



## Letter from the President

Welcome All to the 2009-10 CYHA Hockey season. As always the Board is very excited to be underway with this Season. We want to remind everyone that this is "Just A Game" and we are here to have FUN! Our children have a lot of influences in their everyday lives and it is our GOAL that CYHA is a Positive influence, one that they will look forward to participating in and excelling with.

As parents, coaches and spectators we have a direct impact on their experiences, our conduct is crucial to their development as children and young adults.

Our Association has a great reputation throughout the State for our Parent Ed. Program and the conduct of our Parents, Coaches and Players is 2<sup>nd</sup> to none. Please, lets keep up that reputation and remember... **"It's Just a Game"**

### Locker rooms

When coming to Shove Park please pay attention to the Locker room assignments. It is crucial that we follow the assignments set forth by the Shove Park Staff. When we start playing league games we cannot put Home and Away teams next to each other. Home Teams are Locker rooms 1&2. Visitors are 3&4.

If Mites 1&3 have a early morning practice they need to be considered Home and Away teams and follow the Locker room Assignments, this sets up the rest of the days schedule.

Also as per the CYHA Hand Book, a Board Approved Coach must be in the Locker Room at all times with the Team. Please ensure that the Locker Room is cleaned up and any items left behind get to the Lost and Found.

Thank-You in advance for your cooperation and I look forward to seeing you at the rink.

Ken Duquette



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## SAY CHEESE!

Please remember picture night is scheduled for November 3, 2009 at Shove Park. Please see the schedule on page 5.

## 2009-2010 CYHA Tournament Schedule

Nov 20-22, 2009	Camillus Cougar Thanksgiving Challenge
Jan 8-10, 2010	Midget Holiday Classic
Jan 29-31, 2010	Camillus Mite Invitational
TBA	Camillus Tyke Festival

# 2009-10 CYHA Board Positions

President	Ken Duquette
Vice President	Dave Philippone
Treasurer	Dave Harter
Secretary	Pat Erwin
Tyke Director	Bob Bartlett
Mite Director	RJ Lenhart
Squirt Director	Jim Corcoran
PeeWee Director	Pat Erwin
Bantam Director	Lori Keyes
Midget Director	Tom Lynch
Travel Director	Scott McDonald
Girls Directors	Tim Faulkner
Snowbelt Rep.	Loni McGuigan
Ice Coordinator	RJ Lenhart
Sponsorship/Fundraising	Ken Duquette
Snack Bar	Dave Philippone
Registrar	Dan Alfieri
Golf Tourn. Committee	Scott McDonald
	Tom Lynch
	RJ Lenhart
	Jim Corcoran
Tournament Coordinator	Tom Lynch
Parents Ed	RJ Lenhart/John Katko
ACE/Coaches Development	Jack Guthrie
Ref Money Liaison	Tom Lynch
Equipment Manager	Pat Erwin
Newsletter	Loni McGuigan
Ice Scheduler	Lynda Gilday
Referee Scheduler	Cici Sauda
Parents Org.	Lori Keyes
Scholarship Committee	Pat Erwin
	Ken Duquette
	Lori Keyes
	Dave Harter
Cross Ice Coordinator	John Wager/Jim Corcoran
Website	

## Cross-Ice Mini-Jams

Again this year Camillus will participate in the Central Section cross ice program with area organizations further enhancing the players skills. The schedule will be posted in the next few weeks for this series of "Mini-Jamborees". This program is rolled out to the Mite B teams, the Tyke 2 program and toward the end of the season the Tyke 1 program will be involved. Bob Bartlett, our Tyke Director and David Harter, will coordinate this program for CYHA. This series consist of surrounding minor hockey associations playing cross ice games against each other. The Mini-Jam season will last 14 consecutive weeks (Dec. thru Feb.) Each Team will play approximately 12 games. Cross-Ice rules will apply to each event (No score kept, no icing, no offsides, etc

## Mites

Hello Everyone and Welcome to the 2009-2010 hockey season.

I hope everyone had a great summer and looking forward to a tremendous hockey season. With several practices in, the teams are looking good with the kind of enthusiasm special to Camillus.

This year the Mites are looking forward to some good competition from our fellow organizations and to get some extra ice time in with the Half-Ice program that was started last year and continuing this season.

