



2003-04 season starts with registration

If you haven't done so already, it's time to register your player(s) for the 2003-04 season!

Parents of returning EVHA players should have received a registration packet that was mailed in early August. The packet includes all the information you need to register your player(s) by mail, including a return envelope. If you don't recall receiving the registration form or can't find it, contact Registrar **Liz Reyer** at 651-452-7857 or reyerhar-nagel@msn.com.

There will also be two in-person registration sessions. Both will be held at the Apple Valley Senior Building (next to Hayes Arena). **The dates are Saturday, September 6, 9 a.m. to 2 p.m., and Wednesday, September 10, 5-9 p.m.** In addition to completing registration at these sessions, you can also browse the used equipment sale and order cool new Eastview Lightning apparel and merchandise

Players must be registered prior to tryouts, which start September 20.

Special note for first-time participants: Please bring a copy of your birth certificate; players are not allowed to participate without a copy on file.

Equipment for first-year mites: Most equipment for first-year mites is provided free by the association. Make sure to bring your first-year mite to registration so he or she can get fitted for equipment.

Jersey orders needed now: Do you have a first-year squirt or U-10 player? If so, you need to order them a home/away set of Lightning jerseys. Returning players should also check the fit on their jerseys and order new ones, if necessary. Jersey orders must be received **no later than September 10** in order to have them returned before the start of games this season.

Your player(s) can get fit for and order jerseys at either of the two registration sessions or by contacting Equipment Coordinator **Jim Freeman** at 651-688-0697.



Fearsome Fore!...some

The group of (L to R) Ben Schmitz, Ryan O'Shea, Max Smith and Tony Companion were among the more than 100 people who braved near 100-degree heat to play in EVHA's golf tournament August 18 at Valleywood Golf Course. Thanks to everyone who participated in or contributed to this annual fund-raising event. For tournament results and more photos, visit EVHA's new web site at www.eastviewhockey.net.

New Total Hockey partnership will give all players off-ice skill-development time

EVHA is committed to a philosophy that emphasizes development of all players in our program. With that goal in mind, we are excited to announce a new off-ice training program for the 2003-04 season. EVHA is beginning a partnership with Total Hockey, a new off-ice training facility in Eagan, to provide all teams and players access to a training program designed to improve hockey skills in each individual.

The Total Hockey program was created by former NHL player and college coach **Dean Talafous**. Dean has used his 25 years of hockey training experience, along with the latest technology and research, to design an innovative program that focuses on improving each player's skating, shooting and puck-handling skills.

The Total Hockey program has enjoyed tremendous
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Let's Play Hockey!

Clinics and tryouts in September

Labor Day and the start of school are right around the corner, and so are pre-tryout clinics and tryouts.

Pre-tryout clinics are highly recommended for all players. The clinics are a great way to get warmed up for the season and practice skills that will be evaluated during tryouts. The clinics run September 5-7 and 12-15 at the Eagan Civic Arena (East).

Tryouts are September 20-21, 27-28 and 29-30. Information explaining the tryout process and evaluation methods will be available to all players and parents at the tryouts and also on the new EVHA web site at www.eastviewhockey.net.

Detailed schedules for clinics and tryouts were mailed with registration materials and are readily available on the web site.

Mite clinics will be held Thursday, October 16 through Saturday, October 18, during teacher conventions (no school). Mite evaluations will be held Saturday, October 25, and practices begin in early November. For more information about the mite program, call coordinator **Kurt Chatfield** at 952-322-5359.

Attention All Coaches!

Many prospective coaches have already expressed an interest in being considered for a head coaching position this season.

If you would like to be considered but have not yet expressed your interest in a head coaching position, send an email to **Brooks Smith** at bcsmith@medcarelifts.com. The coach selection committee will be contacting coaching candidates soon to schedule a brief interview time.

All EVHA coaches are required by the association and District 6 to be USA Hockey certified. The level of certification needed depends on which level you coach.

- **If you are not currently certified** you must attend a clinic and receive your certification card before you can step on the ice.
- **If you already have a card**, make sure you have the certification required for your level and, if you have not attended a clinic in the past three seasons, you will need to attend a refresher clinic, regardless of the certification level required.

For information on certification and coaching clinics, go to www.minnesotahockey.org and click on Hockey Clinics. EVHA will reimburse you for the clinic fee; contact Treasurer **Dave Hinker** at hinkerdh@msn.com for reimbursement.

Welcome to eastviewhockey.net

By **Dean Frederickson**, EVHA President

I am very excited about our new, dynamic web site at its new .net address: www.eastviewhockey.net. If you haven't done so already, please take a minute or more to bookmark the new site and check out all the content, applications and interactive features it has to offer. Individual team pages will enable coaches and managers to handle most team business online, including scheduling, score reporting, budgeting, sharing team news and photos - even sending team emails to instantly notify parents and players of schedule changes and team events. We hope you like the new site and will use it throughout the season. Let us know what you think of the site and suggestions for improving it even more. Many thanks to Treasurer **Dave Hinker** for all his hard work getting the new web site off the ground. Web site volunteer opportunities are available.

With tryouts and the start of the new season upon us, I encourage all players to participate in the pre-tryout clinics offered by the association. The clinics are a great way to prepare yourself for the start of the season and practice many of the skills that will be evaluated in tryouts. Tryout Coordinator **Rob Kleven** and his committee have worked hard this summer to put in place a process that remains fair and equitable for all players. We will use the same outside evaluators as last year and have made a couple of improvements to the process based on your input from previous years.

