

Junior Hurricanes Goalie Program Newsletter

September 1, 2015



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Cameron Leonard becomes the 4th Junior Hurricane goalie to commit to a D1 program! (Penn State)

RYHA News

We would like to kick this off with some BIG news: Cameron Leonard has committed to play her D1 hockey at Penn State! Cameron becomes the 4th Junior Hurricane goalie to commit to a D1 program! She has worked hard for it and is very deserving! Way to go Cam!

This year marks the first season in a long time that we don't have David Wright leading us as president of RYHA. Dan Hollis has taken over and it's been a great transition. Most people don't know the excellent job David did for us: we have stability with ice contracts, sound financial footing and forward-looking projections, consistency across all units, and a strong group of coaches. Thanks Dave!

I wanted to make sure everyone has downloaded the League Athletics app for their phone. This app is awesome! After putting in your login info you can get your player's schedule in an instant. Not only that – you can get the entire organization's schedule! I already linked the calendar to my iCal and Google calendar, but this is amazing to see a bigger picture! And it pushes notifications!

Message from the Goalie Director

At our recent Goalie Parent meeting, we talked about possibly having a 4th goalie commit to play D1 and we have it! We are really excited for Cameron, but it is also a reminder about why we spend countless hours doing this stuff: we started working with Cameron years ago and saw that inner drive. After working hard for several years creating good habits, exceptional fundamentals and honing her craft, she was rewarded with a scholarship and the opportunity to play at the next level. While she has had success at the National Camp the past few years, she was recently invited to the first ever National Goalie Development Program for women. We have had one of our boy goalies attend this event for the boys and we're proud we have a woman in the mix as well.

I want to thank everyone for attending the recent meeting. As I stated at the meeting we have been doing a great job with our program. We have helped kids move on to top junior leagues, have several playing D1 college, and have helped create good habits for many of our young men and women. But many of you have not been aware of these things. While we have had numerous articles over the years blasted to the membership or put up on our site about our goalies winning USHL Goalie of the Week, or Goalie of the Month, or playing in a NHL Futures Game, many of you were unaware of these things our kids from Raleigh are accomplishing. So we have made it a mission to try to communicate better with our community. I hope that this newsletter is one part of the process. Please share feedback with me so that we can improve. Our goal is to continue to be the best.

Goalie News

Obviously the biggest news is having one of our goalies commit to a NCAA Division 1 program. As mentioned above, we're very excited for Cameron. As a staff, it's great to see the goalies that we started with years ago, when they are 10-12 years old, come through the program and have success. We understand that there are many options out there but we are confident that our program is one of the best. Our numbers are backing us up!

At the parent meeting we talked about setting up some kind of network for equipment exchange. We are working on it. Jesse Shapiro mentioned it and I will be leaning on him to help set it up. We have talked about different options, whether it is a Google Group or some kind of email alias. Hopefully we can get it set up soon. As a goalie parent I know what it is like to have a growing kid – "I just bought those skates 2 months ago!" If anyone has any ideas please reach out to us.

And last but not least, we are looking at creating a goalie section to the website that is worthwhile to our community. We are goalie coaches, not webmasters, so we will be working with some 'techies' who can help us. As many of you who know us our focus has been on developing the kids, keeping up on the trends in goaltending and staying connected at the higher levels. We are not about flash and pizzazz but more about substance. Hopefully we'll get the website set up soon.

As we try to improve our communication with the goalie community we are looking at setting up our website to be a resource for you.

Nutrition

At this time of year we are starting to head back to the rink. If we are careful we can end up getting into routines that work against our young players. Our schedules are changing and we haven't worked out the carpool arrangement yet. Before we know it the day has gotten away from us and we have to feed the kids. Maybe we stop off for some fast food on the way home.

What our young goalies eat and drink, along with when they consume the food or drink, are very important and can have an impact on their training or performance. Eating fast food that has little to no nutritional value is not giving the body the nutrients it needs to recover from a hard practice or game.

I know many top level coaches that set rules around food or drinks that are poor choices: rules like not having French fries and soda during the season. Many parents tell me years later their child still has not had a French fry or soda and are thankful!

The following article gives some good ideas and info for your young athlete and I would encourage everyone to read it.

<http://www.usahockeymagazine.com/article/2008-09/you-are-what-you-eat>

When I played college hockey or professionally my diet was very important to me. Key takeaways from this article for me – eat 1-2 hours before the event, take time to prepare meals ahead of time, eat 1-2 hours after the event, and add more food high in protein and avoid high sugar items.



For many people, breakfast is hard to fit in. Why?

- Not enough time
- Not hungry
- Not sure what to eat

Become a Student

I would encourage all of our young goalies to become a student of the game. Rather than listen to an old-timer rattling on about the position and the way the game used to be played in the lobby at a local rink, spend time watching the top goalies on television, read up and stay current with the latest magazine articles and find out what the top goalie coaches are saying.

