

# *Safety in Ice Hockey: Coaches Symposium*

**Tuesday, October 13, 2009**

**6:30 – 9:30 pm**

**Symposium Room, Ramada Hotel and Conference Center, 1517 16<sup>th</sup> Street SW  
Rochester, Minnesota**

This three hour course is mandatory for all RYHA head coaches and their assistants who will coach during the 2009-2010 season. Coaches assigned after the symposium or otherwise unable to attend will be required to review the material on DVD, complete accompanying questions, and submit them to the Rochester Youth Hockey Association.

This mandatory Safety in Ice Hockey event is sponsored by the Rochester Youth Hockey Association, the Rochester Hockey Foundation and the Mayo Clinic Sports Medicine Center. Their support ensures that 1) no tuition will be charged 2) food and non-alcoholic beverages will be provided and 3) sessions will be videotaped and DVD's made available to all coaches.

## **Faculty**

Dunlap and Seeger Rep	Lorne Grosso	Jay Ness
<i>Matt Bloxham * invited</i>	Todd Huyber	Aynsley Smith
Steve Broman	Dave Krause	Matthew Sorenson
Joe Eischen	<i>Scott Lecy * invited</i>	Josh Spaniol
<i>Bruce Frutiger * invited</i>	Andy Link	Michael Stuart
Kirk Gill	Bob Montrose	Doug Zmolek

## **Objectives**

A primary objective of this symposium is to inform coaches about injuries, including concussions, thereby ensuring competencies in knowledge, prevention, recognition and management.

An objective is to share information about body checking while playing competitive, sportsmanlike hockey and inform attendees about programs in place to ensure fair play.

To prompt discussion and interaction on concerns coaches may have regarding injury scenarios, and on ways Rochester Hockey can achieve excellence, two panels and time for discussion have been included in the curriculum.

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- 6:30-6:40pm      **Welcome and Buffet Dinner**  
*Moderator – Aynsley Smith*
- 6:40-6:55pm      **Concussions and other Catastrophic Injuries in Youth Hockey**  
*Michael Stuart*
- 6:55-7:10pm      **Preventing Injury: Using Equipment Correctly and Teaching Protective Player Skills**  
*Dave Krause*  
*Proper fitting of equipment (helmets, mouth pieces, neck laceration protection;*  
*What works and what does not;*  
*Heads up Hockey*
- 7:10-7:25pm      **Concepts in Hockey Conditioning- Joe Eischen (via video)**
- 7:25-7:40pm      **Checking in Hockey -Doug Zmolek**  
*Giving and Receiving a Body Check;*  
*Making the Boards Work for You and Not Against You!*
- 7:25-7:40 pm      **Playing Tough but Sportsmanlike Hockey- Kirk Gill**  
*Getting player buy-in to your coaching philosophy;*  
*Ensuring selfless/team sportsmanlike hockey;*  
*How to handle a “problem child”*
- 7:40-8:00 pm      **Panel Discussion (Dave Krause, Chad Eickhoff, Doug Zmolek and Kirk Gill) – (Moderator - Michael Stuart)**  
*(Refreshments Available)*
- 8:00-8:15 pm      **Programs to Reduce Concussion, Related Neurotrauma and Promote Sportsmanship- Aynsley Smith**  
*HEP (include data from 2008);*  
*Protect and Respect;*  
*Play it Cool;*  
*Direction of RYHA, MHA, USA Hockey*

- 8:15--8:30 pm      **Coaching Responsibly – A Legal Perspective**  
*A Representative from Dunlap and Seeger Law Firm, followed by:*
- 8:30-8:45 pm      **Open Discussion (What If.....)**  
*(Scenarios will be prompted by attendees, by Matt Hanzel and Matt Sorenson)*
- 8:45-9:15 pm      **Making a Better Tomorrow: Seeking Excellence for Rochester Hockey (Panel) (Moderator - Michael Stuart)**  
*RYHA –Steve Broman and Doug Zmolek*  
*RHF – Jay Ness and Todd Huyber*  
*Rochester Park and Rec – Ron Bastion and Bob Montrose*  
*Rochester High School Hockey – Lorne Grosso, Bruce Frutiger\*, Scott Lecy\*, Josh Spaniol;*  
*Referee - Matt Bloxham\**  
*(\*=not yet confirmed)*
- 9:15-9:30 pm      **Summarizing Safety in Ice Hockey Coaches Symposium**  
**Doug Zmolek**