



NOVEMBER 2010

# LHA



# in the Crease

LHA Pancake Breakfast Set for Nov. 20 **2**

What's New with Ice Availability **3**

New Locker Room Guidelines **3**

Why LHA Hockey Started Later **4**



## Coach's Corner

Dear LHA Members:

Post-tryout times can be just as stressful as the pre-tryout times – for parents and athletes alike. As teams are formed and athletes deal with where they are placed, please be sensitive to all the activities that are taking place. Be sure that you understand the plan that your coaches will begin to develop for their season. One element that parents often misunderstand is the timeframe it takes for coaches and athletes to become familiar with one another. The coaches need to assess where their team is at developmentally and what they are capable of executing as a team. They need to figure out how each athlete learns and how to inspire them. This timeframe can be as little as two weeks or as long as a month depending on the situation. As parents, be sure that you develop good communication with your coaching staff. You have

a responsibility to understand their plan and the long-term goals they have set. Many times this process has an impact on your athlete, so the better you understand the process, the smoother the transition will be for your athlete and coaches. Be patient; keep your communication open and fair. Most of all be supportive and have fun. This is about the kids and pride in their community hockey association.

Minnesota Hockey recently published some great articles. I encourage parents and coaches to read them. Here are a couple.

### **Cold Dry Hands; How Short is your Bench?**

[http://assets.ngin.com/attachments/document/0013/9954/cold\\_dry\\_hands.pdf](http://assets.ngin.com/attachments/document/0013/9954/cold_dry_hands.pdf)

I received an email recently from a 17-year-old former youth player. She relayed that as a U-14 when their team began district playoffs she and a couple other players did not

skate one shift in any of the games. She sat and watched with no reason or explanation given by her coaches. She quit hockey forever at the end of the season. Parents, please have a very serious conversation with your coaches at the beginning of the season regarding play of players. This article has appeared in Let's Play Hockey several times and still applies today.

### **Early Season Team Meeting Agenda**

<http://go.madmimi.com/redirects/5599bf97d343dca9975ab55e8de07159?pa=2008018484>

It is important to get off on the right foot (skate) each year. This suggested agenda is a good guideline for parent managers and coaches.

Regards,

### **Kevin Boland**

Lakeville Hockey Association  
Head Coach, 952.288.4179  
[headcoach@lakevillehockey.org](mailto:headcoach@lakevillehockey.org)

## **2010-2011 Lakeville Hockey Goals**

- Improve fundamental skill development
- Foster a fun and challenging environment
- Become more user-friendly for our members
- Create a sense of community
- Increase gambling revenue
- Increase LHA revenue with tournaments
- With revenue increase, look to decrease cost of hockey



## New Board Members

Two new members recently joined the LHA Board.

**Tami Hobbs** is the new concession manager at Ames Arena. She has a Bachelor's degree in marketing and management and 15 years of banking experience. Hobbs is past-president of the Eastview Elementary PTO where she was in charge of concessions for numerous school fundraisers. If you have any questions, please contact her at [concessionmanager@lakevillehockey.org](mailto:concessionmanager@lakevillehockey.org) or 952.985.5519.



**Jeff Caspar** is the new goalie player development coach for the LHA. He has coached boys and girls high school hockey for more than 15 years as well as for several hockey associations for Mites through Bantams. Caspar is currently one of the directors for The Goalie Club where he has worked for 9 years instructing and developing goalies from Mites through college-level players in summer camps and weekend clinics. He is also one of the goalie advisors for the hockey program at Shattuck St. Mary in Faribault. If you have any questions, you may contact him at [goaliecoach@lakevillehockey.org](mailto:goaliecoach@lakevillehockey.org) or 952.356.5619.



## LHA Pancake Breakfast Fundraiser at Applebee's Set for Nov. 20

Come support the Lakeville Hockey Association at a pancake breakfast fundraiser at Applebee's in Lakeville on Saturday, Nov. 20, 8 to 10 a.m. Tickets are \$5 per person.

You may purchase tickets by contacting **Rhonda Rasmusson**, fundraising director, at [fundraisingdirector@lakevillehockey.org](mailto:fundraisingdirector@lakevillehockey.org) or 952.469.4487

Please invite your friends and family to make this event a success.

