scored against us.

Then you shouldn't have jumped all over the coach for pulling me off the ice. He is a pretty good coach, and a good guy, and he knows what he is doing. Besides, he is just a volunteer coming down at all hours of the day helping us kids, just because he loves sports.

And, then neither of you spoke to me the whole way home, I guess you were pretty sore at me for not getting a goal. I tried awfully hard, but I guess I am a crummy hockey player. But, I love the game, it is a lot of fun being with the other kids and learning to compete. It is a good sport, but how can I learn if you don't show me a good example?

And anyhow, I thought I was playing hockey for fun, to have a good time and to learn good sportsmanship. I didn't know that you were going to get so upset, because I couldn't become a star.

Love
YOUR CHILD

PLEASE SEND YOUR COMMENTS AND SUGGESTIONS ABOUT THIS NEWSLETTER TO GREG WALL BY USING THE CONTACTS FEATURE OF THIS WEBSITE.

Canandaigua Knights Hockey
P.O. Box 501
Canandaigua, NY 14424

