

AAU Ice Hockey

March 1, 2014

Volume 1, Issue 12

Inaugural Mite-Squirt Nationals - good to go

Players, families, coaches and teams from eleven states will begin arriving in Minnesota on Wednesday March 5th for the AAU Mite and Squirt National Championships.

The aauicehockey.org website will contain LIVE UPDATED and PUBLICLY AVAILABLE player & team statistics, game results, standings, and playoffs advancements. Your friends and family can see all of that here at: aauicehockey.org/org/#content



All games being played at the Minnesota Made Ice Hockey Center will be webcast at: www.ifan.tv

All games being played at the Eden Prairie Community Center will be webcast at: MNHockeyMag.com



Squirt - Pool A

Minnesota Made Red (MN)
Minnesota Made Team (MN)
Rapid Fire (WI)
Dallas Ice Jets Gold (TX)

Squirt - Pool B

Minnesota Made Gold (NM)
Dallas Ice Jets Blue (TX)
Team Big Bear (CO)
Tulsa Jr Oilers (OK)

Mite AAA - Pool A

Minnesota Made Gold (NM)
Illinois Steel (IL)
Syracuse Cadets (NY)
Dallas Ice Jets (TX)

Mite AAA - Pool B

Minnesota Made Red (MN)
Illinois Hurricanes (IL)
Ice Hogs (MI)
Illinois Jesters (IL)

Mite AA

Minnesota Made Gold (NM)	Minnesota Made Red (MN)
Big Bear (CO)	CT Kings (CT)
Vehicle City Ice Hogs (MI)	DSC Revolution (MI)
Anaheim Lions (CA)	

Mite A

Dearborn Selects (MI)	Rapid Fire (WI)
Florida Fire Ants (FL)	Livonia Rockets (MI)
Minnesota Made Gold (NM)	Minnesota Made Red (MN)
Tulsa Jr Oilers (OK)	San Antonio Stingers (TX)
New Haven Nighthawks (CT)	Dallas Ice Jets (TX)

Sports for all, Forever



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Published monthly for the benefit and interest of AAU Ice Hockey participants.

AAU Leagues, Administrators, as well as Team Coaches and/or Managers are encouraged to submit articles and notices to:

keith@hockey-michigan.org



AAU presents MIKE HARTMAN and PAUL LUBANSKI

On March 6th at the AAU MITE and SQUIRT CHAMPIONSHIPS and the "25th annual Lets Play Hockey Consumer EXPO" – at the RiverCentre in ST. PAUL, Minnesota.

9:00 am – 10:15 am - Hartman:

"A Roadmap To Becoming Your Personal Best"

10:20 am – 11:30 am - Lubanski:

"How To Improve Your Team Organically-Immediately"

AAU Hockey Forum

betterlifetrainingacademy.website
toolbox.com/

webcast at: MNHockeyMag.com

Orlando, FL - February 23, 2014 - National Hockey League veteran Mike Hartman - AAU National Hockey Development Director and Paul Lubanski - AAU Michigan Coaching Director, will address coaches and attendees at the AAU Mite/Squirt national championships Thursday morning, March 6th in St. Paul, MN.

Both will speak on March 6th at the **St. Paul RiverCentre - meeting room #5 (175 West Kellogg Blvd., St. Paul, MN. 55102)**. The meeting room is in the same venue for the concurrently running "25th Annual Lets Play Hockey Expo" the world's largest consumer hockey trade show. The Xcel Energy Center, home to the Minnesota boy's state high school tournament and the Minnesota Wild is directly connected to the St. Paul RiverCentre.

Hartman, who won a Stanley Cup as a member of the New York Rangers - will speak at 9:00 am and outline his personal "against-all-odds" story of perseverance, commitment and success.

His unique message is tailored for those with aspirations of high achievement. For example, he touches upon often overlooked yet critical steps on the road to success such as: finding INTERPERSONAL HARMONY, evaluating your LIFE INTELLIGENCE and SELF WORTH and how to break way from your COMFORT ZONE via daily RITUALS.