**Volunteer opportunity:** Parents may sign-up via our volunteer system on the LHA website to apply toward their four-hour mandatory volunteer hours. We require 11 adults and 8-10 players (Squirts level or higher) from 7:30 to 11 a.m. Parents must accompany their own players who

are volunteering, and the players' volunteer time does not apply to the mandatory four-hour volunteer policy.



## Earn Money Toward Hockey Costs with Entertainment Cards

It's not too late for players to raise money toward their hockey costs. The \$20 cards feature valuable coupons toward many local businesses as well

as online access to thousands more (valid through June 2011). For every card sold, the player earns \$10 toward the 2010-2011 hockey season costs.

Contact **Rhonda Rasmusson**, fundraising director, at [fundraisingdirector@lakevillehockey.org](mailto:fundraisingdirector@lakevillehockey.org) or 952.469.4487.

If you have suggestions for articles, news items or photos for In the Crease, please e-mail to Karen Mellott-Foshier at [communicationsdirector@lakevillehockey.org](mailto:communicationsdirector@lakevillehockey.org). The Editorial staff reserves the right to edit all submissions to meet editorial criteria.





## Warmup Distribution Dates Scheduled

Players and coaches who ordered LHA warmups can pick them up on the following dates in the Ames Arena Conference Room.

**Saturday, Nov. 20;** 9 a.m. to 1 p.m.  
(for those fitted Aug. 21 and Sept. 11)

**Saturday, Dec. 4;** 9 to 11:30 a.m.  
(for those fitted Aug. 21, Sept. 11,  
Sept. 25 and Oct. 17)

Westwood Sports will distribute the warmups (team managers will not be involved) on these two dates and we are not planning any additional dates, so make sure to pick them up during these times.

Contact: **Brett Belschner**, equipment director, [equipment@lakevillehockey.org](mailto:equipment@lakevillehockey.org)

## New Locker Room Guidelines

USA Hockey has implemented a Locker Room Policy beginning this season. At least two responsible adults must personally monitor the locker room at all times while players are present, and also make sure the locker room is appropriately secured during times when minor

participants are on the ice. These designated parents would have to come early and stay late. The parent would have to understand that his or her role is limited to supervision, and that he or she is not an additional coach. These adult supervisors are subject to a criminal background

check (at no charge) before becoming an authorized locker room supervisor. Please inform your child that under no circumstances are they to be in a locker room without at least two adult supervisors. For more details or to volunteer, see your team manager.

Contact: **Tonyea Patterson**, association team manager, [teammanager@lakevillehockey.org](mailto:teammanager@lakevillehockey.org)



## Ice Update

Here's a snapshot of ice-time actions we've achieved this year.

- Generally, teams will have between 13 and 18 touches prior to their first scheduled home game.
- Teams will have between 14 and 15 dryland practices throughout their season.
- We acquired roughly 65 hours of ice at Shattuck St. Mary School in Faribault during the week and on a few weekends to supplement ice crunches at Lakeville. The latest end time will be 9:45 p.m.
- The 60-minute ice configurations from Lakeville arenas were reconfigured into 60-, 75- and 90-minute ice configurations. Last year this created roughly 150 additional hours of ice for teams. We expect a similar outcome this year.

- We worked with the Lakeville arenas again this year to reduce some of the late night ice times.
- We moved the Mite weekday ice from the Lakeville arenas to Total Hockey Minnesota, 20775 Holt Avenue, downtown Lakeville. This created roughly 55 hours of weeknight ice for the traveling teams.
- It was requested that LHA schedule weeknight games for the 2010-11 season to support the referee schedules. We will support this by scheduling weeknight games this year. Typically, we will schedule 60-minute games due to how ice is configured on weeknights.

Contact: **Kevin Wetzel**, ice director, [icedirector@lakevillehockey.org](mailto:icedirector@lakevillehockey.org) or 952.738.1284

## Ice Draft Set for Nov. 30

Our ice draft is set for **Nov. 30**, 6 to 10 p.m. at Legends.

It is recommended that two coaches and the manager from each team participate (no more than three people allowed for each team). For every round, each team will have the opportunity to pick one-hour of ice team for the remainder of the season.

We have more Super Bowl Sunday (Feb. 6, 2011) ice time than last year, so we will conduct a lottery pick for these times.

We will discuss more at the coaches and team managers' meetings.