Our Mite Tournament is scheduled for January 29, 30 and 31<sup>st</sup> and will once again showcase Camillus Hockey and Cougar Hospitality. Take some time and plan to come out and watch the future of Camillus Hockey and see first hand what FUN youth hockey really can be.

RJ

COUGARS on three...1, 2, 3...

## CYHA to Host Coaching Clinic

CYHA will be hosting a Level 3 coaching clinic on Saturday, November 7, 2009 at West Genesee High School. Please report to Cafeteria 3 at 8:00 a.m

## Calling All New Referees

While we have no involvement in referee training, CYHA encourages our members to attend referee seminars. Not only does it allow children to earn money, but it teaches them the rules of the game and provides a local pool of referees to work CYHA games at Shove Park. The seminars are put on by the New York State Amateur Hockey Association ("NYSAHA"). The schedule for this fall has not yet been finalized, but CYHA will provide the most current available information at registration. You can also check out the NYSAHA web site at [www.nysaha.com](http://www.nysaha.com).

## Registration Results

Tykes	45	Mites	42	Squirts	54
PeeWees	44	Bantams	39	Midgets	36

Girls Combined 67

## Useful Websites

For Youth Hockey information, check out:

<http://www.cyha.org>

<http://www.nysaha.com>

<http://www.snowbelthockey.org>

<http://www.USAHockey.com>

<http://www.arenamaps.com>

# CYHA Parents Organization The Season is Underway!!

Teams are picked and the playing has begun. Go Cougars!!!!

The **CYHA CLOTHING SALE** will continue this season on Monday nights during Clinic. We are selling NikeBauer **WARM-UPS** and lots of new apparel such as Camillus Cougars **TEE SHIRTS, NEW HOODIES, GOLF TEES and FLEECE JACKETS**. Please see our table in the lobby on Mondays during Clinic. Thank you for your support of the clothing sale. It shows **Great Spirit** to wear our **Cougars** name.

The Annual Used Equipment Sale went well this season. I hope you found all that you were looking for and/or sold some of that equipment that just didn't fit any longer. Checks will be written soon and you will be mailed shortly for those of you that sold equipment. If you have any questions, please call Lori Keyes at 487-4220.

If anyone has any leads to first aid kit items (especially **ice packs**) that can be donated, please call Lori Keyes at 487-4220. First aid kits have been purchased by the Parents Organization. If you still need a first aid kit, please call Lori Keyes.

**PICTURE NIGHT** is **Tuesday November 3<sup>rd</sup>**! The schedule is printed in this edition. Envelopes will be coming soon!

**MEET THE WILDCATS** event will be help on **Saturday November 14<sup>th</sup>**. There will be a **coaching clinic** from **2:30-3:30pm** hosted by the HS coaches. From **4:00-5:00pm** the Wildcats will **scrimmage** each other! Come out and watch them in action!! **Stay to tour** the **West Genesee Wildcat Locker Room** after the scrimmage! The WG Athletic Boosters will be on site with WG Apparel as well as a bake sale!! **It is sure to be a fun afternoon and all are welcome!!**

The Travel teams will be hosting the **Annual Thanksgiving Travel Tournament** over Thanksgiving weekend. We will be hosting a bake sale and raffling off baskets again this year. If you have any contacts or suggestions for raffle items, please let us know. Stop down to Shove Park to check things out and watch some great youth hockey in action. Thanks!!

Please feel free to call any one of us at anytime with any questions or suggestions you may have. Our contact information is located on the website under the CYHA Parents Organization section. If you are

interested in helping out with any of our functions throughout the year, we would love to hear from you!

We hope you are enjoying the beginning of the season! **Go Cougars!!!**

Have a safe and Happy Halloween!

Lori Keyes Carol O'Mara  
Cindy Procopio Jo-Ann Trice  
Kim Purcell Kristin Smith  
Jen Birchler Kristin Corcoran  
Jane Sasso

## CYHA Picture Night Schedule Tuesday November 3, 2009

5:00-5:30pm	Tyke I Off ice (~35 kids)
5:30-6:00pm	Tyke II Off ice (~15 kids)
6-6:15pm	Squirt 1 and Squirt 3
6:15-6:30	Mite 1 and Mite 2
6:30-6:45	Mite 3 and Mite 4
6:45-7:00	Girls 12U and Squirt 2
7:00-7:15	Peewee Travel & Peewee 1
7:15-7:30	Squirt Travel & Girls 14U
7:30-7:45	Peewee 2 & Bantam Travel
7:45-8:00	Bantam 1 & Bantam 2
8:00-8:15	Girls 19U/16U
8:15-8:30	Midget 1 and Midget 2



