



## "A" Coach Selections

### "A" traveling coaches named

The following are the "A" traveling coaches chosen by LHA's HDC to coach for the 2008-9 season.

Squirt "A" North

**Tim Poehling**

Squirt "A" South

**Bill Monahan**

U10 "A" North

**Corby Manes**

U10 "A" South

**Larry Crosby**

PeeWee "A" North

**Brian Sensibaugh**

PeeWee "A" South

**John Boche**

U12 "A" North

**Chris Telander**

U12 "A" South

**Brian Smith**

Bantam "A" North

**Rich Larson**

Bantam "A" South

**Tarik Yumusaklar**

U14 "A"

**Mark Brandt**

77 qualified coaches

were interviewed by the

HDC, reflecting the

positive interest and

commitment to our kids

by local volunteers.



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## A note from LHA Treasurer, Kent Johnson

In lieu of a Treasurer's Report, Kent Johnson elected to address a question he has been contacted about repeatedly since registration opened in August. The big question has been: What's up with registration fees? No pun intended! Kent's response:

Why have registration fees gone up this year? This year a number of changes were made in how LHA calculates the cost of registration fees per level. The major factors contributing to the general increase are the addition of development clinics, HDC Total Hockey training, and the non-inclusion of expected sponsorship credits. For example, U10 fees went \$245 to \$425, an increase of \$180. Upon closer inspection, \$151 of this was not included in last year's registration fees (\$27 Development Clinics, \$65 HDC training [last year this was included in the team payments], \$9 Coach Jackets, \$50 sponsorship credit.)

Comparing apples to apples, the average increase in fees is really closer to \$20/player. This increase in fees should get the association back to break-even for the 08/09 operating year.

With a successful Fundraising program and an increase in sponsorship income, it is the Association's intention to credit back to each player approximately \$100 in the form of team credits. This will

ultimately reduce the total cost of hockey for the year, by reducing the final team payment.

In the February newsletter, I will know what this final credit will be.

## Parent Meeting Dates Set

**Mandatory parent meetings will be held at KTMS. Dates and times are listed below. Feedback from previous meetings was that they were too long. This year's meeting will be structured to get you in and out in a timely manner. Please arrive a couple minutes early so you can turn in your completed USA hockey forms (links to forms sent with confirmation e-mail from registration.) After the meeting is adjourned, there will be a Q/A session for parents with specific questions/concerns.**

**All Travel Teams: KTMS, 9/17/08, 7PM**

**All MP/Mite/U8: KTMS, 10/06/08, 6PM \*\***

**\*\* Mite Parents, please bring your checkbooks as you'll be issued your fundraiser that evening. The fundraiser is mandatory and kids will not be allowed on the ice for evaluations until the fundraiser is picked up and paid for.**



# Lakeville Hockey Association



## SKATE Program Keep up the GPA!

LHA will once again sponsor the **S.K.A.T.E.** (Skaters **K**eep **A**chieving **T**hrough **E**ducation) program for the 2008/9 season. The program encourages LHA's student athletes to keep academics a top priority.

Managers of traveling teams will be asked to pass on GPAs of student athletes who **voluntarily** take part in this program. Skaters who maintain a minimum of a 3.0 GPA for the first 2 quarters will be recognized at the end of the season with a certificate and a party.

Lisa Diercks has run this program for the past couple years and is seeking a volunteer she can hand this program off to. The time commitment for this is minimal. Most work is completed via e-mail through team managers.

Please contact Lisa Diercks if you can **step up and volunteer** for this program.

This is a perfect opportunity to get involved.

[ldiercks@charter.net](mailto:ldiercks@charter.net)

## Fundraiser Update

LHA will again be selling raffle tickets this year for our annual fundraiser. Each player will be asked to sell five \$20 raffle tickets - with a two skater maximum per family.

Team managers will distribute and collect payment for the fundraiser in early October. Each family will be responsible for paying their fundraising obligation to LHA with their first team payment.

Raffle tickets for Mites/U8 and Mite Preps can be paid for and picked up at the parent meeting which will be held on October 7th. If you are unable to pay for and pick up your tickets that evening, they will also be available during the evaluation clinics. Please note, your child will not be allowed to participate in evaluations until you have paid your fundraising obligation.

Each raffle ticket will again include a coupon sheet that offers discounts to local area merchants. Our annual raffle drawing will be held in January, 2009. We will again be giving away over 100 cash prizes totaling \$13,000!

More information will be provided once the season is under way. If you are interested in helping with this year's fundraising process, we need lots of volunteers to make this fundraiser a success. Please contact Linda Mullenbach if you can help.