Contact: **Kevin Wetzel**, ice director, [icedirector@lakevillehockey.org](mailto:icedirector@lakevillehockey.org) or 952.738.1284



## FAQ: Why is the Traveling Team season starting a month later this year?

We decided to start the 2010-2011 season a little later this year after analyzing last season's ice touches from the first practice to the first district game. The benefit of starting later is to help avoid player burnout. We have a long season and this schedule will help ensure player engagement over the next few months.

### Analysis of Ice Touches: 2009-2010 Season First Practice to First District Game

	Days to First Game	Ice Touches
Bantam A	35	23
	36	28
Bantam B1	53	23
	55	25
Bantam B2	75	33
	64	29
	70	33
Pee Wee A	46	24
	41	21
Pee Wee B	52	25
	54	30
Pee Wee B2	62	34
	60	28
	75	40
Pee Wee C	67	31
	61	28
Squirt A	57	27
	57	30
Squirt B	57	30
	56	26
	57	26
	64	27
Squirt C	55	25
	57	25
	57	29

Contact: **Tony Canney**, vice president of Administration, [vpadmin@lakevillehockey.org](mailto:vpadmin@lakevillehockey.org) or 612.369.3261



### LNHS Girls Hockey Youth Nights: Free admission for all LHA girls wearing their jerseys

LHA girls are invited to all home Lakeville North High School Girls Hockey games. With one paid admission, the girls wearing their jerseys are admitted to the game free. You can find the schedule on the LHA website under the High School calendar page.



## Document/Check Drop-off Box Available at Ames Rink 1

New this 2010-2011 Season

The treasurer and registrar now have a secure lock box located in Rink 1 in the first set of gray cabinets labeled Treasurer/Registrar (past the locker rooms behind the rink).

The lock box is in the bottom of the first set of shelves and a mail slot is provided for you to deposit any team checks, rosters, copies of birth certificates, etc. We will provide

envelopes and labels on the shelf directly above the lock box.

**Note:** You must place all documents in an envelope and clearly complete the label prior to depositing anything into the drop-off box.

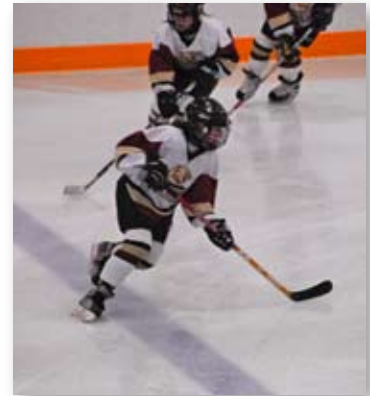
Contact: **Tonyea Patterson**, registrar, [registrar@lakevillehockey.org](mailto:registrar@lakevillehockey.org) or 612.968.0403

## Lakeville to Host U14A District 8 Tournament

LHA will host the U14A District 8 Tournament Feb. 19 through Feb. 26, 2011 (dates, times and arenas to be announced).

Typically all U14A teams in the district will participate (we anticipate about 10 teams). Watch for more details as the date draws nearer.

Contact: **Chris Kohlbeck**, U12-U14 director, [girlsU12U14director@lakevillehockey.org](mailto:girlsU12U14director@lakevillehockey.org)



## Traveling Manager Meetings Set for November

Whether you're a rookie manager or one that's been around the block (or rink) a few times, please attend the next Traveling Manager meeting **Nov. 9 at 6:30 p.m. in the Ames Arena** conference room (if you did not attend the Nov. 4 meeting).

You are strongly encouraged to attend the meeting to receive valuable information for the upcoming hockey season. We will share a lot of information, including:

- Ice schedule
- Concession stand
- Volunteer program\*
- Fundraising
- New USA hockey locker room supervision policy
- And more

\*New for 2010-2011 season: You must attend one of these meetings to receive credits for your volunteer hours.

Contact: **Tonyea Patterson**, association team manager, [associationmanager@lakevillehockey.org](mailto:associationmanager@lakevillehockey.org).



# Mark Your Calendar

Check out our new online LHA Calendar located on the right side of the LHA website. You can find team-specific practices, games and events on your team page calendar.