Please help spread the word about our mite hockey program. Free equipment is available to all first-year players. Mite participation has increased substantially since the association started the free equipment program a few years ago. New this year is the option to play on an *all-girls* mite team. If you have questions contact Mite Coordinator **Kurt Chatfield** at 952-322-5359.

Finally, I would like to thank **Jim Penkivech**, **Mark Mense** and **Jack Grotkin** for their generous help in making the 4th of July Parade and the EVHA float a huge success!

Total Hockey

(continued from front page)

success in Dean's initial Hudson, Wisconsin, location and we will be one of the first associations to take advantage of the new Total Hockey facility in Eagan, located on Highway 13 at Silver Bell Road.

This season, all EVHA teams above mite level will be scheduled for six, two-hour training sessions at the Total Hockey facility. These off-ice sessions, which run October through December, will be placed on each team's schedule, just as a practice would. To keep family schedules from getting even busier and costs still reasonable, each two-hour session at Total Hockey will replace one hour of on-ice practice time.

Each off-ice session at Total Hockey will include an hour of warm up and stride-related drills focused on improving speed, balance, quickness and agility. The second hour will focus on shooting, stick-handling, passing and shooting, and training on Total Hockey's unique speed ramp to improve quickness and explosiveness. Goalies will have the opportunity to train with Total Hockey's puck shooting machine.

We believe this new partnership with Total Hockey will benefit our players with improved individual hockey skills and an appreciation for the benefits of off-ice training. For more information about the Total Hockey program, visit their web site at www.totalhockeytraining.com.

If you have questions, call **Gordy Christian**, EVHA Director of Hockey Operations, at 651-905-9616 or glchristian@yahoo.com.

Mites and U-10s to use blue pucks

To comply with a recently approved mandate from USA Hockey, all EVHA mite teams and U-10 girls team will use lighter-weight blue pucks starting this season.

The blue pucks weigh 4-4.5 ounces compared to the standard black puck at 5.5-6 ounces. According to USA Hockey, "This careful decision was based on significant studies and testing in the field and is designed to give USA Hockey's youngest members the opportunity to learn the game and develop their skills with a puck that is more in proportion to their size and strength."

Go to www.eastviewhockey.net
for the latest EVHA scores & news,
and much more ...

Volunteer toward a successful season

The success of our players, our teams and our association as a whole is possible only with the help of many coaches and volunteers. Now is the time to start thinking about how you can actively participate to help make your team's 2003-04 season a successful and rewarding one.

Current volunteer opportunities/needs

Parents are needed to help organize and run the 5th Annual Eastview Classic U10/12B Girls Hockey Tournament the weekend of December 12-14 at the Eagan Civic Arena. Contact **John Wilharm** at 952-432-5995 or john.wilharm@mt.com.

Tryout helpers are needed for the following dates: September 20-21, 27-28 and 29-30. Contact **Rob Kleven** at 952-432-4891 or kleven@charter.net.

Web site volunteers are needed. Help us continue to build and maintain a premier hockey association web site. Experience is helpful but not required. Contact **Dave Hinker** at 952-423-1036 or hinkerdh@msn.com.

Volunteers are still needed to help staff registration sessions on Saturday, September 6, 9 a.m.-2 p.m., and Wednesday, September 10, 5-9 p.m. If available, contact **Liz Reyer** at 651-452-7857 or reyerharnagel@msn.com.

Opportunities after teams are formed

- Team manager
- Team fund-raiser coordinator
- Team party host
- Game helpers: time clock, penalty box and score-keeper
- Team water bottles – wash and fill for practices and games
- Team photos and video

Be a Team Manager

Each team is required to have a manager to handle team business and keep things running smoothly. The responsibilities are many and varied, and the perks are invaluable. What does it take to be a team manager?

- Great organizational skills;
- An ability to communicate well with coaches, parents and players, and
- Follow through and attention to details.

Team managers receive a job description and training at the beginning of the season where you can ask questions and get advice from veteran team managers. Also new this year, each team will have its own team page on the EVHA web site to post schedules, organize the budget, send team e-mails, and much more. Training will also be provided for this great new tool.

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Girls hockey update

We look forward to another fun and successful season for the EVHA girls' teams. Last year, all of our teams experienced success in league play and tournaments, as evidenced by all the hardware that was proudly displayed at the season-end reception. Although our numbers are not as big as we would like, our talent and desire runs deep.

This year we anticipate fielding one team each of U14-A, U14-B, U12-B and U10. There will be a tryout for the U14-A team. Because of an imbalance in the number of girls in levels U12 and U14, some U12-eligible girls will likely be asked to move up to the U14 level. The number of girls who will move up will be based on registration and team size, and a predetermined process based on age will be used for selection.

We hope the addition of an all-girls mite program this year will jumpstart participation in our girls program. Please help spread the word.

For more information, call Girls Coordinator **John Wilharm** at 952-432-5995 or john.wilharm@mt.net.

We Want To Hear From You

Share your ideas and information for a future issue of *EVHA Slapshot* by sending an email to newsletter editors **Tony & Jenny Taschner** at tasch@unique-software.com.