

## In this Issue

- Message From the President - Pg. 1
- New: Work Outs with Jeff Linke - Pg 2
- Rink Project List - Pg 2
- Upcoming Events--Pg. 3
- Tips on cleaning hockey equipment - Pg. 3
- More Training Tips Pg 4 & 5
- Star Performances - read about some great achievements by our skaters - Pg. 6

## Message from the President - A Year in Review

Hockey season for some has come and gone and we are well on our way to a summer filled with whatever your family does when not playing hockey. For others, the hockey season is still in full swing with all of the options for summer hockey. I would like to take a moment to look back on the 2008-2009 season and also to look ahead to the 2009-2010 season.

As I look back at last season, I can't help but think we took a great big step in the right direction to rebuilding our program. As many of you know we did not sign our PeeWees, Squirts, or Mites up for a state tournament last season. Instead, we used the money we would have spent and sent each team to a tournament where the kids could have fun, be competitive, and did not feel the pressure to win above all else. As our association strives to rebuild itself and to gain numbers we need to remember that kids ultimately just want to have fun, play hockey, and spend time with their friends. As they start to mature as hockey players through good coaching and skill development they automatically get that competitive spirit that runs deep in all hockey players veins.

This past season we welcomed several new families to our association. Some of them defied the odds of having to start your kid skating just after they learn to walk (like I thought!!) and enrolled their kids in hockey all the way up to U14 level!! This is exciting news and something we as an association need to build on. We also saw the largest group of "Learn to Skate" kids that we have had in several years. Total we had almost 30 kids take advantage of our free learn to skate program. Again, this is

something that as an association we need to continually build on. We have just purchased 10 more complete bags of equipment as a result of this astounding number of kids. We now have 20 full sets of new equipment that can be loaned out for new skaters!

As we head into next season there are a lot of questions and worries about our program. I have already fielded several calls as to the number of kids at each level. Let me assure you all that as a board we are committed to providing hockey for the Grantsburg community at all levels. But, this responsibility does not solely ride on the board alone; it is up to ALL of our association members to continually support GHA throughout the community. Whether in conversation, other sporting events, or just fielding questions from interested parties, always remember to speak positively and encourage others to join. This is how we will attract more families to hockey. We all know the level of commitment it requires to have a son or daughter play hockey. So let's not make it any harder for new people to want to join!

Thanks for a great season and remember WATERCROSS will be here soon and everyone now needs summer fundraising hours so sign up early to get the "GOOD" shifts!!

~ Rick Quimby  
~ GHA President

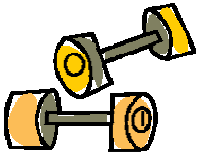


Enjoy the summer and  
get ready for an  
exciting 2009/2010  
season!!

## WORK OUTS AT THE RINK – SATURDAYS THIS SUMMER

**\*\*\* COME TO THE RINK ON SATURDAYS FOR THIS FREE ACTIVITY! \*\*\***

As our summer begins it's easy to lose focus on the upcoming hockey season and the things we should be working on in the off season. GHA would like to help provide a little guidance to all of our players and offer a dry land training session.



Depending on the interest we will offer a session every week (weather permitting) Saturday mornings from 8:00 am – 9:00 am **starting June 27th** – September 26th. These sessions will include cardio, core and upper body strengthening, puck handling and shooting. The program will be initiated and run by Jeff Linke but volunteers would be greatly appreciated to assist in the program.

~Jeff Linke

## CAN YOU HELP ON A PROJECT?

**\*\*\* RINK IMPROVEMENTS - Can you do one of these projects?\*\*\***

*We joked about just assigning projects to people and seeing if they showed up. But instead, we're hoping people will see a project they have the skills and interest for, and volunteer.*

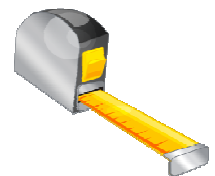
We're trying to accomplish a lot of the rink maintenance, repairs, and improvements this summer. As we prepare to host many High School games, Junior Gold tournaments, plus a State Tournament at our rink next season, we want to be proud of how our rink looks.

Here is a list of jobs that we would like to be done. We are looking for someone to "own" each project, and then they can find volunteers to help them out.

- Roll up all carpet and store above locker rooms.
- Dig in new dasher board around rink.
- Polish all glass and plexi-glass.
- Polish all boards.
- Touch up stain on bleachers.
- Remodel ref's room.
- Build new coaches room on south end next to locker room #6.
- Build Trophy case in concession area, (utilizing two windows to the south.)
- Set new door into concession stand and fix rollup doors.
- Create new secure money box for concession stand.
- Install new locks for rink (East entrance, concession stand, and zamboni door.)
- Clean out zamboni room, build shelves, and tool chest.



If you are interested in taking something on, or have other ideas, please contact RICK QUIMBY and let him know.