Lubanski, lauded author, youth hockey expert, professional skills instructor and highly regarded motivational speaker, will follow Mike at 10:20 am. Paul said recently that his primary topic and goal will be "to offer up as many powerful ideas as time permits that will allow for the average youth volunteer coach - if adopted - to improve his/her club organically - and immediately."

Both Hartman and Lubanski will leave time for an interactive Q & A session. Also, each will be available for one-on-one or small group discussions post their respective appearances.

Mike Hartman is the founder of www.betterlifetraining.com and is a Certified Axiological Practitioner, Life Success Coach and a member of the National Academy of Sports Medicine. Mike also wrote "**100 Ways To Become Your Personal Best.**"

Paul Lubanski's company - Wilderness Xtreme Sports - invents bold new takes on existing sporting competition. He is also affiliated with Hartman's company - BetterLifeTraining.com.

The AAU Hockey program welcomes everyone and there is no admittance fee. The Seminar's will also be broadcast on the web at www.aauicehockey.org Contact AAU National Hockey Chair, Keith Noll at keithn@ausports.org for any questions.

United Hockey Union National Championships are returning to Las Vegas

The United Hockey Union National Championships are returning to Las Vegas, Nevada, April 16-20, 2014, at the Las Vegas Ice Center.

The second annual event will feature the top two teams from the three leagues that make-up the United Hockey Union; the Midwest Junior Hockey League, Northern States Hockey League and Western States Hockey League. The six teams will do battle in the championship bracket for the chance to be crowned National Champion, while four all-star teams made up of players who's team didn't make the championship bracket (one each from the MWJHL and NSHL and two from the WSHL), will compete for the "Best of the Rest" championship.

The championship bracket will consist of two, three-team divisions, with each team playing a three-game round robin against the opposite division, before the top four teams advance to Saturday's semi-final games and the winners playing in Sunday's championship game.

The "Best of the Rest" bracket will consist of a three-game round-robin, followed by the top two teams competing in Saturday's title game.

Once again, the Stratosphere Hotel and Casino is the official host hotel of the UHU National Championships and is offering an unbeatable room rate of just \$32 per night from Tuesday through Thursday (April 15-17) and \$75 on Friday and Saturday (April 18 and 19), plus an \$11 per day resort fee. When booking your room at the Stratosphere, please call (800) 998-6937 and use the code C-AAUH4 to receive the special rate that has been set up. The code is only good by phone and cannot be used online.

With the distance between the Stratosphere and Las Vegas Ice Center being over 15 miles, those that travel by air into McCarron International Airport usually choose to rent a car, instead of paying the expensive taxi cab fares each day. For that reason, the United Hockey Union has set-up a great deal with Budget Rent-a-Car that will save families and fans plenty of money. Just use the code R318400 when reserving your car online through www.budgetlasvegas.com or via phone at (800) 922-2899. The code will provide you with the best rate at the time of booking or the UHU standard rate if the rates at the time are higher (which happens as we move closer to the event.) For your convenience, Budget also operates a rental location within the Stratosphere Hotel and Casino, making pick-up and drop-off even easier.

Game tickets will be sold at the door of the Las Vegas Ice Center and a UHU Premiere Pass, which is good for admittance to all five days of the event, costs just \$50, while a single-game ticket is \$15.

The time slots for the games will be made available in the coming weeks and the teams participating will not be known until after the conclusion of each league's post-season.



MWJHL Player Movements

Indiana Tech University may end up being called the Berkley Bruins v 2.0.

On Wednesday, forward **Adam Jonak** committed to the ACHA Division I school located in Fort Wayne, Indiana, making him the third player to sign with Indiana Tech while playing for the Bruins.

