

# KCYHA NEWS

## KCYHA AND HCA MIDWEST HEALTH ANNOUNCE LONG TERM PARTNERSHIP AGREEMENT

KC Youth Hockey and HCA Midwest Health are proud to partner with each other through the 2018 hockey season. HCA will be the official healthcare partner for KCYHA and will provide multiple services to families and athletes in the organization. Services and benefits include providing athletic trainers at checking games (Bantam and High School ages), baseline concussion testing for athletes, post-injury testing along with educational programs for parents and coaches.

HCA Midwest Health is the area's largest healthcare network, consisting of hospitals, outpatient centers, clinics, physician practices, surgery centers and an array of other services to meet the healthcare needs of the greater Kansas City area. More than bricks and mortar, what makes HCA truly unique are the thousands of compassionate, caring professionals that work tirelessly to not only provide our patients with the highest quality of care when sick, but who also remain committed to keeping patients well.



## TRAVEL VS HOUSE HOCKEY: WHICH IS THE RIGHT CHOICE?

Should your player play house or travel hockey? While house hockey and travel hockey are both fun and competitive, house emphasizes more on the fun, and travel emphasizes more on the competitive side. As players begin to develop, competition begins to increase and the opportunity to take the jump to the next level is opened up. Here are a few differences between playing travel and house hockey that you should consider:

### **Tryouts**

Before the start of the season, tryouts will be held for all aspiring travel players as a way of choosing the best possible players to make up a team. Tryouts are usually held mid-late August. Players are chosen by coaches based on their specific skills and abilities which will give the team the best opportunity to win games. Tryouts can be extremely nerve-wracking for both the player and the parents, and emotionally and mentally intense as not everyone will make the cut.

House league involves a range of skills and levels of play with no tryouts. Teams in a house league are typically less intense and more balanced for more fair play.

### **More Competition = More Commitment**

Parents who intend to enroll their kids in travel hockey should know the time commitment that is involved. House teams typically have 1- 2 hours of practice per week, with most weekends only having one game. Travel teams practice approximately 2.5 - 3 hours per week, plus three to four games per travel weekend. Additional out of town tournaments, games, extra practices, and off-ice training are also possible. All of which require a significant time commitment from the whole family. *(continued on next page)*

## Road Trips

Playing at the travel level requires playing against similar competition. This involves road trips to play teams from other areas. House league teams are based locally and will play games in the Kansas City metro area; travel teams participate in the MO Hockey league based out of St. Louis, plus participate in additional tournaments outside of the metro. Travel means additional expenses, such as gas, hotels, equipment and food.

Parents should be prepared to pay more for their child to play travel than house league. The benefit to this is they will be playing more games against a higher level of competition, receive more hours of practice, and are led by some of the most qualified youth hockey coaches in Kansas City.

No matter if your child plays for a house or travel team, hockey is meant to be FUN for both the players and spectators!



**Health Tips and Monthly Sports Medicine Blog from HCA Midwest Health can be found on the HCA link on our KCYHA homepage at [www.kcyouthhockey.com](http://www.kcyouthhockey.com).**

## WINTER WORKOUTS: PRACTICING IN COLD TEMPERATURES

*by Betsy Kellerman, ATC/LAT, Manager of the Overland Park Regional Medical Center Sports Medicine and Concussion programs*

Sports practice and training doesn't take a break due to cold weather. If your young athlete decides to practice outdoors, make sure to follow some simple tips to keep them safe in the cold.

- \* If your young athlete is going outside in the cold, stay safe — and warm. Make sure she has a snack before going out. The calories will give her growing body energy in the cold weather.
- \* Make sure to protect their face with sunscreen. The idea of a sunburn in January can seem odd, but snow can reflect up to 85% of the sun's ultraviolet rays.
- \* Kids should dress warmly in layers of clothes. If the top layer gets wet from snow or freezing rain, they can peel off some clothes down to a dry layer.
- \* Avoid cotton clothing because it won't keep them very warm. Stick with wool or other fabrics. Dress him in long underwear, a turtleneck, and a sweater and coat. Add more layers depending on the temperature.
- \* Waterproof pants and jackets are great top layers because they don't let the wetness seep into the other clothing. The cold-weather ensemble wouldn't be complete without warm socks and boots to keep feet dry and a hat to top it off.
- \* Teach your young athlete the warning signs for frostnip, frostbite's early warning sign. It usually affects areas of skin exposed to the cold, such as the cheeks, nose, ears, fingers, and toes, leaving them red and numb or tingly.
- \* Frostnip can be treated at home and gets better with rewarming. Bring your child indoors immediately. Remove all wet clothing. Wet clothes draw heat away from the body. Immerse chilled body parts in warm (not hot) water for 20 to 30 minutes until all sensation returns. Don't let your child control the water temperature during rewarming. Numb hands won't feel the heat and can be severely burned by water that is too hot. Body heat also can be used to rewarm. Don't use heating pads, stoves, fireplaces, or radiators to rewarm because the affected skin can be numb and easily burn. Call your doctor if sensation does not return or there are signs of frostbite and/or hypothermia.

There's no set amount of time kids should be allowed to stay out in the cold. However, when being cold becomes unpleasant, it's time to go inside. Sometimes, though, kids may just need some dry gloves. It helps to have an extra pair of gloves or mittens tucked into their pockets if they plan to be outdoors for a while.

For more sports medicine tips, please visit <http://oprnc.com/sportsmedicineblog>.