## November 2010

- 9:** Traveling Team Manager Meeting, Ames Conference Room, 6:30 p.m.
- 11 & 13:** U14 Tryouts; See website for times.
- 12:** Burnsville Hockey Club NHL Alumni Game/Balistreri Family Benefit, Burnsville Ice Center, 7:30 p.m.
- 13-14:** Mite/U8 Evaluations; See website for times.
- 20:** LHA Pancake Breakfast, Lakeville Applebee's, 8 to 10 a.m.
- 20:** Warmup Pickup, Ames Conference Room, 9 a.m. to 1 p.m. (for those fitted Aug. 21 and Sept. 11)
- 23-24:** Jr. Gold Tryouts; See website for times.
- 30:** Ice Draft, 6 to 10 p.m., Legends

## December 2010

- 4:** Warmup Pickup, Ames Conference Room, 9 to 11:30 a.m. (for those fitted Aug. 21, Sept. 11, Sept. 25 and Oct. 17)
- 23-31:** Lakeville ISD 194 School District Winter Break

## January 2011

- 21-23:** The Ignite Tournament, Girls U12A and U10B, Lakeville
- 28-30:** The Freeze Tournament, PeeWee B2, Lakeville, Minn.
- 29:** LHA vs. NHL Alumni Game and Social, Hasse, 7:30 to 9:45 p.m.

## February 2011

- 11-13:** The Blast Tournament, Bantam B2, Lakeville, Minn.
- 19-26:** U14A District 8 Tournament, Lakeville

## Burnsville Hockey Club to Host NHL Alumni Game to Benefit Balistreri Family

Earlier this summer, 11-year-old Joey Balistreri died when his family's vehicle was hit by a car that crossed a median on Highway 13. Joey would have been a first-year Pee Wee for the 2010-2011 season in Burnsville. His father Geoff suffered severe injuries as a result of the accident and endured seven surgeries before being released in August.

To assist with the Balistreri family's unexpected financial burden, the Burnsville Hockey Club is hosting an NHL Alumni Game on **Nov. 12, 2010 at 7:30 p.m.** at the Burnsville Ice Center in Burnsville, Minn.

A dinner and silent auction will follow the game at the Burnsville Carbone's Pizzeria. Admission price: Donation to the family.

Tickets are available at the door or by contacting [nhlalumngame@gmail.com](mailto:nhlalumngame@gmail.com). If you have any questions or would like to contribute a silent auction item, please contact The Burnsville Hockey Club Committee for the Balistreri Family Fund at [nhlalumngame@gmail.com](mailto:nhlalumngame@gmail.com).

If you are unable to make the event, but would like to support the family, a benefit fund is set up at: Burnsville Wells Fargo Bank 925 County Road 42 West Burnsville, MN 55306



# Team Credit Opportunity: Recruiting Sponsors

The following local businesses have graciously sponsored the LHA.

Please support their loyalty with your business.

## Titanium Level Sponsor

Apple Valley Dental Care



Arnold Orthodontics

Cosmopolitan Orthodontics



Lakeville Orthodontic Associates



Lunneborg Insurance Brokers



Metro Sales, Inc.



Moore Fun Party Rental



Rink Rat Hockey School



The Print Shop



Valley Chiropractic Associates

Westwood Sports



## Platinum Level Sponsors

Patterson Dental



## Gold Level Sponsors

Allstate Insurance — Mark Brodin Agency



Anchor Bank



Crystal Lake Golf Course



Lakeview Bank



South Metro Rental



The Travel Authority



Varsity Sports



## Silver Level Sponsors

Acceleration Minnesota



Action Plus Sign Co



Airlake Automotive Repair



Brunswick Zone XL



CGT Ltd.



Fowler Construction

Jonathan Zweber Insurance Agency



Rock Hard Landscape Supply



Total Hockey Minnesota



## Bronze Level Sponsors

Blue Line Medical Services



With the hockey season upon us, we have been busy obtaining sponsors for the upcoming season. We still need help to achieve sponsorship for all our teams, so once again the LHA will offer a team credit to those who recruit sponsors. For each sponsor you or your team recruits, your child's team will receive 30% of the credit. If you would like to find out more about the levels of sponsorship or have a company interested in becoming a sponsor, please visit the Sponsors page on the LHA website. You can also contact **Steve Papacek**, sponsorship director, at: [sponsorshipdirector@lakevillehockey.org](mailto:sponsorshipdirector@lakevillehockey.org)

### Contributors

Jeff Atkins  
Kevin Boland  
Brett Belschner  
Tony Canney  
Chris Kohlbeck  
Robin Lundberg  
Steve Papacek  
Tonyea Patterson  
Rhonda Rasmussen  
Kevin Wetzel

### Editor

Karen Mellott-Foshier

### Designer

Doreen Nord