Last month, forwards **Vaughn Clouston** (since traded to the Traverse City Hounds in a deal that ironically enough, brought Jonak to Berkley) and **Tim Muhsman** committed to play for the Warriors next season. Detroit Fighting Irish goaltender **John Slavik** has also committed to play for Indiana Tech.

The 18-year-old Jonak, who was the Midwest Junior Hockey League's Rookie of the Month for January, said he was looking for a school with a small campus and Indiana Tech fit that bill right away.

"I got in touch with coach (**Frank**) **DiCristofaro** and he came and watched me play," said Jonak, a native of the Czech Republic. "He offered me a spot on the team and we went from there. I visited the school Wednesday and it really impressed me. The whole city was just beautiful. As for the hockey program, I'm really excited to play under Coach DiCristofaro. I have heard a lot of great things about him. It really feels amazing to be a part of this team and I'm really excited for the season to start."

This season split between Traverse City and Berkley, Jonak has recorded 19 goals and 17 assists for 36 points in just 21 games, including 11 goals in eight games since being acquired by the Bruins on Jan. 24.

"I think both TC and Berkley had a fair share of me getting where I am now," Jonak said. "I think both teams helped me along the way. I really want to thank both teams and their coaches to giving me an opportunity playing on their teams and helping me to prepare for the next level.

"Before this season, I made a goal for myself to advance to college hockey after the season and as I signed with Indiana Tech on Wednesday, I already know I will have to push myself and work hard to earn playing time at college level. I have to work on the defensive part of my game, but I think by the time season starts, I will be ready to step into college hockey."

Moving away from home (Jonak has lived in Rochester, Mich., the past five years) will not be anything new for Jonak and he is actually embracing the upcoming adjustment to college life as a student-athlete. "I have lived away from home before and it doesn't bother me," said Jonak. "I feel it prepares me for life and makes me more responsible. I'm a full time student at Schoolcraft College right now, so I don't think that will be a problem. It will just be hard work and dedication towards my goal and how hard I push myself to be successful."

As for a choice of major at Indiana Tech, that was an easy decision for Jonak. "I'm looking into sport management," Jonak said. "Because if my playing career doesn't take me anywhere, I want to continue being around hockey."



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Michigan State Championships

The field is set and final preparations are being made for the Third Annual Michigan State Championships. Round robin play begins at the Farmington Hills arena on Friday March 14th with the Medal Round games on Sunday March 16th.

This year 14 Mite teams will be competing for 3 separate Championships.

7U Open

Bloomfield Blades
Brighton Rebels
Canton Crush

Livonia Rockets
Motor City Wolves 'A'
Plymouth Flyers

7U Mite A

Downriver Warriors
Dearborn Cobras

Trenton Trojans
Port Huron Northstars

8U Mite B

Livonia Grizzlies
Dearborn Spitfires

Motor City Wolves 'B'
Wyandotte Vikings



Michigan National Guard - Family Fund

This season Hockey Michigan has partnered with the **Michigan National Guard - Family Fund** in order to benefit the families of our troops.

The Family Fund mission is to provide Michigan National Guard Families who experience sudden & unexpected financial difficulties with temporary financial assistance.

Since 1991 the Michigan National Guard Family Fund has provided emergency relief and assistance to Michigan National Guard families. The Family Fund is a non-profit 501(c)3 intended to help with temporary emergency financial assistance.

ALL donations to the fund go directly to Michigan National Guard families in need.

Michigan National Guard Family Fund

State Family Programs Office
3423 N. Martin Luther King Blvd
Lansing, MI 48906



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Empire Hockey League (EHL) wish Good Luck to their own Anaheim Lions

The Empire Hockey League wishes good luck and a fun trip to their Anaheim Lions.

The Anaheim Lions have had a very successful season going undefeated in regular season and winning two national qualifying tournaments. The Lions won the Thanksgiving Invitational in Riverside, CA as well as the Coyote Cup in Phoenix, AZ over Christmas.



