



SEPTEMBER 2010



LHA

in the crease

Coach's Corner

Dear LHA Members,

As the 2010-11 season approaches, here are some things you can do to prepare. First and foremost, be sure to log on to www.lakevillehockey.org often to keep informed about all the upcoming important dates and events.

We have made some changes to the tryout procedures and the sick and injury policy among other things this year. Please read the entire handbook, available on the LHA website under the Documents tab [updated version to be posted soon]. You may hear many statements and opinions from your peers, but the best way to get the facts, be informed and answer many of your questions is to refer to the handbook.

One thing that is not currently spelled out in the handbook, but the Coaching Committee wants all members of the LHA to understand is that under no circumstances are parent coaches being placed to lead a team until their athlete is placed on a team by the tryout process. Currently, there are head and assistant coaching pools that we will draw from to place coaches once tryouts are complete.

If you have any questions or concerns during the tryout process, your first contact is the appropriate level director. If needed, it will escalate to the Tryout Committee, then to the Hockey Development Committee.

Be sure to have your athlete check their equipment bag prior to each tryout session. If there are any missing pieces of equipment, they will not be allowed on the ice.

Athletes on traveling teams will be required to have a white jersey to wear under their piney during tryouts. This is NOT optional. Please be sure there are no athlete names on them and any graphics are to be covered by the piney. If you don't currently have a white jersey, purchase one as soon as possible so if the local sporting goods stores run out they can order them in time. Players are required to wear LHA socks during tryouts as well.

If sharpening skates prior to tryouts, make sure they skate on them once to be sure they are comfortable with the sharpening before they enter the tryout process.

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Tryout Checklist

See LHA website for tryout schedules for all levels. No tryouts for Mite Prep level.

- Turn in signed Consent to Treat form
- White jersey required for traveling team tryouts
- Sharpen skates
- Bring your own water bottle
- Check your equipment bag
- Arrive 40 minutes before scheduled session
- Dressed and ready to go 15 minutes before scheduled session
- Read the injured/ill policy of the LHA handbook
- For parents watching the tryouts, read and sign the Parent Code of Conduct policy (available at the rink)
- Ensure player gets adequate sleep, good nutrition and encouragement

Remember, the tryout process can be very stressful for your athlete. Be reasonable with your expectations. Do all you can to support them, keep it fun, positive and try not to add to that stress.

See you at the rink!

Kevin Boland

Lakeville Hockey Association

Head Coach

952.288.4179

headcoach@lakevillehockey.org



A Unified Hockey
Development
Association
Supporting our
Lakeville Community



Reminder:

District 8 Restructured for 2010-11 Season

The new District 8 for the 2010-11 season is comprised of Lakeville, Woodbury, Eagan, Cottage Grove, Farmington, Rosemount, Hastings, Sibley, Inver Grove Heights, South St. Paul, Apple Valley and Eastview. Districts 4 and 9 will absorb the associations cut from District 8.

Contact: **Dave Rucki**, president, LHA, 952.469.4838, president@lakevillehockey.org



New Board Members

Two new members recently joined the LHA Board.



Karen Mellott-Foshier is the new communications director. She has 20 years of writing and editing experience and is currently the communications manager for Uponor North America. If you have any announcements for the website or newsletter, please contact her at communicationsdirector@lakevillehockey.org or 612.298.9914.



Mark Olsen is the new gambling manager. He earned his Bachelor degree in economics from Colorado College in 1989, and has spent the past 12 years as a residential loan officer, currently working for M&I Bank. Olsen has a solid understanding of the gaming industry and also served four years as the financial secretary at his church. If you have any questions, please contact him at gambling@lakevillehockey.org or 952.484.3787.



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. The Editorial staff reserves the right to edit all submissions to meet editorial criteria.

Volunteering offers social and health benefits

Don't forget to sign up for four hours.

When it comes to volunteer rates in the U.S., the Twin Cities area ranks #1. Giving back to our community provides many social benefits, and according to some studies, even health benefits. And with Minnesota ranked as one of the healthiest states in the nation, there could be some correlation. As hockey parents, the main reason we volunteer for the Lakeville Hockey Association is for our kids. Only with our combined efforts and contributions will we continue to make our program succeed.