# 2009-2010 Coaches Selection

The CYHA Board of Directors has selected the following head coaches for the 2009-2010 season:

Tyke 1 Tyke 2	Dan Hozhauer Ryan Patrick
Mites	Robert Lenhart (Mite "A") Tom Landry (Mite "B1") Dave Schneid (Mite "B2") Dave Harter (Mite "B3")
Squirt Travel	Bill Holzhauer
Squirt Snowbelt 1 Squirt Snowbelt 2 Squirt Snowbelt 3	Jim Corcoran Scott Clarke Bill Hamm
PeeWee Travel	Scott McDonald
PeeWee Snowbelt 1 PeeWee Snowbelt 2	Pat Erwin Rob Neimeier & John Katko
Bantam Travel	Jack Guthrie
Bantam Snowbelt 1 Bantam Snowbelt 2	Tom Fucillo Ken Duquette
Midget Snowbelt 1 Midget Snowbelt 2	Ed Gasparini Matt Mason
Girls 12U Girls 14U Girls 16U Girls 19U	Jenee Kawejsza Don Sauda & Mike Mathews Mike Mclimans Tim Faulkner



# USA Hockey Coaching Education Requirements

Set forth below are the USA Hockey Coaching Education Requirements:

USA Hockey requires that the following set of coaching education levels must be the **minimum criteria** for districts and/or affiliates. Different districts may have additional requirements, so please check with the District Coach-In-Chief for compliance.

All coaches (head and assistant) must have the USA Hockey Coaching Education Program card by December 31 of the calendar year.

Level of Play	Coaching Education Program Level
<b>Mites</b> <i>(all 8 and under programs)</i>	<b>Level 1</b>
<b>Squirts</b>	<b>Level 2</b> <i>(prerequisite Level 1)</i>
<b>PeeWees</b>	<b>Level 3</b> <i>(prerequisite Level 1 and 2)</i>
<b>Bantams</b>	<b>Level 3</b> <i>(prerequisite Level 1 and 2)</i>
<b>Midgets</b>	<b>Level 3</b> <i>(prerequisite Level 1 and 2)</i>
<b>Midgets</b> <i>Tier I and Tier II (National Tournament Bound)</i>	<b>Level 4</b> <i>(prerequisite Level 1, 2 and 3)</i>
<b>High School</b>	<b>Level 3</b> <i>(prerequisite Level 1 and 2)</i>
<b>Junior C</b>	<b>Level 3</b> <i>(prerequisite Level 1 and 2)</i>
<b>Junior A &amp; B</b>	<b>Level 4</b> <i>(per individual league guidelines)</i>
<b>Girls/Women 10 &amp; Under</b>	<b>Level 1</b>
<b>Girls/Women 12 &amp; Under</b>	<b>Level 3</b> <i>(prerequisite Level 2)</i>
<b>Girls/Women 15 &amp; Under</b>	<b>Level 3</b> <i>(prerequisite Level 1 and 2)</i>
<b>Girls/Women 19 &amp; Under</b>	<b>Level 3</b> <i>(prerequisite Level 1 and 2)</i>

## We Can Email You Schedules and News

We can email you the two-week ice schedules and other CYHA news. Send your request to [cyhascheduler@aol.com](mailto:cyhascheduler@aol.com)

# Sponsorship

Sponsorship continues to be an important source of income to CYHA that allows us to provide additional services without raising registration rates. Listed below are our Sponsors from last season. Please support them whenever you can.

## Hat Trick Level

- [Camillus Optimist Club](#)
- [Coca-Cola Company](#)
- [Geddes Federal Savings and Loan](#)
- [Summit Automotive](#)
- Camillus Subway
- C&S Companies
- Dr. Fitzgerald (In Memory of)
- Dr. Mark A. Paciorek DDS, MS, P.C.
- Dr. Saad Sobhy, Sobhy Electrodiagnostic & Pain Medicine, P.C.
- Fairmount Fire Department
- Hiscock & Barclay, LLP
- KBM Management, Inc.
- McNamara's Banquets Pub and Catering
- McKie Sports
- MCL Industries, Inc.
- Murray's Heating & Air Conditioning
- Omnicor Biomedical Services, Inc.
- S&L Specialty Contracting, Inc.
- Sugarman Law Firm
- Syracuse Banana
- Syracuse Orthopedic Specialists
- Vector Construction Corp.