The team came together as a mixed 2005-2006 birth year team and expected to be competitive this season. Their success comes from dedication both on and off the ice from players, coaches, and parents.

Going to the National Championship as a first year team is an opportunity that the team has been looking forward to since the Thanksgiving tournament and the EHL is excited to have a team represent the league and the state of California.

Greeting from the Empire Hockey League (EHL)

We are currently completing our first Mite Full Ice Hockey season and have experienced great success as a first year program. In our inaugural season we have two teams that have qualified for the 2014 Mite National Championship Tournament in Edina, Minnesota. Our league is the only nationally recognized league for AAU in the state of California and we are looking to expand the league for the 2014-2015 season.

We are proud to field a competitive Full Ice Mite Hockey league that participates as a member of AAU. We want to give 8U players the opportunity to play full ice hockey against players of the same age, size, and ability. Our goal is to create two divisions for the 2014-2015 season, Mite AA and Mite A. Furthermore, we are going to continue to offer Nationally Qualifying Tournaments as well as a league playoffs and championships for the upcoming season.

If you are interested in joining the EHL, or adding your team to the league for next season, please feel free to contact us with any questions you may have. Thank you again and we look forward to another great season of Full Ice Mite Hockey. empirehockeyleague@yahoo.com



EHL SPRING SELECT 2014 2006-2008 Birth Years

LEAGUE DATES:
League begins the week of March 24th and ends the week of June 2nd

REGISTRATION DEADLINE:
March 17, 2014

LEAGUE FEE:
Individuals not including jerseys \$260 due at registration

REGISTRATION OPTIONS:
• Register Online
• Register through the LA Kings Icetown Riverside Program Office

PROGRAM HIGHLIGHTS:
• 10 games
• 1 Hour Game slots
• Games held at:
LA Kings Icetown - Riverside

For more information contact:
League Director Matt Dunaev
mdunaev@icetown.com

Mite FULL Ice Hockey
AAU Membership Required

www.postermyswall.com
Background by: Anettoryan

Decker connection brings Olympic excitement back to Ogden

By: Jon McBride

The Ogden Mustangs are proud to call The Weber County Ice Sheet home. One of the premier arenas in the Western States Hockey League. The Ice Sheet was the curling venue for the 2002 Olympic Winter Games.

The Mustangs celebrated that connection to the games last weekend during a homestand when the Seattle Totems came to town. They also celebrated a new connection to the games: USA Women's Hockey player Brianna Decker.

Although Brianna prepped at Shattuck St. Mary's and played collegiately at the University of Wisconsin, it's her little brother who's brought the Mustang connection to Sochi. Brody Decker, a speedy forward who joined the Mustangs early in the season from the NAHL's Kenai River Brown Bears, has 31 points in 20 games this season. He's second on the team in points per game. He was named the WSHL First Star of the Week last month. He's also helped his team climb to its most wins in franchise history.

But while his teammates battle for playoff positioning down the stretch, Brody is in Sochi, soaking up the Olympic experience with his sister.



"I'm really happy for her," Brody said. "She works out all day long and is constantly active. She has spent the past six months or so training with the team in Boston. This is a great opportunity for her and she's really excited to be there to represent her country."

To get Brody over to Sochi, the Mustangs helped do some fundraising. Ogden owner Lori Miller bought special-edition T-shirts to sell over the most recent homestand. Brianna signed them, and they were sold for \$15. Half of the money raised went to sending Brody off and the other half went to the American Cancer Society, who the Mustangs were fundraising for all weekend long.

The Mustangs raised more than \$2000 for the American Cancer Society over the weekend, thanks in part to Brianna's efforts.