To strengthen our organization and to ensure we don't fall short of volunteers during tryouts, tournaments and events, we implemented a volunteer requirement during the 2009-2010 season. In addition to working the concession stand as part of the team commitment, parents must fulfill a minimum of four volunteer hours during the season. The four hours are per family, not per child. If you have multiple players in LHA, you are only required to fill the minimum of four volunteer hours.

Note: Families unable to fulfill this four-hour volunteer commitment are required to pay \$125 fee with their last team payment.



Volunteer with a cheerful heart.

It's no secret that kids pick up our habits, so if they witness us enjoying our time at the rink, they're most likely going to repeat that behavior. And the same goes if we do the opposite. Whether cheering in the stands or volunteering on a shift, every one of us represents the Lakeville Hockey Association brand and we should generate positive feelings toward our own members as well as our visitors. A good attitude is contagious, and having fun always makes the time go by faster.

Volunteer Opportunities

Fulfilling your four hours (minimum) of volunteer requirement is easy. Opportunities include:

- Tryouts
- Association tournaments and jamborees
- Fundraising events
- Other events throughout the season

All shifts are posted in the Online Volunteer System on the LHA website, and we notify you of new shifts via e-mail and website postings.

1. Simply log into the system.
 - a. User name: your primary e-mail address that you registered with (lower case)
 - b. Initial password: 10-digit home phone number (no dashes, spaces or parentheses; e.g., 9521234567)
 - c. If you forget your password, you can request your password to be reset. Do not create a new volunteer profile
 - d. Once logged in, you can change your password.



2. Review the shift availability (many shifts available with variable time requirements).

3. Select your shift that best meets your schedule.

4. Once you commit to a volunteer shift, it is your responsibility to cover it.

- a. Cancellations are allowed if made at least 7 days before your shift. If you cancel within 7 days, you must find someone to cover your shift and we will make a shift transfer.

Note: Only shifts tracked on the volunteer website will count toward the four-hour requirement. Concession shifts assigned to teams and any other specific team needs, such as game clock or scoreboard will not count toward the four hours.

Exemptions

All board members, rostered and certified coaches (up to four per team), and team managers (up to two per team) are exempt from the volunteer requirement. As we know, time commitments for these positions far exceed the number of volunteer hours required.

Contact: **Robin Lundberg**,
volunteer coordinator, 612.236.5133,
volunteercoordinator@lakevillehockey.org



Lakeville to Host Three Tournaments

Great Volunteer Opportunity

Lakeville will host three tournaments during the 2010-2011 season.

The Ignite – Girls U10B Tournament, Jan. 21-23, 2011

Teams registered: Lakeville North, Lakeville South, Minnetonka, Mound/Westonka, Princeton, Rochester

The Ignite – Girls U12A Tournament, Jan. 21-23, 2011

Teams registered: Chaska/Chanhassen, Edina Gold, Lakeville North, Lakeville South, Minnetonka, Osseo/Maple Grove, Princeton

The Freeze – PeeWee B2 Tournament, Jan. 28-30, 2011

Teams registered: Andover AHYHA, Bloomington Jefferson, Chaska/Chanhassen, Eastview, Edina Green, Forest Lake, Lakeville North Black, Lakeville North Red, Lakeville South Crimson, Lakeville South Gold, Osseo/Maple Grove, Rosemount, Shakopee, Wayzata, White Bear Lake, Woodbury

The Blast – Bantam B2 Tournament, Feb. 11-13, 2011

Teams registered: Andover Huskies, Forest Lake, Hastings, Lakeville North, Lakeville South, Orono, Osseo/Maple Grove, Woodbury

We will need several volunteers to help make these tournaments successful; so consider this opportunity to fulfill your four-hour volunteer requirement. Watch for an e-mail update when shifts are available on the Online Volunteer System on the LHA website.

Contact: **Joni Canney**, tournament director, 952.469.5321, tournamentdirector@lakevillehockey.org



Last Call for Warmer Warm-ups

Final date to get fitted and to order warm-ups for the upcoming LHA season is **Sept. 25, 2010**; 9 a.m. to 1 p.m., Ames Arena.

This year LHA members will wear Bauer-insulated jackets and standard warm-up pants. The insulated jackets should add some warmth for those cold winter games. We have also changed the look this year. We kept the front LHA patch, and have removed the large North and

South patches from the back for a more streamlined look and to lower the cost.

Although warm-ups are optional this year, they are highly recommended given the new look and feel. Coaches interested in purchasing warm-ups should also attend one of the fittings. Payments are due at the time of fitting.

