

# TEAM USA



## 2025 U.S. COLLEGIATE WOMEN'S SELECT TEAM

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# MAHA Monthly



Photo by Michael Caples

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# TRY HOCKEY FOR FREE



## First 'National Try Hockey For Free' Day is September 13<sup>th</sup>!

Click on the photo above to find the most convenient host site, and register the next generation to fall in love with hockey!

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MICHIGAN AMATEUR  
HOCKEY ASSOCIATION™



## COACHES

[USA Hockey Long Drink Level 5 Coaches Symposium Begins Thursday](#)



## OTHER NEWS

[Why Adult Hockey is Surging in Juneau \(and What We Can Learn\)](#)



## TEAM USA

[USA Defeats Germany, 8-1, in Final Hlinka Gretzky Cup Prelim Game](#)



[Being An Unsung Hero of the Miracle On Ice was One of the Many Accomplishments in Bob Fleming's Life](#)



*The Coaches Site, an Official Partner of MAHA, is the premiere conference and content platform for the global hockey community.*

## **GameSheet Announces User Training Schedule for 2025-26 Season**

GameSheet, the official digital scoring partners of the Michigan Amateur Hockey Association (MAHA), has officially announced its 2025 User Training Schedule to support the upcoming 2025-26 hockey season.

Entering its third season in partnership with GameSheet, MAHA-affiliated leagues and association teams will continue to receive access to GameSheet, as a member benefit for no additional cost, during the 2025-26 season.

Need training on the GameSheet scoring app? Have some refresher questions for the new season? [Click here for complete information on GameSheet's live and on-demand training program for new and experienced users!](#)

### PODCAST:

[How to Effectively Communicate Drills, with Kate Whitman Annis](#)



### PODCAST:

[Why It "Takes No Talent" To Succeed, with Dan Muse](#)



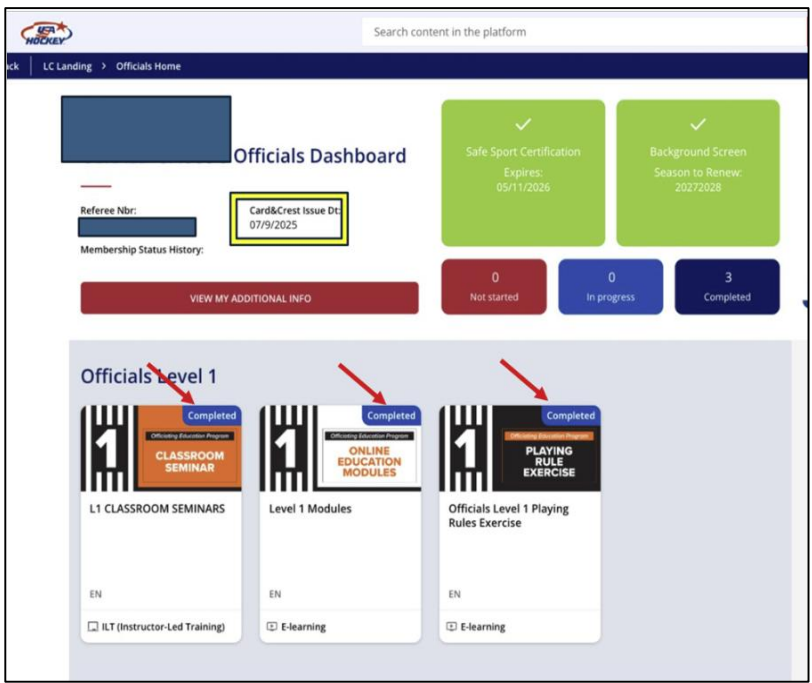


## USAH Learning Center a One-Stop Shop for Coaches & Officials

Each year, coaches and officials are required to complete multiple steps in order to register and prepare for a new season. Historically, the process for full certification has required significant navigation on the part of the registrant. However, USA Hockey has launched a solution that makes the process much easier for those members.

The USA Hockey Learning Center is the new online learning management system serving officiating and coaching education. Using a Single Sign-On ID (SSO) provided by USA Hockey, coaches and officials will have access to their own dashboard providing visibility of online education modules, continued education opportunities, and renewal deadlines for background screens and Safe Sport training.

