Letter from the President

Hello to all players, parents, coaches and the entire Alexandria Area Hockey Association (AAHA)! I hope you are enjoying your summer and extra family time as we get closer to fall. It’s that time of year when everyone starts thinking about going back to school … and HOCKEY!

As we enter Fall, we recognize the COVID variant and it’s impact continues to change and the plans we are making may require modification depending on guidance from local and state governing bodies, but please be assured that AAHA is committed to providing the safest and fullest experience for our hockey community. We recognize the importance that hockey plays in the lives of our players and community and we are doing everything we can to get us back on the ice and in the stands.

We are planning for a full 2021-22 season. We ask that players register early so we can plan accordingly. New this year is an early bird discount for all travel age players of $150. This discount is available now through August 31st.

Each year we reflect on the previous season to ensure we are putting the best structure in place and we were excited to announce in June that AAHA will be fielding a AA team at the Bantam and Peewee levels. Going forward, our hockey committee and board of directors continue to meet and make improvements in order to make your hockey season the best experience possible.

Our association is growing and this is a direct reflection of the great job of our coaches, hockey committee and the board of directors in doing everything we can to make sure the kids and families enjoy the great sport of hockey. If you are interested in getting involved and participating on a committee, please contact myself or a board member. We need people to step up and serve in a variety of roles. AAHA is a non-profit organization largely driven by volunteers.

We need everyone’s participation to take our program to the next level. Come to the rink with a great attitude, give it your all and have fun! As players and parents, we dedicate a lot of time, expense and effort to hockey. I ask for your full cooperation to represent the AAHA program with pride to make this a positive experience for all.

I look forward to seeing you at the rink!!

Brian Klimek
AAHA President
The Alexandria Area Hockey Association operates strictly on a volunteer basis. It relies on its members to keep it operating and running smoothly. This allows the AAHA to keep participation in its programs as affordable as possible. AAHA uses the “Dibs” online tool through Sports Engine to assign and claim volunteer responsibilities.

For the 2021-2022 season, the per-skater volunteer requirement, buy-out costs and penalty for not fulfilling your volunteer requirements are as listed below.

Total **CREDITS** required per skater: (volunteer “shifts” are worth a set amount of credits based on time and type of job)

<table>
<thead>
<tr>
<th></th>
<th>Credits</th>
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<tbody>
<tr>
<td>NON-TRAVEL (All mites, 6U, 8U)</td>
<td>7</td>
</tr>
<tr>
<td>TRAVEL (squirts, peewees, bantams, 10U, 12U, 15U)</td>
<td>14</td>
</tr>
<tr>
<td><em>FAMILY MAXIMUM</em></td>
<td>28</td>
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The cost (per skater) to **BUY-OUT** of your volunteer requirements (only at time of registration):

<table>
<thead>
<tr>
<th></th>
<th>Cost</th>
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<tbody>
<tr>
<td>NON-TRAVEL (All mites, 6U, 8U)</td>
<td>$225</td>
</tr>
<tr>
<td>TRAVEL (squirts, peewees, bantams, 10U, 12U, 15U)</td>
<td>$450</td>
</tr>
<tr>
<td><em>FAMILY MAXIMUM</em></td>
<td>$900</td>
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The **PENALTY** (per skater) for not completing all of your families volunteer requirement by the end of the season:

<table>
<thead>
<tr>
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<th>Penalty</th>
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<tbody>
<tr>
<td>NON-TRAVEL (All mites, 6U, 8U)</td>
<td>$250</td>
</tr>
<tr>
<td>TRAVEL (squirts, peewees, bantams, 10U, 12U, 15U)</td>
<td>$500</td>
</tr>
<tr>
<td><em>FAMILY MAXIMUM</em></td>
<td>$1000</td>
</tr>
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The full volunteer policy can be found on the AAHA website and we recommend that you read through it prior to registration. Make sure your Sports Engine account is up to date with current information as this will be how we communicate information regarding Dibs and volunteer opportunities throughout the season. Please keep in mind that the goal of the Volunteer Policy is to distribute the workload among ALL of the hockey families to help offset fees. Thank you for your time with this vital part of our association. If you have any questions and/or concerns, please contact us.
Alexandria Area Hockey Association

BlueLine News

Fall 2021

What is New and Overview:

Directors Report:

Body Contact Clinic:

We are proud to announce that MN Hockey will be leading body contact clinics for our U12/PW and U15/Bantam aged players on 10/2 or 10/3 depending on level and group. These clinics will be woven into fall league and be part of your fall league registration.