Costs

Jacket (Youth) - \$37.50

Jacket (Adult) - \$40.00

Pants (Youth) - \$23.50

Pants (Adult) - \$26.00

Contact: **Brett Belschner**, equipment director, 763.257.3585, equipment@lakevillehockey.org



Girls Hockey

U8/U10 Dryland Sessions

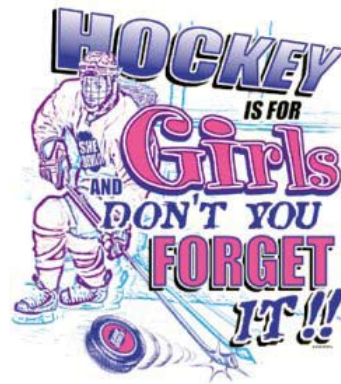
All U8/U10 girls are invited to participate in some free pre-tryout dryland sessions. Come out to get your hockey muscles moving before the winter season begins and have some fun with your friends in the process. Remaining sessions are Sept. 26 and Oct. 3, 5 to 6:30 p.m. at Dakota Heights Park. Please bring a helmet, gloves, stick and tennis shoes. If you have a friend who would like to try hockey, bring them along.

Contact: **Dan Riley**, U8-U10 director, U8U10director@lakevillehockey.org

Free Intro to Girls Hockey Clinic Set for October

We are offering an Intro to Girls Hockey Clinic Oct. 3, 9 and 10, 3 to 4 p.m. at Ames, Rink 2. All girls in grades K-5 are invited to stop by for any or all of these sessions. No need to register.

Please note this isn't a learn-to-skate program, but a chance for girls to learn basic hockey skills such as skating, passing, shooting and playing fun games. Girl hockey players at various levels along with Chris Kohlbeck, U12-U14 director, will oversee the clinic.



Share this information with any girls you think would enjoy learning more about hockey. We are also distributing a flyer at the elementary schools.

Contact: **Chris Kohlbeck**, U12-U14 director, girlsU12U14director@lakevillehockey.org

Titanium Sponsors Offer Free Mouthguards

Three of LHA's Titanium Level sponsors are offering free, custom mouthguards this season for players and coaches.



The American Dental Association has reported that thousands of injuries are prevented each year by mouthguards. However, wearing a mouthguard of any kind cannot prevent injuries from occurring. Our sponsors cannot be held responsible for any damage to teeth or jaws while wearing these mouthguards.

Arnold Orthodontics

Oct. 16, 2010

Dr. Tom Arnold
10920 175th Court West, Lakeville,
Minn. (next to Dairy Queen)
952.892.5300

Red, Proform brand made with
strap attachments

No appointment necessary, but
try to come at the following times.

Mite Prep: 9 to 10 a.m.

Mites/U8: 9:30 to 11 a.m.

Squirts/U10: 11 a.m. to 12 p.m.

PeeWees/U12: 12 to 1 p.m.

Bantams/U14: 12 to 1 p.m.

Mouthguards will be given to the
player's coach or level director within
7 to 10 days for distribution to team
members. Additional or replacement
mouthguards available during the
season, but the charge is \$25.

Cosmopolitan Orthodontics

Available throughout the season

Dr. Trudy Bonvino
17757 Juniper Path
Lakeville, MN 55044
952.469.3333

Cosmopolitan Orthodontics, a LHA
Titanium sponsor, is offering free
mouthguards to players throughout
the 2010-2011 season. Simply call
and schedule a time for a custom
fitting Monday through Friday,
and bring in the coupon posted on
the LHA website.

Allow one week after the impression
appointment to receive your
mouthguard, so please keep this
in mind if you need one before
the tryout clinic, evaluations or
hockey season.

Lakeville Orthodontic Associates

Oct. 5, 3 to 6 p.m.

Dr. Bowlby and Dr. Miller
10440 185th Street, West, Ste. 300
Lakeville, MN 55044
952.435.4000

Lakeville Orthodontic Associates
will take impressions to create
free Proform mouthguards for all
Lakeville Hockey Association players
Oct. 5, 3 to 6 p.m. No appointment
necessary. Their office is located at
10440 185th Street West, Suite 300,
Lakeville (Intersection of Hwy 50
and 185th Street).