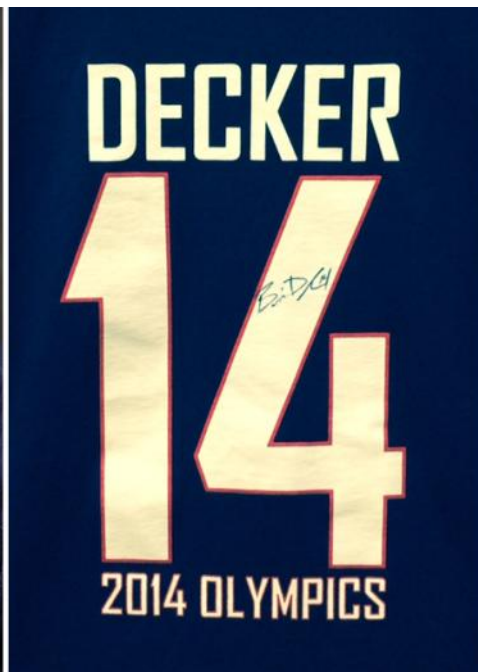
On the video board for game one against Seattle, Brianna even provided a message from Sochi, with Brianna, Brody and the Decker family all decked out in Mustang gear.

<http://youtu.be/pUCkUkkjZ8>

Brianna (22) and Brody (20) hail from Dousman, Wis. The two are very close, and have played hockey together nearly since birth. Even this year, with the two competing in different parts of the country and then different parts of the world, the siblings have stayed tight.

"We're a really close family," Brody said. "Even now, we are constantly texting and communicating with each other."

Brody is expected to rejoin the Mustangs before some key matchups with the Idaho Jr. Steelheads in the coming weeks. The Mustangs are also hoping to host Brianna and her Olympic medal at The Ice Sheet, should the Mustangs host a first-round playoff series, bringing the Olympic excitement back to The Ice Sheet and Ogden, full circle.



COACHES: Consider Utilizing My "FIVE-SECOND-INTERVAL-FOCUS" Technique

A fantastic method for getting players to focus on their assignment EVERY shift is to teach what I invented and refer to as five-second-interval-focus or FSIF.

Please let me explain...

We all have heard and most likely utilized the "one shift at a time" mantra in order to stress and encourage our players to remain in the proverbial competitive "moment." However, what I propose in my opening takes the aforementioned concept to an entirely new level.

In other words, instead of generically requesting that our youngsters compete "all out" for an entire 40 second or so shift, we aid them in accomplishing that very important goal by requiring them to psychologically "break-down" the shift into five-second intervals.

How so?

We simply consistently remind/teach them to ALWAYS be thinking/visualizing a minimum of two-to-three three puck movements ahead. The advantages of doing so are multitude. One only has to consider the amazing career of perhaps the greatest professional ice player of all time--Wayne Gretzky--to understand "why." Gretzky was not the biggest, strongest, fastest nor toughest man in the National Hockey League yet his production levels were off-the-charts extraordinary. He personally owns over 60 offensive-oriented records. Amazing stuff.

So how did he manage to deliver so consistently--devoid of all the superior superman-like physical attributes you would expect one would require in order to compile all that hardware? Gretzky's magic involved his innate well-exploited ability to anticipate where the biscuit was headed--AHEAD of his competitors! And, he and his stick were virtually always in position to render an effective offensive or defensive-oriented maneuver once the play turned to him. 800 + goals and a ridiculous number of helpers (and team championships) will attest to that declaration!

Of course, we do not dare expect nor request that our young players

Hockey Tips

written by:

Paul Lubanski



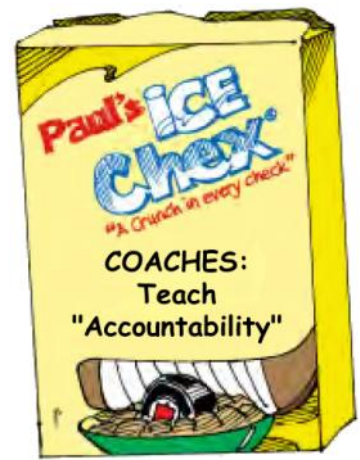
Hockey Tips is a column written by: **Paul Lubanski of Hockey Weekly**

Paul's company, "Wilderness Xtreme Sports" creates dynamic new takes on traditional sporting competition-visit www.wxsports.net for information.