## Shut Out Level

- Camillus Dance Centre
- Camillus Police Benevolent Association
- Camillus Rotary
- Camillus Youth Softball and Baseball Association

- Carol M. Baldwin Breast Cancer Research Fund
- CKH Plumbing
- Daniel's Grill
- David Freyer Nationwide Insurance Agency
- Dr. Michael Lentini, Chiropractic Wellness Center
- Ferrara, Fiorenza, Larrison, Barrett & Reitz, P.C.
- Greenlawn Cemetary
- Hair It Is
- Holy Family Church
- Jim's Lawncare
- Joseph L. Lucchesi, Esq. of Mangano, Lucchesi & Collins
- Mark's Pizzeria
- Midstate Printing Corp.
- Oot & Associates, PLLC
- RockTenn
- Sports Physical Therapy of NY
- Universal Properties LLC.
- West Genesee Athletic Club
- Westar Federal Credit Union
- Wolff Goodrich and Goldman, LLP

## Also thanks to:

- Bristol Myers Squibb
- Mackenzie Hughes LLP
- United Way
- West Side Physical Therapy
- Wise Guys Entertainment

*Additional information about our Sponsorship program is included with the registration materials available at [www.cyha.org](http://www.cyha.org) . You may also contact David Philippone directly for sponsorship materials at [dphilippone@ootandassociates.com](mailto:dphilippone@ootandassociates.com) or 427-4014.*



## *2009 Camillus Youth Hockey Golf Tournament*

*Please take the time to thank and patronize our Hole Sponsors.*

<i>Fairmount Fire Department</i>		<i>911</i>
<i>CYHA Parents Organization</i>		
<i>West Genesee Athletic Club</i>		
<i>Camillus Softball/Baseball Association</i>		
<i>West Genesee Hockey Alumni Association</i>		
<i>NY Workers Compensation Board</i>		
<i>Pen &amp; Trophy</i>	<i>111 E. Willow St. Syracuse</i>	<i>422-8797</i>
<i>C.H. Insurance</i>	<i>100 Madison St. #100 Syracuse</i>	<i>234-7500</i>
<i>Hiscock &amp; Barclay Law Firm</i>	<i>300 S. State St. Syracuse</i>	<i>425-2700</i>
<i>Pastas Italian Deli &amp; Catering</i>	<i>2123 Milton Ave Solvay</i>	<i>488-5400</i>
<i>Partners in Parenting</i>	<i>5402 W. Genesee St. Camillus</i>	<i>468-3902</i>
<i>Saving Face Barber Shop</i>	<i>W. Genesee St.</i>	
<i>Buranich Funeral Home Inc.</i>	<i>5431 W. Genesee St. Camillus</i>	<i>487-2412</i>
<i>Deli-Boy</i>	<i>3005 Milton Ave Solvay</i>	<i>488-4411</i>
<i>Blue Tusk Restaurant</i>	<i>165 Walton St. Syracuse</i>	<i>472-1934</i>
<i>Logos Plus (Clothing/Embroidery)</i>	<i>108 Silver St. East Syracuse</i>	<i>432-5065</i>
<i>State Farm Insurance (Steve Lamonica)</i>	<i>2601 W. Genesee St. Syracuse</i>	<i>488-7666</i>
<i>John's Auto Care</i>	<i>2913 Milton Ave Solvay</i>	<i>468-6880</i>
<i>Kleberg Heating &amp; AC</i>	<i>4176 St. John Dr. Syracuse</i>	<i>559-6051</i>
<i>MWA Financial (Bill Krist Jr)</i>	<i>245 Whittier Ave Syracuse</i>	<i>727-3512</i>
<i>Sabert Insulation</i>	<i>1179 Van Vleck Rd Syracuse</i>	<i>463-2117</i>
<i>RK Johnson Associates Insurance</i>	<i>4921 W. Genesee St. Camillus</i>	<i>468-3062</i>
<i>CNY Services</i>	<i>518 James St Syracuse</i>	<i>478-2453</i>
<i>Martin Construction</i>		