## WHAT'S HAPPENING

### \*\*\* Mark Your Calendars \*\*\*

Still have your **JERSEYS** or other borrowed **EQUIPMENT**? Or do you have equipment you would like to **DONATE**? Bring it to the rink **Saturday June 27th** during the Dry-Land Workout and turn it in. THANKS!

**HOCKEY WORK OUTS:** Skaters of all ages are invited to attend. See the "Work Outs at the Rink" article for more information. The next one will be **June 27th** at 8am, and then each Saturday for the remainder of the summer. Check the web-site for any updates or changes in schedule.

**WATERCROSS** is **July 17, 18, and 19** and we need all families to help this be a success! Expect a call soon and volunteer your time to help with this important fundraiser.

Interested in **COACHING**? If interested, send your letter to Rick Quimby by **July 31st**.

**Clean-up & Repair Days:** We'll schedule a few work days during the summer so the rink is ready for the 2009/2010 season. Check the web site for updates. But if the schedule doesn't work for you and you still want to help, just give Rick Quimby a call. We really appreciate it when people just see something that needs to be done, and then they do it!



## CLEANING HOCKEY EQUIPMENT

Many of you have experienced the unforgettable smell of hockey gear while driving home from a game or walking into a locker room. Not only is the smell unpleasant but not cleaning this gear can cause other problems such as skin irritations and infections.

When your child is young the smell doesn't present itself as a problem but the concern for bacteria still exists. As your child matures they will sweat a lot more and leave it behind in their equipment and clothes. Although you should clean the hockey equipment on a regular basis it gets more important as your skater gets older.

Most people do not realize that most of the hockey equipment can be put in a washing machine. To clean your hockey equipment you can put the shoulder pads, pants, gloves, shin guards and just about anything else except skates and helmets into your washing machine. A gentle wash cycle and some good deodorizing detergent can help take care of the odor and bacteria. Just wash and set aside in a nice open area to fully dry. Using OT Spray Fresh® is highly recommended to help kill and take care of the bacteria and odor.

When cleaning a helmet you should make sure you use a very mild soap and water. I would suggest a no tear shampoo and water mixture with a sponge. Just fully wash the helmet inside and out with the mixture and rinse well making sure you get all the soap off. Then fully dry the helmet with a clean towel. Using the no tear shampoo will ensure that if you did not get all the soap your skater will not have stinging shampoo in his/her eyes during the next game. This is a great time to check for any loose or broken snaps on the helmet. Also you should look for any cracks or hard impacts. If you see any cracks REPLACE the hockey helmet immediately.

## MORE OFF SEASON TRAINING IDEAS

### *Print these pages out as a handy reference for summer training ideas*

As we begin to enjoy the spring and summer months the images and memories of the winter hockey season have become a past memory and new dreams for the season ahead are created. No time is better for this as we watch the Stanley Cup Finals and witness first hand what professional hockey players can do on the ice. Always remember that those professionals started out just like each and every one of our youth players and had to learn and hone their skills as well.

Each individual has a different natural talent level but the common factor all pros have is that they work at their game year-round in one way or another. Some players skate 15 hours per week and some only 15 hours the entire summer. Just remember that everyone is different. They all, however, engage in some off-season workouts, ranging from golf to intensive weight training. After being cooped up in an arena all year, there are clear benefits both psychologically and physically to being active outdoors throughout the summer.

A player's off-season routine will vary with his or her age, ability, desire, level of commitment, and long term hockey goals.

What should you do? I have arranged a few suggestions that may help you plan a routine but remember to mix it up and have fun with it. I have found that getting a friend involved helps keep you motivated and offers encouragement.



### Running steps/stairs

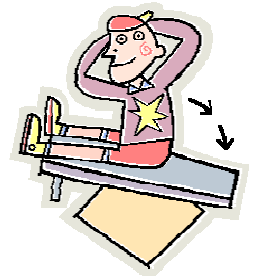
Step training will develop explosive leg strength and quick burst speed.

*Workout Suggestions.* Run 2-4 sets of 3 reps, once or twice per week. Each repetition should involve a 20-30 second burst up the steps, with 45 second rest intervals between each rep. Concentrate on exploding off a deep knee bend, swinging arms front to back, and maintaining a level head position. Change your step workouts to include running every other step, or using only one leg, or a combination of the two. Find what works best for you.

### Stomach crunches

Every shot, change of direction, and all body contact stems from your midsection.

*Workout Suggestions.* Lying on your back, bring your legs up and pull your knees back toward your body forming a 90° angle between your thighs and your upper body. Place your hands on your stomach, NOT behind your head, so you can feel your abdominals contracting. The key is to feel a "burn" and to keep your stomach tight and contracted throughout the entire repetition.