When I was a kid, we used to get The Hockey News. This was always great to get my hands on a publication devoted entirely to hockey! I will admit I have to renew my subscription as the season nears but I never see anyone with a copy at any of the rinks. Come on kids!

Another great resource is InGoal Magazine. This is a website that publishes great articles about equipment, players, tidbits from goalie coaches (my mentor, Mitch Korn [Washington Capitals goalie coach] is often featured), and excellent articles to learn about the position. The site can be found here:

<http://ingolmag.com/>

Resources like this go a long way to helping you young goalies learn how to fit your equipment properly, learn the new ways they are wearing them (lace the pads in, with knots or without, tight straps or loose, etc.), and stay up on the latest equipment! Now there will be no excuse for not having a great Christmas list!

Key Skill

The hockey season is here! Hopefully most of us have taken a break from the ice and improved different skills, strengthened different muscles (which will help them prevent injuries as they grow older), and participated in a different sport!

As the season begins everyone starts getting back on the ice. While it is a good thing to be rusty at the start of the year, we want to get back into the groove as soon as possible. Here are the RYHA we believe in hammering the fundamentals.

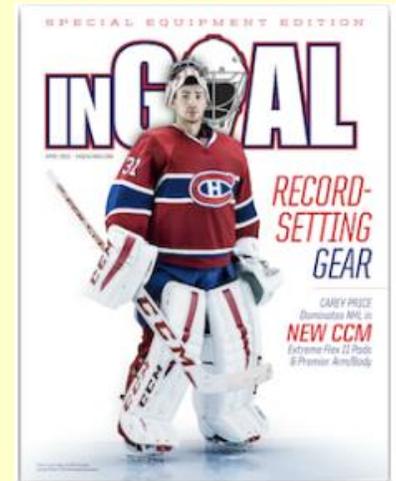
As promised at our goalie meeting, the program progression is shown in this newsletter. This month you will see your young goalie on the ice and they should be working on their skating and edgework – yes, we want them to skate just like the players! As they get older and they want to get out and play the puck they won't be able to do it if they can't skate!

This month's skill for this article is the T-Push. When you need to move side-to-side (laterally) and cover a lot of ground, the T-Push is the effective movement.

Technique:

- Turn head / eyes towards the intended direction and lead with stick and gloves.
- Heel of "lead" leg is brought slightly back towards "drive" leg then pivots in desired direction.
- Weight is placed on the inside edge of the balls of the "drive" leg skate.
- Lift "drive" leg skate slightly off the ice after initial push.
- To stop turn inside edge of the lead leg skate and resist momentum.
- Set feet in stance square to potential shot angle.

Expect to see the on-ice coach working with goalies doing a lot of these this month!



Who doesn't like a mag cover with Carey Price on it?

RYHA Goalie Program progression

- **September**
 - Skating / edgework
 - puckhandling
 - Lateral movement
- **October**
 - Rebound control
 - Angle and depth management
 - Post coverage concepts
- **November**
 - Read and react/reduce guessing
 - Foot speed / agility
 - Poke checks
- **December**
 - Game situations (1v1, 2v1, PP, PK, etc.)
 - Faceoff strategies
- **January**
 - Reinforce fundamentals
 - Desperation saves / unorthodox saves
- **February**
 - REVIEW

Upcoming Events

Labor Day (Game on!)	Sept 7
U11 AAA v Little Caps	Sept 12/13
U16AAA Amer v Atl Knights	Sept 19/20
U13AAA v U14AA	Sept 26/27
NHL Season Starts!	Oct 7
U13AAA v Red Bank/Atl Fire	Oct 9-11
U12AAA v Red Bank	Oct 9-11
Canes Home Opener! (v Det)	Oct 10
U11AAA v Atl Fire	Oct 24/25
U14AAA v Little Caps	Nov 7/8
Columbus Day	Oct 12
Halloween	Oct 31
Daylight Savings	Nov 1
Veterans Day	Nov 11
U16AAA Nat'l v Little Caps	Nov 21/22
Thanksgiving	Nov 26

SEPTEMBER 2015						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER 2015						
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER 2015						
S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



Photo of former Jr Hurricane goalie Sean Romeo playing for University of Maine.

Contact Info

RYHA Goaltending Program

Goalie Coaches

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- Steve Stephenson
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- Leigh Crawford
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“Best line ever to your child after practice or a game is ‘I loved watching you play.’”

—Jeff Giesen | Blaine, Minn. | Minnesota State Associate Women's Head Coach



Trivia



Trivia Question: Goalies – do you know who this is? If you do, email the answer to: wstephenson68@gmail.com

Last Month's Trivia Answer: N/A – this is the first month. Have fun!