<i>Milton Cat</i>	<i>294 Ainsley Dr Syracuse</i>	<i>476-9981</i>
<i>William Moore Construction</i>		
<i>Finishing Touch Remodeling</i>	<i>2368 Hunt Rd, Camillus</i>	<i>427-8419</i>
<i>Total Lighting Concepts</i>	<i>6671 Commerce Blvd, Syracuse</i>	<i>437-6711</i>
<i>McNamara's Pub</i>	<i>5600 Newport Rd. Camillus</i>	<i>672-8872</i>



*The following companies graciously provided many gifts for our raffles*

*Edible Arrangements*  
*Anheiser Bush/InBev*  
*Floral Tributes*  
*Time Warner Cable*  
*Subway (Westvale Plaza)*  
*Blue Tusk Restaurant*  
*Logos Plus (Clothing/Embroidery)*  
*Brooklyn Pickle*  
*Syracuse Police Benevolent Assoc.*  
*Jreck Subs*  
*Sports Outfit*  
*CH Insurance*

*Pier 1 Imports*  
*Syracuse Crunch Hockey*  
*Pete's Polar Parlor*  
*H L Cook Dry Cleaners*  
*Bryant Optical*  
*Saving Face Barber Shop*  
*Westvale Golf Course*  
*Cora D's Restaurant*  
*Moe's Southwest Grill*  
*Cupcakes & Smiles*  
*Reebok*  
*Under Armour*

*CYHA*  
*Kasson Rd. Liquors*  
*Midas Muffler/Brake*  
*China Pavilion*  
*Patricks Dry Cleaners*  
*JD's Fish n' Grill*  
*Kirby's Grill*  
*Sports Authority*  
*Dunkin' Donuts*  
*Walmart*  
*The Fun Warehouse*

# **Camillus Youth Hockey**

## **Power Play Raffle**



**First Prize - \$5,000.00**

Ten - \$100.00 winners

Ticket Cost: \$50.00 each, sales are limited to 300.

Ticket sales open to the public: November 1, 2009.

CYHA parents and supporters can reserve your tickets now!

Drawing Date: March 29, 2010 – CYHA Annual Meeting. You do not need to be present to WIN!!!

To reserve your tickets now or for further information please contact Tina Dee at [tdee877926@aol.com](mailto:tdee877926@aol.com)

Prizes amounts may be reduced based on the total number of tickets sold.

# How to Select a Hockey Stick

(How the Correct Stick Increases the Efficiency of the Highly Elastic Collision Between a Hockey Stick and a Puck)

By: Coach and Dr. Michael J. Franklin ©

Published by: Youth Hockey Online

When the great Gordie Howe was asked in an interview what was the most common error made by young hockey players today he said it was selecting the incorrect hockey stick. From my experience as a scientist and coach, I fully agree. A hockey stick must be selected on two main physical characteristics: size and flex. When speaking of size it is not only the length of the stick but also the size of the shaft, size of the blade and weight of the stick. An incorrectly fitted hockey stick I feel is more detrimental to the development of a hockey player than incorrectly fitted skates.

To fully understand why selecting the correct hockey stick matters we must first understand what happens when a hockey stick strikes a hockey puck. We will describe the interaction of the player with the stick and puck in common terms. When a hockey stick hits a hockey puck the energy necessary to cause the puck to travel at high speeds does not come solely from the strength of the player. This is evident when you watch players like 2004 NHL MVP Martin St. Louis who is 5'9" and 185lbs but can shoot the puck nearly 100mph. How does he do this? He selects the proper stick and understands the power is in the form AND the stick.

When a player takes a hockey shot regardless if it is a wrist shot, snap or slapshot a significant amount of energy comes from the coiling of the stick's shaft. By coiling I mean the bending of the stick's shaft. We will use the slapshot as our discussion point since this is the most exciting for young players to shoot and best illustrates our reasoning for proper stick selection. Although, as a coach I like to see the wrist and snap shot developed before the slapshot. The reason for this is the accuracy of a wrist shot can be transferred to a slapshot but the opposite is not always true. I am talking about proper follow through, hand position and body mechanics. It is difficult for any young player to get the mechanics of a slapshot correct unless they understand and can execute the wrist and snap shot. An efficient wrist, snap or slap shot is highly dependent on the correct stick selection.