[fundraisingdirector@lakevillehockey.org](mailto:fundraisingdirector@lakevillehockey.org)

## A Special Thank You!

LHA would like to acknowledge Colin Fowler's recent donation of time to help LHA build out the new storage facility. Colin volunteered not only his time, but the time of several of his employees (Fowler Carpentry). The improved facilities allow LHA to better manage its inventory of jerseys and equipment. All members will benefit. Thank you, Colin!

**"Volunteerism is the backbone of a successful hockey program. I encourage all members to find some small way to volunteer this season"**

**Bill Monahan  
LHA President**

## Sponsorships

As we all know, LHA hockey is a valuable and expensive part of our children's upbringing. In this regard, I ask all members think of one contact in the community and ask them to become a Sponsor of the LHA. Of special interest are people you already do business with. With a successful sponsorship program, we can reduce the cost for the 1000 families that make up the LHA while providing community recognition for our sponsors. Thanks!

Jim Lunneborg  
[jlunneborg@farmersagent.com](mailto:jlunneborg@farmersagent.com)

## USA HOCKEY CERTIFICATION CLINICS

**LEVEL 3** – Sat. **Oct 11<sup>th</sup>** - 8am – 2pm. The USA Hockey Coaching Certification Clinic in **Lakeville** has been rescheduled to this date.

**LEVEL 2** – Sat. **Sept 27<sup>th</sup>** - 8am – 1pm. USA Hockey Coaching Certification Clinic at Hastings.

**LEVEL 1** - Sat. **Dec. 6<sup>th</sup>** - 8am – 1pm. USA Hockey Coaching Certification Clinic to be hosted by **Lakeville**.

ONLINE REGISTRATION FOR THESE CLINICS:

[www.usahockey.com/viewallclinics.aspx?usahockeytype=ICE](http://www.usahockey.com/viewallclinics.aspx?usahockeytype=ICE)

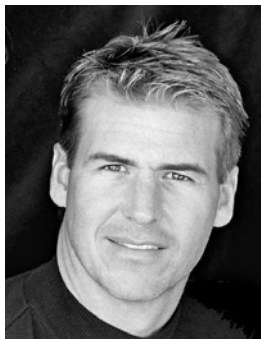
These clinics will reach capacity quickly, so please register early. See LHA web site story for additional details on coaching certifications.

## Gambling Manager

LHA is looking to replace Andrea Boeker as Gambling Manager. Andrea has done a great job for LHA, but no longer has a child in the association. If you're interested in this paid position, please look for the posting on the LHA web site.

## Your Story Here!

If you have a great idea for a story, please feel free to drop me an e-mail with your suggestion. Of special interest are the good things our players are doing off the ice. I am always looking for questions that I can turn into a FAQ. Pictures are also appreciated. Please contact Julie Hokeness at: [communicationsdirector@lakevillehockey.org](mailto:communicationsdirector@lakevillehockey.org)



*Darren Gardner, USA Hockey  
Level 5 Master*



**LHA Tryouts are just around the corner. Here is sound advice from St. Louis Blues defenseman Erik Johnson (MN Native)**

## News from Association Head Coach

### Tip #1

You want to be in shape when you show up at tryouts. That doesn't mean you have to knock yourself out during the summer, but you shouldn't be out of breath or hanging over the boards after the first drill. There are a lot of fun activities you can do in the summer away from the rink to improve your conditioning, such as soccer, lacrosse, swimming, bike riding or inline/street hockey.

### Tip #2

Don't let tryouts be the first time you've stepped on the ice since last season. Get on the ice a few times before tryouts so you can regain the feel of the puck and condition the

muscles needed for skating. Playing shinny or pick-up hockey is a great way to practice your hockey skills and get in shape. It's also a great chance to make sure your equipment is in good condition and still fits.

### Tip #3

Go out and play your game. Do what you do well and don't be distracted by who's evaluating or what other players are doing on the ice. Be assertive, be hungry and be at the front of the line for every drill. Pay attention and listen to what the coaches' instructions. Show them that you're excited to be there and you're ready to do whatever it takes to make the team.

### Tip #4

Remember that hockey is a game of mistakes. If you miss a pass, lose an edge and fall, or over skate the puck, don't dwell on it. Get back up and keep working hard. Keep a positive frame of mind, and look forward to your next opportunity to do something well.

### Remember This

It's up to you to earn a spot on the team. Don't look to blame anyone else if you don't succeed. Hopefully you'll make the team you're trying out for. If things don't work out, it's important to learn from the experience and continue to work hard on all aspects of your game.

