

Junior Hurricanes Goalie Program Newsletter

October 1, 2015



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RYHA News

RYHA has launched a couple of new social media options. In addition to the Facebook page there are also Twitter and Instagram options. (Please remember to behave with appropriate conduct!)

Facebook Profile <https://www.facebook.com/Raleigh-Youth-Hockey-Association-120883144662642/>

Twitter <https://twitter.com/OfficialJRCanes>

Instagram <https://instagram.com/OfficialJRCanes/>

I would also like to congratulate former Jr Hurricane Scott Moldenhauer on being name an assistant captain at Western Michigan. The other captains are juniors and seniors and he is the lone sophomore to wear a letter. Congrats Scott!

Kudos go out to Colin Muldoon's U14AAA team for winning the Showcase Tournament in Rochester last month!

I trust everyone is enjoying the League Athletics app with instant updates when the calendar is updated! Get it if you haven't!

And don't forget the Canes season starts next week! You can check out their home opener on the 10th! You can get discounts on tickets on the RYHA site!

Message from the Goalie Director

I am thrilled with the feedback on our program this year. I appreciate everyone's hard work and collaboration. The season has started off well. I am looking forward to keeping it going.

The NHL season is set to begin. The Hurricanes have a home opener October 10th. I am looking forward to seeing how the new players fit in. I am also looking forward to watching NHL hockey on a regular basis. Please encourage your son or daughter to watch some games and become a fan. Kids are not watching enough hockey and it is one of the best ways to improve hockey IQ! (This follows last month's discussion about becoming a student of the game.)

Please continue to share your feedback with us so that we can improve. Our goal is to continue to be the best.

Scott Moldenhauer (pictured on far left) will wear an "A" as a sophomore at Western Michigan this season.



Goalie News

The college season is starting and I am looking forward to seeing how our boys will do this year. Billy Christopoulos embarks on his freshman season at the Air Force Academy while Sean Romeo begins his sophomore season. They were former teammates here with the Jr Canes and played against each other at the junior level. Good luck fellas! (Note – they are joined by former Junior Hurricane teammates Scott Moldenhauer and Trevor Owens at the NCAA Division 1 level. It speaks to the level of our teams that have come through our program.)

The junior seasons have started. The NHL season and college hockey leagues are set to being – check them out on TV or take in a Canes game live! The kids need to watch hockey!

How about the Hurricanes signing Eddie Lack to a new 2 year extension?! I am excited to see him suit up for us. He showed real promise out west and is a promising young talent. Good luck to him!

I hope some of you young goalies have checked out the latest info on InGoalMag's site. Some cool info and great masks!

And thanks to everyone that replied to last month's trivia question. Good luck with this month's question.

Gear

This month we will cover skate sharpening. For most of us we think of getting the skates sharpened and move on. I'd like to remind you that your skates are pretty important – it's the only part of your equipment touching the ice.

It is not as important that you have a certain hollow but rather that your sharpening is consistent. A goalie will get used to the hollow and if it changes each time he/she takes to the ice it can be difficult to move properly. I have added a chart of some typical hollows below, just work with your skate sharpener to be consistent.

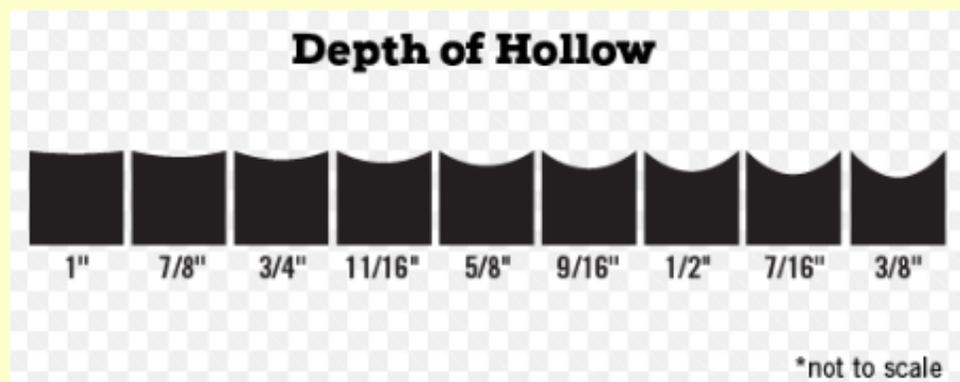
I sat down with Andy Scoggins at Pro Sharp Skate Services – he has a shop at the Iceplex.