When shooting a slapshot the blade of the stick should hit the ice surface 2-4 four inches behind the puck. If done properly, you should hear two sounds in quick succession, the stick striking the ice then the blade hitting the puck. As the stick hits the ice and slides towards the puck the player should be rotating their hips open, transferring their weight from the back to the front leg and bending their knees. The fundamental mechanics of the hips are similar to hitting a baseball. Why does the player need to rotate the hips, transfer their weight and bend their knees? This is the motion that allows the player to coil or bend the shaft of the hockey stick. Next time you see a picture of a NHL player taking a shot notice the shape of the shaft of their stick and how flexed their knees are. The coiling of the hockey stick is where the stored (potential) energy comes from that causes the puck to travel at high speeds. Another important aspect is where the puck strikes the blade. If you remember your high school physics and lever arms, you will know that the farther away from the heel of the stick you hit the puck the more twisting force the puck puts on the shaft of the stick, which can decrease accuracy. The puck should hit about halfway between the middle and heel of the blade. When the stick finally hits the puck there should be a significant bend in the shaft of the stick, this is the coiling of the stick. Shortly after the stick hits the puck the shaft of the stick uncoils and releases the stored energy and this energy gets transferred from the shaft of the stick through the blade and to the puck. The energy stored in the stick's shaft that gets transferred to the puck is the main energy source for causing the puck to travel at high speed. The player's ability to bend the shaft of the stick is based on the flex of the stick, the size of the shaft and the mechanics of the player when they execute the slapshot. This is why flex and size of a stick are so important especially for young players.

I have seen it many times in my years of coaching that the parents buy their young player an adult stick because the youth's favorite NHL player uses the same stick. This is doing a significant disservice to the young player and your pocket book. Why is this? The first

thing you have to do when a young player uses an adult or junior stick is trim the shaft to fit the youth player. The cutting of the shaft changes the flex rating of the stick. To illustrate: take a popsicle stick and hold it at both ends and try to bend it near the middle, it flexes fairly easily. Now cut 25% of the popsicle stick off and try to flex the remaining 75%. You need much greater force to get the same amount of flex compared to when the popsicle stick was whole. This same effect happens when you cut an adult or junior stick to fit a youth. A 95 flex stick may become 100 or even 125 flex once cut. The shorter you cut a stick's shaft the more strength it takes to flex it. So if an adult uses a 95 flex stick, how can a youth coil the shaft of the same trimmed shaft that is now over 100 flex? The youth will never have a powerful slapshot, snap or wrist shot since they all require the shaft to bend. I recommend a 40-65 flex for all players under 100 pounds. How will you know when to buy a higher flex? When the player's shot starts getting erratic or they break the shaft. Why does an erratic shot indicate the flex is too low? When the flex is too low the player will over coil the shaft and the stick becomes what is called a whip stick. The shaft is coiled so much that the shaft's energy causes the blade to whip in space and the player will lose accuracy on their shot.

Let's examine the other characteristics of the hockey stick that affect a young player. The size of the shaft is rarely considered when selecting a stick but may be as important as the flex. What is easier to stop from spinning a large or a small shaft, keeping in mind the size of a youth player's hand? All things being equal a smaller shaft is easier to hold. When a young player is given an adult or junior stick to use the shaft is about 15-25% larger in size compared to a youth stick. This makes it harder to prevent the stick from rotating when the player hits the puck. If the player can not firmly hold the stick from moving or rotating in their hands they will not have a hard or accurate shot. As we discussed earlier a significant amount of energy is transferred from the coiled shaft to the puck. We also mentioned the need to hit the puck closer to the heel than the tip of the blade. The blade of the sticks acts as a lever (moment) arm that tries to transfer some of the energy stored in the coiled shaft into twisting (torsional) energy that could cause the shaft to rotate in the player's hands. So if a player uses a shaft that is too large for them to hold firmly some of the energy that should be used for accelerating the puck is used to rotate the stick in the player's hands, causing the puck to move slower and be off target.

Next let's examine the length of the blade. As mentioned previously the length of the blade has a direct effect on how much the stick tends to want to rotate in the player's hands. If the youth player is using an adult stick then the blade will be longer. Again this creates a larger lever (moment) arm that tends to want to twist the stick in the player's hands. Also, when an opposing player strikes the end of the longer adult blade they apply more force due to a longer lever (moment) arm causing the player's stick to rotate and lose the puck off their blade. Another point to consider is: when a youth player is using a smaller youth blade then graduates to a larger blade the larger blade will appear huge to the player and give them more confidence and control of the puck.

Lastly let's look at the weight of the stick. An adult stick weighs significantly more than a youth stick due to the larger shaft and blade. The added weight will hinder the quick movement of the stick especially when the player is a defense man and sweeping their stick in front of themselves to prevent a pass or shot. A lighter youth stick will allow the player more coiling, speed and acceleration when they shoot the puck. It will also allow them to move the stick faster and with more force in defensive moves and poke checks.

Now let's briefly discuss the difference between wood and composite sticks and shafts. A composite stick bends more evenly, has greater acceleration when it uncoils and is lighter. The down side of composite sticks is the higher acceleration and release speed of the puck off the blade tends to cause youth players to be less accurate with them. The shorter the time the puck spends on the blade the harder it is to control. The composites also do not telegraph the feeling of the puck through the stick to the player as efficiently as a wood stick does. A youth player needs to feel the puck on their stick to gain confidence in their stick handling. The feel of the puck on a wooden stick is much more evident to the stick handler when compared to a composite stick. Once a youth player can handle the puck with their heads up they are ready to graduate to a composite stick.

Finally, how do you size the length of the stick to the player? With skates on, hold the stick up to the front of the player with the blade down and the shaft vertical. The top of the shaft

should end between the player's chin and nose. Some players, like myself, have their sticks cut below the chin, this tends to aid in handling the puck when it is close to the body. Defensemen will normally have longer sticks but it should not extend past the player's nose. When a stick is too long it is easier for an opponent to move the player's stick due to increased leverage and it is much harder for the player to play the puck close to their body. The best stick handlers I have ever coached had their stick cut 2 inches below their chin. This player could weave the puck not only through opponent's legs but his own skates too. His near body puck control was amazing, and he was consistently at the top of the leader board.

You would not expect a youth baseball player to use a 32oz bat so why expect a youth hockey player to use an oversized stick. There is a wide selection of 45 flex and lower youth sticks on the market. Select one that fits your player in flex, weight and length. Do not let the marketing select the stick for you. Have the player hold the stick in their hands with their gloves on and you try to twist the stick. It should take a significant effort for you to twist. Also, have the player hold the stick on the floor with their hands in shooting position and try to flex the shaft of the stick. They should be able to flex the shaft without using all of their strength. If they can not flex the shaft with medium effort at least an inch the flex is too high. This all applies to adult and junior selection of sticks too. If you need help, go to a reputable hockey shop and ask for help in selecting the correct stick. If your youth player has a strong shot due to the correct selection of their stick they will be a much happier player. Good luck and game on!

Any correspondence related to this article can be sent to: [mfranklin6@yahoo.com](mailto:mfranklin6@yahoo.com)

# Town of Camillus Parks & Recreation

## Ice Hockey Skills Clinics @ Shove Park

### 2009-2010

**Participants:** Open to residents in the Town of Camillus or West Genesee School District

**Instructors:** West Genesee Varsity Hockey Coaches

**Registration:** At Parks & Recreation Office at Shove Park

**Fee: \$30** (Checks Payable to Town of Camillus Department of Parks & Recreation)

Day	Date	Time	Division(s)
Monday	October 26	7:10 PM	Mite
Monday	October 26	8:10 PM	Peewee
Monday	November 2	7:10 PM	Squirt / Girls 14U
Monday	November 2	8:10 PM	Bantam / Midget / Girls 19U
Monday	November 9	7:10 PM	Mite
Monday	November 9	8:10 PM	Peewee
Monday	November 16	7:10 PM	Squirt / Girls 14U
Monday	November 16	8:10 PM	Bantam / Midget / Girls 19U
Monday	November 23	7:10 PM	Mite
Monday	November 23	8:10 PM	Peewee
Monday	November 30	7:10 PM	Squirt / Girls 14U
Monday	November 30	8:10 PM	Bantam / Midget / Girls 19U
Monday	December 7	7:10 PM	Mite
Monday	December 7	8:10 PM	Peewee
Monday	December 14	7:10 PM	Squirt / Girls 14U
Monday	December 14	8:10 PM	Bantam / Midget / Girls 19U
Monday	December 21	7:10 PM	Mite
Monday	December 21	8:10 PM	Peewee
Monday	December 28	7:10 PM	Squirt / Girls 14U
Monday	December 28	8:10 PM	Bantam / Midget / Girls 19U
Monday	January 4	7:10 PM	Mite
Monday	January 4	8:10 PM	Peewee
Monday	January 11	7:10 PM	Squirt / Girls 14U
Monday	January 11	8:10 PM	Bantam / Midget / Girls 19U
Monday	January 18	7:10 PM	Mite
Monday	January 18	8:10 PM	Peewee
Monday	January 25	7:10 PM	Squirt / Girls 14U
Monday	January 25	8:10 PM	Bantam / Midget / Girls 19U
Monday	February 1	7:10 PM	Mite
Monday	February 1	8:10 PM	Peewee
Monday	February 8	7:10 PM	Squirt / Girls 14U
Monday	February 8	8:10 PM	Bantam / Midget / Girls 19U

# West Genesee Wildcats Hockey 2009-10 Schedule



**Frank S. Colabufo, Varsity Hockey Coach**  
 113 Tudor Lane / Camillus, NY 13031  
[fcolabuf@twcny.rr.com](mailto:fcolabuf@twcny.rr.com)  
 (315) 559-4438

Day	Date	Time	Opponent	Rink	Note
Wed.	Nov. 18	7:00 PM	Skaneateles	Allyn Arena	Scrimmage
Thu.	Nov. 19	7:00 PM	Rome Free Academy	Kennedy Arena	Scrimmage
Fri.	Nov. 20	7:30 PM	Christian Brothers Academy	Shove Park	Scrimmage
Tue.	Nov. 24	7:30 PM	New Hartford	Shove Park	Non-League
Wed.	Nov. 25	7:00 PM	West Genesee Alumni Game	Shove Park	Alumni Game
Tue.	Dec. 1	7:30 PM	Baldwinsville	Shove Park	League
Fri.	Dec. 4	5:00 PM	Fairport v Suffern	Shove Park	Wildcat Classic
Fri.	Dec. 4	7:30 PM	Saratoga	Shove Park	Wildcat Classic
Sat.	Dec. 5	2:30 PM	Consolation Game	Shove Park	Wildcat Classic
Sat.	Dec. 5	5:00 PM	Championship Game	Shove Park	Wildcat Classic
Tue.	Dec. 8	7:30 PM	Cicero-North Syracuse	Shove Park	League
Fri.	Dec. 11	TBA	TBA	Massena Arena	Massena Inv.
Sat.	Dec. 12	TBA	Massena	Massena Arena	Massena Inv.
Tue.	Dec. 15	7:15 PM	Liverpool	Coliseum	League
Sat.	Dec. 19	5:30 PM	Potsdam	Shove Park	Non-League
Tue.	Dec. 22	7:30 PM	Ithaca	Shove Park	League
Tue.	Jan. 5	7:30 PM	Fayetteville-Manlius	Shove Park	League
Sat.	Jan. 9	7:00 PM	Oswego	Crisafulli Rink	League
Tue.	Jan. 12	7:30 PM	Auburn	Shove Park	League
Fri.	Jan. 15	7:00 PM	Baldwinsville	GBIA	League
Tue.	Jan. 19	5:00 PM	Cicero-North Syracuse	Twin Rinks	League
Fri.	Jan. 22	7:30 PM	Liverpool	Shove Park	League
Fri.	Jan. 29	6:30 PM	Ithaca	The Rink	League
Tue.	Feb. 2	7:30 PM	Fayetteville-Manlius	Twin Rinks	League
Fri.	Feb. 5	7:30 PM	Oswego	Shove Park	League
Tue.	Feb. 9	6:00 PM	Auburn	Casey Park	League

### Section III Tournament

	Feb. 15-17	Division I Sectional Qualifiers	Higher Seed (if necessary)
	Feb. 19-20	Division I Sectional Semi-finals	Higher Seed
Fri.	Feb. 26	Division I Sectional Championship	Allyn Arena

### Regional Championship

Sat.	Mar. 6	Section 10 Champion	Section 3 Champion
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### New York State Final Four

Sat.	Mar. 13	New York State Semi-finals	Utica Auditorium
Sun.	Mar. 14	New York State Championship	Utica Auditorium