For a complete tutorial on how to access the USA Hockey Learning Center, including establishing a new single sign-on (SSO), [click here to get started.](#)



Sample Officials' Dashboard – USA Hockey Learning Center



## Return to Play from Concussions Requires Proper Sign-Offs, per MDHHS

Representatives from USA Hockey's Player Safety Committee are challenging all USA Hockey Affiliates, and their local associations and clubs, to be diligent in collecting completed and signed 'Return to Play' forms from families whose player was removed from physical activity due to a suspected concussion.

In accordance with the Michigan Department of Health & Human Services (MDHHS), [Michigan Sports Concussion Laws](#) require the removal of an athlete, from physical participation in athletic activity, who is suspected of sustaining a concussion. Furthermore, the athlete must receive written clearance from an appropriate health care professional, before he or she can return to physical activity.

The [USA Hockey Return to Play Form](#), adopted as the required form for MAHA. All three signatures must be signed, including a medical provider, in order to return without restriction to training, practice or competition. Completed and signed copies of Return to Play forms should be submitted to the local association for accurate records. Associations are asked to provide regular email updates to Player Safety Coordinator Jon Hosking as submissions are collected.

**MAHA/USA HOCKEY CONCUSSION MANAGEMENT RETURN TO PLAY FORM**

The USA Hockey Concussion Management Protocol and most state concussion laws that an athlete be removed from any training, practice or game if they exhibit any signs, symptoms or behaviors consistent with a concussion or are suspected of sustaining a concussion. The player should not return to physical activity until he or she has been evaluated by a qualified medical provider who has provided written clearance to return to sports.

This form is to be used after an athlete has been removed from athletic activity due to a suspected concussion and must be signed by their medical provider in order to return without restriction to training, practice and competition.

Player Name: \_\_\_\_\_ DOB: / /

Please Print Name

[Return this form to: Jon Hosking, Michigan District Player Safety Coordinator, at jhosking@mahaha.com](#)  
(Information is used for data collection and trends and does not go online)

Division/Affiliate: Michigan Name of person reporting: \_\_\_\_\_

Association & Team: \_\_\_\_\_ Date of injury: / / Age at time of injury: \_\_\_\_\_

Location of injury/scene: \_\_\_\_\_

Injury signs/symptoms: \_\_\_\_\_

Age level of play: \_\_\_\_\_ Date of Initial Visit to Health Care Professional: / /

First Health Care Professional Name: \_\_\_\_\_ License Number: \_\_\_\_\_

Role of Health Care Professional: (Physician, AT, Nurse Practitioner, etc.): \_\_\_\_\_

Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

I HEREBY AUTHORIZE THE ABOVE-NAMED ATHLETE TO RETURN TO ATHLETIC ACTIVITY FOR FULL PARTICIPATION WITHOUT RESTRICTION.

Signature: \_\_\_\_\_ Date: / /

I AM THE PARENT OR LEGAL GUARDIAN OF THE PLAYER IDENTIFIED ON THIS FORM AND I CONSENT TO THEIR RETURN TO ATHLETIC ACTIVITY WITHOUT RESTRICTION.

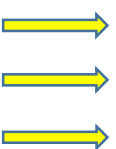
Parent/Legal Guardian Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: / /

I AM THE COACH OF THE PLAYER IDENTIFIED AND I CONSENT TO THIS CLEARANCE FORM ACKNOWLEDGING THE HEALTH CARE PROVIDER AND PARENT HAVE APPROVED THE ATHLETE'S RETURN TO PARTICIPATION WITHOUT RESTRICTION.

Coach Name: \_\_\_\_\_

Coach Signature: \_\_\_\_\_ Date: / /



USAH Return to Play Form – 3 Signatures Required

[Click here to receive CDC HEADS UP Concussion Training!](#)



Featuring Dr. T. Sean Lynch, MD; Vice Chairman of Academic Affairs, Department of Orthopedic Surgery

## Dr. Hockey Promotes Sports Massages for Flexibility & Recovery

Whether you're a professional athlete or weekend warrior, one way to enhance your athletic performance is by incorporating sports massages into your wellness regimen. For this month's edition of **Hockey Health & Wellness**, I've brought in my colleague, [Kathryn Glad, LMT](#), a licensed massage therapist at Henry Ford Health to talk about the benefits of sports massages for hockey players.