HockeyWeekly.com

amass numbers ala "The Great One." However, teaching them to "think" two or three passes ahead (i.e. in five-second intervals) is the first step towards grooming the next Gretzky.

So coaches, if you are not already doing so, please consider committing to introducing and consistently stressing the "FSIF" concept I carefully outline above --immediately. The benefits of resolving to do as I recommend are numerous. Not the least of which is preparing your players to move-up the competitive ladder in a much more "confident" fashion. While, at the same time, you will be erecting a stronger and more intelligent team. One that will assuredly be rewarded in the form of a higher position in the standings which always translates to more fun for you, your players and parents.



BONUS TIP

Of course, being recognized as an elite-level competitor requires mastery of the requisite ice hockey core skills that include: skating, puckhandling, shooting, stick and safe body-checking, passing, shot-blocking and board-battle tenacity. Yet, even if a player can demonstrate high-proficiency in most or all of the above areas, he/she will not earn a shift on a AAA, high school, Junior, college professional squad devoid of the ability to "think-the-game." And "thinking" the game involves visualizing a minimum of two-to-three puck movements ahead in all even-strength situations. Again, this is precisely why it is critical that the average youngster be introduced to and adopt the FSIF mantra.



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HockeyWeekly.com

AAU Mite-Squirt Leagues

This page will continue to be updated as additional league information becomes available.

8U Prep League

www.nsyf.org

Massachusetts. Offering opportunities at the 8U classification.

American Revolution (ARSS) www.americanrevolutionhockey.com

Louisiana, Oklahoma & Texas. Offering opportunities at the 8U through 18U classifications.

Canadian Independent (CIHF) www.cihfhockey.com

Ontario. Offering opportunities at the 6U through 18U classifications.

Eastern Amateur (EAHA) www.eahahockey.org

Connecticut. Offering opportunities at the 8U through 12U classifications.

Empire Hockey League (EHL) www.empirehockeyleague.com

California & Nevada. Offering opportunities at the 6U through 8U classifications.

Greater Niagara (GNAHL) www.eteamz.com/greatniagaraamateurhockeyleague

New York. Offering opportunities at the 6U through 10U classifications.

Hockey Colorado

www.hockeycolorado.org

Colorado & Wyoming. Offering opportunities at the 6U through 12U classifications.

Hockey Illinois

www.aauhockeyillinois.org

Illinois & Wisconsin. Offering opportunities at the 6U through 8U classifications.

Michigan Amateur (MAYHL) www.mayhl.com

Michigan & Ohio. Offering opportunities at the 6U through 18U classifications.

Minnesota Made

www.minnesotamadehockey.com

Minnesota. Offering opportunities at the 8U through 12U classifications.

New England (NEAHL)

www.neahl.org

Maine, Massachusetts & New Hampshire. Offering opportunities at the 6U through 18U classifications.

North East Hockey League

Massachusetts, Maine, New Hampshire, Rhode Island & Vermont. Offering opportunities at the 6U through 18U classifications.

Redline Metros (RLAC)

www.rlacmetros.com

Maryland, Virginia & greater Washington DC. Offering opportunities at the 6U through 18U classifications.

Salt Lake County (SLCYHL) www.youthhockey.slco.org

Utah. Offering opportunities at the 8U through 14U classifications.

Tulsa Jr Oilers

www.tulsajroilers.com

Oklahoma. Offering opportunities at the 6U through 10U classifications.



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Scholastic

WNYHSCHL: www.eteamz.com/wnyhschl
Long Island, NY: www.longislandhshockey.net

Junior

MWJHL: www.mwjhl.com
NSHL: www.northernstateshockey.com
WSHL: www.wshl.org

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A single low cost AAU membership will provide benefits and opportunities for events in over 40 sports including:

