

# Checking In

Navy Youth Hockey Assoc. "somewhat" Monthly Newsletter  
Vol 1.3



## Note from the Board

Seasons Greetings!

Yep - we are half way through December which means we are exactly half way through our season. Before we completely turn our brains off of hockey and on to more important things that this time of year brings our way we'd like to get your feedback on how the season is going so far. We typically do an end of year survey but it's hard to address concerns after-the-fact. In this spirit, please take a moment to fill out our survey and let us know your thoughts. We welcome your input!

On behalf of the entire Navy Youth Hockey Board and Hockey Directorate - we wish you all a wonderful holiday season and Happy New Year!

Stay healthy, stay safe - GO NAVY!

-Kristen  
NYH, President

[NYH Survey](#)

## Coach's Corner

### *Musings from and about your coaching staff*

#### **Drills and Skills**

#### **12 days of Christmas drills and games to shake up mid-season slump!**

Here are 12 Fun Hockey Drills & Games to break up the monotony of practice rituals during the dog days of the season with extra fun. Not only will players be more engaged during their time on the ice if they are having fun, but they will work harder, laugh louder,

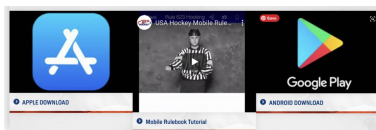
#### **Coach Highlight - Sean Gildea**

U10 Gold ~ Sean grew up playing locally at Bowie, competing on teams from Mites through Midgets. He played there through high school while also playing four years of Varsity Hockey and three years of Varsity Baseball at DeMatha. His senior year hockey team was inducted into the DeMatha Hall of Fame in 2017. After high school, Sean played four years of Division 1 baseball at Mount Saint Mary's

and the team will become closer because of it.

[Fun Drills](#)

University earning all-conference honors as well as the school's male student-athlete of the year award as a senior. He is in his fourth season working with NYH beginning with the Learn to Play program



## USAH Has a Mobile Rulebook App

The Official Rules of Ice Hockey is the essential resource for players, coaches, referees, parents and fans. Included are USA Hockey's official playing rules and interpretations, referee signals and detailed rink diagrams. USAHockeyRulebook.com is the website version of the current USA Hockey Playing Rules.

[Read More](#)

## Girls Hockey



We're excited to share the news that the Washington Capitals have just announced their program "ALL CAPS, ALL HER", which "recognizes and supports female players, coaches, referees, parents, advocates, students and leaders in the community." The program is based on four pillars aimed at bolstering the women of the DC hockey community: Youth and Adult Hockey Programming, Coach and Referee Development, Professional Development and Networking, and Families of Hockey. To learn all this program has to offer, please visit the [ALL CAPS, ALL HER](#) site.



Join the U.S. Women's National Team as they showcase their collective 'why' this fall on the My Why Tour, presented by Toyota. Be there to support the top women's hockey players in the U.S. on their road to Beijing as they push to make the final roster of the 2022 U.S.

[Read More](#)

## Other Cool Stuff

## Arden/Cammarata Special Skills Sessions - *holiday edition*

### December 30

U10 & Younger: 9:00 AM -10:50 AM

U12 & Older: 11:00 AM - 1:00 PM

### December 31st

U10 & Younger: 9:00 AM - 11:00 AM

U12 & Older: 11:10 AM - 1:00 PM

All sessions at Bowie Ice Arena

Cost: \$240 for both sessions and \$100 for one session for Navy Youth Hockey players. (*all others \$280/\$140*)

[Clinic Registration](#)

## USEFUL RESOURCES at the ready...

- [NYH COVID POLICIES](#)
- [USAH Rulebook](#)
- [SAFESPORT](#)
- [Coach Zach and Ashley's holiday wish list](#)
- [CBHL](#)
- [CCHL](#)
- [NYH Parent Portal](#)
- [NYH Board Minutes](#)
- [NYH Newsletter Archives](#)



[Navy Youth Hockey Website](#)



Navy Youth Hockey Association | 1290 Bay Dale Drive, #268, Arnold, MD 21012

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