[headcoach@lakevillehockey.org](mailto:headcoach@lakevillehockey.org)

## Coach

### Coaches please check your CEP Cards!

A note to all coaches and potential coaches: Please check your CEP coaching card to see if it is expired or in need of a higher level of certification. District 8 requires all levels to be updated prior to October 1<sup>st</sup>. There are many classes available in the Twin Cities. Check out [www.minnesotahockey.org](http://www.minnesotahockey.org) for a list of potential classes. LHA will reimburse the cost of each class to anybody that ends up coaching a team for the 2008/9 season.

### Unsure what group to register your child for?

The following are the MN Hockey Association age definitions for levels of play. LHA follows these age definitions strictly!

- Mite Prep: First-year player, Grade 1 or less
- Mite: 7/1/99-6/30/02
- Squirt: 7/1/97-6/30/99
- Peewee: 7/1/95-6/30/97
- Bantam: 7/1/93-6/30/95
- Jr. Gold: born after 7-1-89
- Girls U10: 7/1/97-6/30/99
- Girls U12: 7/1/95-6/30/97
- Girls U14: 7/1/93-6/30/95

## This Month's Frequently Asked Questions

**Q: Why does LHA keep approximately \$150K in cash?**

**A:** The \$150K is the recommended minimum cash reserves for our association. \$30K of the \$150K is donated money and is earmarked for new skater equipment (a condition set forth by the donor). The additional \$120K is used for prepaying the \$90K worth of tournaments LHA signs up for months before registration takes place. The remaining \$30K is used to purchase equipment,



supplies, miscellaneous tryout expenses, and general reserve money.

**Q: I have a LHA policy question. Where do I find answers?**

**A:** The LHA has a handbook that is updated yearly. It is available on-line from our web site. If you're wondering about something, take a peek. The handbook outlines the tryout process, details the financial aid process, spells out the grievance procedure, defines "fair play", and is a great source of information.

# New Sponsor for LHA

## U8/10 Girls Dryland

**The LHA welcomes our newest sponsor, Dr. David Geary, Valley Chiropractic Associates.**

Doctor Geary specializes in the specific application of chiropractic adjustive procedure based on the Gonstead System. Dr. Geary is also certified in spinal trauma, allowing him to effectively treat both acute and chronic pain.

80% of all Americans will suffer incapacitating low-back pain during the course of their lifetime. 40% of these will eventually seek chiropractic care.

If you are interested in chiropractic care, or would like a consult, please visit Valley Chiropractic Associates in Burnsville. 952.882.1965.  
[www.valleychiroassoc.com](http://www.valleychiroassoc.com).

**FREE** Girls dry land off-ice training clinics are being offered every Sunday in September, from 6-7:30 PM at Dakota Heights Park. The clinics are for all U8-U10 girls. If you have a friend that would like to try hockey, bring her with!

Coaches will be there to help direct all skill levels. This will be an opportunity to shoot pucks and to condition the muscles that are used in hockey. It is a cool way to meet some of the girls that you will be playing with this upcoming season.

Please bring a helmet, gloves and stick. Wear clothes that are appropriate for the weather as we will be conducting the training on the paved hockey rink outside.

If you have questions or would like to volunteer to help, please call Brad Atol at 612.636.5585 or e-mail him at [batol@metrosales.com](mailto:batol@metrosales.com).

LHA in the Crease Issue 2 September, 2008

# Dates for your Calendar

### Warm up Sizing, LAST CHANCE!

All traveling + anyone anticipating coaching should attend. **September 20<sup>th</sup>, from 9AM to 1PM @ Ames.** You must attend this last sizing to ensure you will receive your warm-ups prior to Thanksgiving. Anybody not sized after this date will need to go to Westwood Sports to be measured.

### Parent Meeting – Full Story Page 1

Traveling: **Kenwood Trail Middle School, Wednesday, September 17<sup>th</sup> @ 7:00 PM**

Mite Prep/Mites/U8: **Kenwood Trail Middle School, Monday, October 6<sup>th</sup> @ 6:00 PM**

### Optional Traveling Pre-Tryout Ice Time-Sign up Soon- Space Limited

Get the rust off your blades before tryouts! In an effort to provide affordable pre-tryout ice, the LHA will be hosting optional pre-tryout ice time for most traveling levels. **Please refer to the LHA web site for age-specific details.** Space is limited, first come-first served. LHA Level Directors will be supervising the players. No evaluators will be present.

### Attention, Coaches and Potential Coaches

Please see details and dates for Level 1, 2, and 3 **USA Hockey Certifications** on Page 2 **10/20/08** - MN Hockey in conjunction with USA Hockey will present an on-ice Coach Workshop from 7:15pm to 9:15pm at **Ames**. Topics are Skating and Passing (LHA Workshop #1).