Minnesota Hockey is proud to provide body contact clinics. This clinic will help train your game so that you have the skills and confidence to play to the best of your abilities in tight, physical situations while also reducing the likelihood of injury.

***ALL coaches at each of these levels are strongly encouraged to attend***
Squirt/U10 House League:

Squirt house league will be Tuesday evenings and will coincide with a mixed practice. Approximately 10 Tuesdays will be dedicated to each house league team having a 50 min house league session where standings will be tracked throughout the season and a 50 min skills based practice. On these nights all players will have a 120 min commitment.

Wednesday Morning Skill Sessions!

We will be offering defensive skills, offensive skills, and stickhandling/shooting sessions on Wednesday mornings for all U12/PeeWee and U15/Bantam players. All sessions will include a focus on power skating. Sessions will run from 6:00 am - 7:00 am beginning September 15th.

**Offensive Skills** - 5 sessions (9/15, 10/06, 11/3, 11/24, 12/15)

**Shooting/stickhandling** - 5 sessions (9/22, 10/13, 11/10, 12/1, 12/22)

**Defensive skills** - 5 sessions (9/29, 10/20, 11/17, 12/8, 12/29)

You may sign up for one of the skill specific clinics or all if you choose. Pricing for the skill sessions will be as follows:

1 Skill - $60 for the season

2 Skills - $110 for the season

All 3 Skills - $150 for the season

*Max of 60 registrants per session

**New this year! If you sign up for all 3 skill areas and attend 90% of sessions, you will receive a $40 refund (3 skill areas for the price of 2).
USA Hockey IntelliGym:

We will once again be offering subscriptions to the USA Hockey IntelliGym during the registration process.

USA Hockey IntelliGym™ enhances your attention allocation and improves your working memory...with a hockey specific focus. It will improve how the athlete processes information and makes timely decisions.

The feedback thus far has been positive by implementing the training program 1-2x a week, 30min sessions. Combined with your on-ice practices involving time and space, it as a helpful addition to your off-ice training.

Here is a link to a story that ran as the Lead on KARE 11 News:  https://vimeo.com/236089498

Resources:
http://www.usahockeyintelligym.com/coaches-corner
https://drive.google.com/drive/folders/1CECKnP09nit46Pzi0V3Ncxtb9dhCWzK2?usp=sharing

This program will be offered to all skaters who are U12/PeeWee and above. Pricing will be as follows:
6 month subscription for $60
12 month subscription for $100

If you choose to purchase this software, an activation code will be distributed via email before the start of the season. Each person will install the software (5min) and set up individual usernames and passwords.
Are you or your skater (U12/PW and above) interested in becoming a referee?

Zoom is the online platform for all USA Hockey Virtual Classroom Seminars, and attendees will not need a Zoom Account to attend. However, we recommend using the brief tutorial video to learn more about accessing Zoom Meetings (other useful tutorials may be found by searching "Zoom Meeting Joining Process" on YouTube).

You will receive a confirmation email once you are registered for the seminar. However, the Zoom access link and password will be shared separately by email an hour or two before the start of the session by the Seminar Instructor.

**NOTE:** Zoom Meetings can be accessed through your:

- Computer (preferred)
- Personal tablet device
- Mobile phone (not recommended)

All of the seminars this year will be online. (Zoom meetings)

Here are the dates of the seminars that will be conducted by d-15 instructors.

New level 1. October 24th 9am in Sauk Centre
Returning level 1&2. October 24th 9am in Sauk Centre
Level 3. September 23rd 6-9:00pm or October 6 6-9:00pm (these two options are via ZOOM)

Register using this [LINK](#).
Peak Performance:

Heartland Orthopedic Specialists strives to provide communities with a fun learning environment where individuals perform age-appropriate activities to maximize health and well being, and reduce the chance of injury. PEAK Performance is based on the model of Long Term Athletic Development (LTAD). The LTAD framework focuses on age appropriate activities. Sports development programming is tailored to suit basic principles of growth and maturation, especially during the 'critical' early years of their development, enabling them to fully reach their potential.

This year AAHA will be integrating weekly off-ice training for our older travel teams. AAHA has been working closely with PEAK Performance to deliver a program for these ages to develop critical aspects of athlete training. Areas of strength, flexibility, mobility, nutrition, and hockey skills are all a part of this new and exciting program. Each team will train at the PEAK Performance center 2x per week (U15/Bantam) and 1x per week (U12/PW) for 15 weeks included with the registration fees for these levels.
Preseason Overview:

**AAHA Level Philosophies**

Team declarations for the 2021-2022 season:

Jr. Gold
Bantam AA/B/B2
PeeWee AA/A/B/B2
Squirt A/B/B/B2
U15 A/B
U12 A/B
U10 A/B

Goalie specific practices on Monday evenings. We will also continue utilizing the new Northstar Sports Complex (NSC) at all levels this winter so be aware of practice and game location when heading to the rink.

**Fall League:**

9/12-10/14: Registration and the calendar are now live, so subscribe to your group via the SportsEngine app or the AAHA calendar. This registration includes a body contact clinics for our U12/PW and U15/Bantam aged players on 10/2 or 10/3 depending on level and group.

**Fall Tryout Clinic:**

10/15-10/20: This option will be available while registering for the season. These sessions are typically run by the Cardinal High School Coaches.

**Tryouts:**

10/25-10/30: Each level will have 4 sessions. PW and Bantams will travel to Fergus Falls one session and will be hosting Fergus Falls on another.

[Tryout Letter/Information]
**Mites:**

Parent Meetings will be on Saturday October 24th

Mite House League will take place on 10 Sunday’s (Olympic, Wild, Gopher, U8, U7) during the season

Our Home Jamboree will be February 18-20 (Olympic, Wild, Gopher, U8, U7)

Mite Night will be on February 20th (May be subject to change - Blizzard, Cardinal, Whitecaps)

**Mite Levels: Boys**

<table>
<thead>
<tr>
<th>Level</th>
<th>Birthdate</th>
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<tbody>
<tr>
<td>Olympic Mite</td>
<td>6/1/2012 – 6/30/2013</td>
</tr>
<tr>
<td>Wild Mite</td>
<td>6/1/2013 – 6/30/2014</td>
</tr>
<tr>
<td>Gopher Mite</td>
<td>6/1/2014 – 6/30/2015</td>
</tr>
<tr>
<td>Blizzard Mite</td>
<td>6/1/2015 – 5/31/2016</td>
</tr>
<tr>
<td>Cardinal Mite</td>
<td>6/1/2016 – 5/31/2017</td>
</tr>
</tbody>
</table>

**Mite Levels: Girls**

<table>
<thead>
<tr>
<th>Level</th>
<th>Birthdate</th>
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</thead>
<tbody>
<tr>
<td>U8</td>
<td>6/1/2012 – 6/30/2014</td>
</tr>
<tr>
<td>U7</td>
<td>6/1/2014 – 6/30/2015</td>
</tr>
</tbody>
</table>

**Beginner Clinic:**

AAHA is offering both a Girls and Boys Beginner’s Hockey Clinic again this year. We are not combining the clinics, but are offering two separate beginner’s clinics. One just for girls, and one just for boys. You are the best form of marketing to recruit new members into the game of hockey. Please spread the word about the AAHA Beginner's Clinics which are being offered September 25th - October 3rd. The clinics are an excellent opportunity for girls ages 4-12 and boys ages 4-10 and their families to give hockey a try risk free and without any obligation to continue or join the hockey association following the clinic. The clinic costs only $35 and all equipment is provided. Clinic participants will receive six hours of on ice instruction. Experienced coaches will guide the players through the week. The clinic is designed to introduce girls and boys to hockey, teach basic skills, and provide a week of fun with a game with referees, announcers and music on the final day. **If you are a coach your help would be very much appreciated.**

[LINK](#) for more information and registration.
Board Update

AAHA GOLF SCRAMBLE

Contact Joel Loveland for more info
1632Loveland@gmail.com
Sign up today!

Registration:
$125 per player – Mulligans, Gimmie String, Cart & Dinner included - Teams of 4 Scramble - Hole Sponsorship $100 - Dinner Only $20, On Course Games – Prizes – Silent Auction – Raffle

*AAHA has an established Rink Kookie program for Youth 4-8 to try the sport of hockey for little cost by providing the equipment and ice time. We believe sports in general have a positive impact on a child’s personal growth while developing life-long relationships with their peers and role models.

AAHA Golf Tournament:
When: Saturday, September 11th
Where: Alexandria golf Club
Check-in @ 11:00 pm
Shotgun Start @ 12:00 pm
Social Hour 5:00 pm - 6:00 pm
Dinner to follow
Register Here
Contact Joel Loveland with questions 1632Loveland@gmail.com
GAMBLING
Pull tab and meat raffles help to support and reduce the costs of youth hockey for the Alexandria Area Hockey Association. AAHA appreciates the partnerships we have with the following gambling sites. Please patronize our AAHA gambling sites:

** CORRAL **
** FIRESTATION **
** PIKE & PINT **
** DJs TapHouse **

THANK YOU FOR YOUR SUPPORT!!!!

Mark your Calendar (Dates are subject to change)

Check our website for more information!
August 12th Registration opens
Sept 11th Equipment return
August 31st is the last day to Register with early bird discount
Sept 12th thru Oct 14th Fall League
    Body contact clinics for our U12/PW and U15/Bantam aged players on 10/2 or 10/3 depending on level and group
Sept  TBD Homecoming Parade TBD
Sept 11th Golf Fundraiser at Alexandria Golf Course
Sept 25th to Oct 3th Beginners clinic
Oct TBD Positive Coaching Alliance
    (new travel families/incoming squirts and 10U)
Oct 15th to 20th tryout clinic (travel age only)
Oct 25th to 30th Tryouts (travel age only)
Late October - Calendar pick up (TBD)
Oct 30th Mite hockey season begins
Nov 16th & Nov 17th Team & Individual pictures
Dec 10th Deadline to turn in calendars
Feb 18th to 20th Districts for travel teams
Feb 18th to 20th Home Mite Jamboree
Mar 4th to 6th Regions for travel teams
Early March Annual Celebration
Mar 18th to 20th State for travel teams

www.alexhockey.org
Equipment Return

If your player has used AAHA equipment for the past two seasons or is not intending to play this season, their equipment must be returned to AAHA. We will also take any equipment that you are willing to donate that your skater no longer uses or has outgrown. Please return your equipment to the RCC west rink door, outdoor drop off on:

**Saturday, September 11th from 10:00am-Noon**

Bring all the equipment that was supplied by AAHA. Please make sure to go through your bag to ensure all equipment is there and remove any personal items such as tape, socks, old jerseys, etc.

For more details contact Matt Olson 701-220-2493-AAHA Equipment Director.

AAHA Apparel

Again, we will offer apparel pre-season and then also once the regular season starts up. Look for a AAHA email, or post regarding this closer to the ordering dates.

Currently, Cowing Robards scheduled order dates are as follows:


Questions contact Mariah Wirth mwirthon7@gmail.com, or Aaron Rooney at aaronr@cowingrobards.com

Our Mission:

The Alexandria Area Hockey Association (AAHA) is committed to providing a quality environment for youth hockey players to learn and enjoy the sport of hockey.

**Brian Klimek**  
AAHA President

**Ryan Severson**  
AAHA Hockey Director