Start by slowly lifting your entire upper body upward toward the ceiling, while contracting your stomach with each "crunch." Keep your shoulder blades off the floor, crunch upward 4-8 inches, hold for one second, then slowly return downward keeping your shoulder blades off the ground the entire time. Repeat slowly and completely, working your way up to three sets of 30-50 reps.

### Push-ups

At any level you need to utilize your strength to separate the other player from the puck by checking, stick work or rubbing them off the puck.

*Workout Suggestions.* Perform push-ups starting with a number that fits your ability. One suggestion would be to perform 10 good pushups take a short break perform 9 pushups and continue this until you reach 1. As you advance continue to improve by working your way back up to 10.

**Inline Skating**

*Workout Suggestions.* Vary your workouts to include distance training and technical skills training. Train on your inline skates 2-3 times per week. To avoid dehydration and sunburn, skate in the morning or evening and drink plenty of fluids.



1) Distance Training: Skate at 50% speed for 20-30 minutes, maintaining a 90° knee bend. Try to find a route with changing scenery.

2) Technical Skills Training: Work on your skating and puck control skills for 30-45 minutes.

Create drills to develop your forward and backward strides, crossunders, turns, stickhandling, passing, and shooting. This is a mental workout, rather than a physical one. The emphasis is on precise execution, not power or speed, and skills must be practiced at a learnable rate.

Inline skating works your quadriceps, hamstrings and cardiovascular system.

**Jumping rope**

*Workout Suggestions.* Change workouts to include jumping with both feet, one foot, and alternating feet. Jump rope 2-4 times per week. Alternate between the following two workouts:

1) Quick Bursts: 30-45 second intervals at the fastest tempo possible without breaking your rhythm, with 1 minute rests between each repetition. Try 3 sets of 3 reps, with a 2 minute rest between each set.

2) Endurance: Gradually work your way up to jumping 20 minutes straight, at a moderated pace, alternating your foot patterns throughout the workout. Set goals of 5, 10, 15, then 20 minutes without a "miss." Jump with a Walkman on, listening to your stereo, or while watching TV. Jumping rope works your wrists, ankles and calves, as well as shoulders.

**Puck control/shooting Skills**

On a smooth surface, using a ball or puck, make up creative stick handling and shooting drills 2-4 times per week.

*Workout Suggestions.* 1) Place pucks in a triangle or any other random pattern and work on your reach and "soft hands." Develop a soft feel for the puck/ball using controlled wrist and arm motions.

2) Hang Gatorade (or similar PLASTIC) bottles from a hockey net and practice hitting the targets from different angles both on the forehand and backhand. Learn to concentrate and focus on hitting your target; never settle for just getting close. Have contests with your friends and family or keep track of your accuracy percentage. Make those bottles dance!

3) Stickhandle a golf ball on a slick surface to develop soft, quick hands. Pay special attention to the sounds of the ball hitting the stick blade. There should be little or no sound. Work on range of motion, reaching the golf ball around your body, even using your feet.

**You know you are a serious hockey parent when...**

- You've used hockey tape to wrap gifts.
- Everything in your wardrobe is your team's colors.
- When someone asks how old your children are, you respond "I have a 95 and a 99."
- All of your computer passwords begin with "hockey" or contain your child's number.
- Your kids ask if Christmas is "home or away."
- Every time you hear a fog horn you wonder who scored.
- You bought a minivan or SUV for the sole reason that it can hold all your kids' hockey equipment.
- You punish your kids with "minors," "majors," and "misconducts."
- You plan birth of your next child so he or she has a good hockey birthday.

**STAR PERFORMANCES**

**\*\*\* Three local players advance through WAHA tryouts\*\*\***

Players from all over the state participated in tryouts starting in March to earn spots in the WAHA player development camps. As many as 700 skaters at each level were evaluated in the first round to fill only 100 spots at the WAHA festival held in April in Green Bay and Oregon WI. From the festival, the players were evaluated once again and 60 players were selected at each level for the WAHA Player Development Camp. In addition, the Girls were selected from this camp to participate in the Central District at the USA Hockey Player development Camp in New York. Five boys will be selected to move on to the Central District Camp after the Development Camp in June.



It is a truly great accomplishment for our association to have three of our players selected and advance so far into the process, and shows that we truly have some of the best talent in the state.

**Congratulations Kassie Lien, Samantha O'Brien, and Dakota Linke!!!**

**\*\*\* Wisconsin State Tournament Results\*\*\***

Congratulations to the Grantsburg/Burnett boys BANTAMS and GIRLS U14 Co-op TEAMS for earning spots at the 2009 State Tournament.

**CONGRATULATIONS BANTAMS FOR WINNING 1ST PLACE AT STATE!**



The boy's team won the 3A Bantam State Championship after their 2-0 victory over Somerset on Sunday, March 15.

**Congratulations Girls U14 for earning 5TH PLACE!**



The U14 Girls Tourney was March 7th & March 8th in Fon Du Lac.