They will provide your custom
mouthguard to your team
representative for distribution within
7 to 14 days later. In order to comply
with regulations, the mouthguards
must be colored. If you have
orthodontic appliances, it is better
to use a loose mouthguard that can
be formed in warm water. They will
provide this type of mouthguard
as needed.





Mark Your Calendar



September 2010

25: LHA Warm-up Fitting/Ordering Deadline, Ames Arena, 9 a.m. to 1 p.m.

26: U8/U10 Dryland Sessions, Dakota Heights Park, 5 to 6:30 p.m.

30: Traveling Parent Meeting, Lakeville South High School, 7 p.m.

October 2010

3: U8/U10 Dryland Sessions, Dakota Heights Park, 5 to 6:30 p.m.

3: Intro to Girls Hockey Clinic, 3 to 4 p.m., Ames, Rink 2

4: Registration Deadline for Mite/U8/Mite Prep

5: Free Custom Mouthguard Impressions, Lakeville Orthodontics Associates, 3 to 6 p.m.

5-9 and Oct. 12-16: Squirt, PeeWee and Bantam Fall Tryout Clinics; See website for times.

9: Intro to Girls Hockey Clinic, 3 to 4 p.m., Ames, Rink 2

10: Intro to Girls Hockey Clinic, 3 to 4 p.m., Ames, Rink 2

16: Free Custom Mouthguard Impressions, Arnold Orthodontics, 9 a.m. to 1 p.m.

17: PeeWee, Bantam and U12 Goalie Tryouts; See website for times.

25-29: Mite/U8 Fall Tryout Clinic (Levels 1-4); See website for times.

25-26: Squirt and U10 Goalie Tryouts; See website for times.

25-30: Bantam and U12 Tryouts; See website for times.

28-31: U10 Tryouts; See website for times.

29-31: PeeWee Tryouts; See website for times.

Oct. 30 - Nov. 1: Squirt Tryouts; See website for times.

November 2010

4: Traveling Team Manager Meeting, Ames Conference Room, 6:30 p.m.

6-7 and Nov. 13-14: Mite/U8 Evaluations; See website for times.

9: Traveling Team Manager Meeting, Ames Conference Room, 6:30 p.m.

11 and 13: U14 Tryouts; See website for times.

21: Mite Prep Season Starts

23-24: Jr. Gold Tryouts; See website for times.

January 2011

21-23: The Ignite Tournament, Girls U10B and Girls U12A, Lakeville, Minn.

28-30: The Freeze Tournament, PeeWee B12, Lakeville, Minn.


















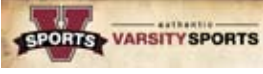






29: LHA vs. NHL Alumni Game and Social, Hasse, 7:30 to 9:45 p.m.

February 2011

11-13: The Blast Tournament, Bantam B2, Lakeville, Minn.

LHA Sponsors

The following local businesses have graciously sponsored the LHA.
Please support their loyalty with your business.

Titanium Level Sponsor	Platinum Level Sponsors	Silver Level Sponsors	Bronze Level Sponsors
<p>Apple Valley Dental Care</p> 	<p>Patterson Dental</p> 	<p>Acceleration Minnesota</p> 	<p>Blue Line Medical Services</p> 
<p>Arnold Orthodontics</p> <p>Cosmopolitan Orthodontics</p>  <p>Lakeville Orthodontic Associates</p>  <p>Metro Sales, Inc.</p>  <p>Moore Fun Party Rental</p>  <p>Rink Rat Hockey School</p>  <p>The Print Shop</p>  <p>Valley Chiropractic Associates</p> <p>Westwood Sports</p> 	<p>Gold Level Sponsors</p> <p>Allstate Insurance — Mark Brodin Agency</p>  <p>Anchor Bank</p>  <p>Crystal Lake Golf Course</p>  <p>Lakeview Bank</p>  <p>South Metro Rental</p>  <p>The Travel Authority</p>  <p>Varsity Sports</p> 	<p>Action Plus Sign Co</p>  <p>Brunswick Zone XL</p>  <p>CGT Ltd.</p>  <p>Fowler Construction</p> <p>Jonathan Zweber Insurance Agency</p>  <p>Rock Hard Landscape Supply</p>  <p>Total Hockey Minnesota</p> 	<p>Contact: Steve Papacek, sponsorship director, 952.221.2049, sponsorshipdirector@lakevillehockey.org</p>

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