"Sports massages manipulate the muscles and promote flexibility to help prepare athletes for competition," says [Kathryn Glad, LMT](#). "They usually go deeper than other types of massage. They also function as a treatment to help someone recover after competition or exercise."

Sports massages can be tailored to someone's specific needs. "For example, if you have a certain injury, we can work specifically on that area of the body. Or if you're sore from a run, we can add in stretching, as we're trained in stretching protocols, along with a variety of other modalities," says Glad.

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Benefits of sports massages include:

- **Promoting muscle recovery and reducing muscle soreness.** "When the muscles don't get enough oxygen during an aerobic workout, lactic acid can build up in tissues and cause pain," says Glad. "Massages can help rid the body of lactic acid faster than it naturally would. Athletes find that a massage delays the onset of muscle soreness after a workout."

- **Helping to prevent injury.** Sports massages can help improve flexibility and range of motion to reduce the chance of injury. "We also ensure your muscles are working properly by checking 'firing patterns,' or motor neuron signals sent to activate and contract muscles," says Glad.
- **Helping to heal current injuries.** Sports massages improve circulation and stimulate blood flow to a certain area, promoting healing.
- **Lowering blood pressure, facilitating quality sleep and instilling a sense of calm.** After a big game or workout, many athletes find it difficult to sleep. A sports massage can promote relaxation – and ease a busy mind, as many athletes can experience sports-related anxiety and stress.

Timing your sports massages can be important. Glad doesn't recommend getting a sports massage sooner than two days before a big race or a big game.

"You may feel a little sore afterward and you don't want to be sore going into an event," she says. "You want to be in a natural, high-performance state. But I do recommend getting a sports massage right after a game or race to help encourage natural recovery."

Determining the right frequency can be helpful, too.

"I have some patients who see me three times a week, others every six weeks," says Glad. "One runner started seeing me twice a week, just to help loosen his muscles from an injury. When healing progressed, we reduced his sessions to every three weeks. But he said if he waited every four weeks then he'd gone too long. It's all about finding the right frequency for you."



*Kathryn (Kati) is a licensed massage therapist at the Henry Ford Center for Integrative Medicine. She received her training from Irene's Myomassology Institute. Her training includes deep tissue, prenatal, oncology, aromatherapy, Thai, Swedish and reflexology. Katie has Board Certification in Therapeutic Massage and Bodywork, the highest credential within the massage and bodywork profession.*

*Kathryn is passionate about the benefits of massage and feels its effects can be life changing. She enjoys working with to assess their individual health needs and determine how massage can help.*

**Enhance your sports performance with the latest integrative medicine for athletes. [Request an appointment](#) with Henry Ford Center for Integrative Medicine today. Learn more about [Dr. Hockey](#) and [request an appointment](#).**

I'm back to achieving (and defending) my goal.

# I AM HENRY



## At Henry Ford Sports Medicine, we treat the pros, and you.

From surgery to recovery, nutrition to performance conditioning, sports psychology to brain health—we're focused on you. Using the most innovative technology, we create your unique game plan, just like we do for the pros—and just like we did for Kaley, a Division 1 college goalie referred to us after scar tissue from a hip surgery caused labral tears. After multiple procedures and physical therapy, she's back on the ice and was recently selected by the New York Sirens in the Professional Women's Hockey League Draft. **Discover Kaley's story, and learn more about our sports medicine program at [henryford.com/athletes](https://henryford.com/athletes)**

**HENRY  
FORD  
HEALTH**  
Orthopedics

# TAKE A STAND AGAINST BULLYING

**DON'T DO IT. DON'T IGNORE IT. DON'T ALLOW IT.**

Report suspected abuse by calling **800-888-4656**  
or by sending an email to **SafeSport@usahockey.org**



## Important Dates

Split Season Begins  
Tier II Youth 16u – 18u, Girls 19u  
August 1, 2025

USA Hockey Long Drink Level 5  
Coaches Symposium  
Columbus, OH  
August 14-17, 2025

Regular Season Rostering Begins  
All Youth & Girls Teams  
August 15, 2025

Regular Season Play Begins  
2025-26 Season  
September 1, 2025

MAHA Tier I Showcase  
Buffalo Wild Wings Arena – Troy, MI  
September 5-7, 2025

USA Hockey 'Welcome Back Week'  
Nationwide  
September 7-13, 2025

## MAHA Partners



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