Q: What are important factors that you think of when talking about goalies and their skates or equipment?

Andy: First it would be keeping the heel and toe in place and be consistent with your sharpening. Goalies tend to have a flatter rocker and I try to make sure that I don't wear out the heel and toe over time.



Pro Sharp Skate Services takes great care of goalies. Check out their shop at the Iceplex.



Gear (continued)

Another key point is that the kids need to take care of their equipment a little bit better. Let them air out properly, check your straps and screws, and maybe even take the insoles out of the skates once in a while to dry out.

Q: What about a hollow for a goalie skate?

Andy: Well, it's all over the place. Some get 1" and some get 1/2 "...more important is that consistency is key. You want it exactly the same every single time so that the goalie can depend on a certain bite when they push or slide when they shuffle. I try to work with each goalie to provide that consistency time and time again.

Q: Any advice for young goalies?

Andy: Tell me what you are looking for. Do you want more bite? Do you want more glide? Do you want to lean forward more, or lean back more? We can change the profile of the skate to help you be more comfortable on the ice.

Website: <http://www.prosharpskate.com/>



Mom always loves your goalie gear lying around – but at least contain it a little?

Key Skill

This month you are going to see us continue to work on the fundamental skill sets – skating/edgework, moving laterally, forwards and backwards, etc. We will also start to work on some rebound control.

Controlling your rebounds is important for goalies. I often hear from a coach:

"My goalie is doing well but his rebounds are killing us."

I normally ask – "Is it a mental problem or a physical problem?" The look is usually the same – blink, blink.

There are two aspects to controlling your rebounds: the physical skill sets and the mental approach. As is often the case the concept of rebound control is affected by how the goalies are used in practice.

Goalies need to develop their skill sets through repetition. If a coach designs the drills to go too quickly then the goalie is unable to go through his proper progression on each save – this includes playing the rebound!

Goalies need to develop a soft stick for low shots and deflect many of the pucks to the corner. They also need to work with their pads to deflect pucks where they want them to go. For high shots, they need to catch each puck that is shot at their glove and redirect pucks shot at the blocker to the corner. Shots in the belly should be trapped.

These skills get ingrained through repetition and the coach needs to help the goalie by holding him accountable if he is not giving the proper mental effort and getting lazy with rebounds.

Hopefully you will see us working on this important skill this month!

Post Integration

This month we would like to discuss a topic that most young goalies have trouble with – post integration. How do we hug our post? Where does our foot go – inside or outside the post? What about our hands? I know as a goalie I struggled with this until one of my goalies coaches with the Devils helped me as an adult.

Post coverage techniques have been debated by goalies and goalie coaches for decades. Here are two articles that give you some valuable information and options on how to cover both glove and blocker side posts.

<http://ingoalmag.com/technique/post-integration-stick-options/>

<http://ingoalmag.com/technique/post-integration-trapper-options/>

I do want to mention to our young goalies that the VH is not really "in favor" anymore, and has been since replaced by the Reverse VH. Jonathan Quick made this popular and it has since been catching on. While we won't be discussing it here today, we will be covering it in the future.



I like to encourage young goalies to have an active stick. Here the stick can help intercept a pass out front.

Upcoming Events

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

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NOVEMBER 2015						
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29	30					



Eddie Lack has some cool new gear! Ask dad for this for Christmas!

Contact Info

RYHA Goaltending Program

Goalie Coaches

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“We want a guy here who understands the balance between being a hockey player, a student-athlete and a good person. That’s essential here. The really elite ones are self-motivated.”

– Mike Guentzel | Marble, Minn. | Gophers Associate 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: The answer was Ken Dryden. Dryden played college hockey at Cornell where he won 76 of his 81 starts! He made his NHL debut for the Montreal Canadiens in 1971 playing 6 games at the end of the year. He had a real low 1.65 GAA and they went with him for the playoffs and it paid off as they won the Stanley Cup! He won the Conn Smythe trophy as well. He won 5 more Cups before He retired after the 1978-79 season at age 31. He was one of the best to ever play.

Thanks to everyone for the responses!

