

# AAU Ice Hockey

May 1, 2020

Season 11 - Edition 4

## AAU Hockey - Planning for 2020-2021

### AAU To Re-Start AAU Event Programming in Select Areas Starting May 1st

First phase of re-opening AAU events will apply only to certain areas where it is considered safe to do so; strict requirements must be met before any events can be held.

The COVID-19 ("Coronavirus") pandemic has irrevocably changed the way we live and work. We have adjusted to a new normal by proactively social distancing and practicing good sanitizing habits to help curb the spread of the virus. Business has adjusted as well -- dine-in restaurants have shifted to delivery service, schools have switched to online classes, grocery stores have installed plastic shield guards at check-out stations.

All these safeguards have been put in place to not only protect the health and well-being of those patronizing their businesses but also to allow these businesses to stay open, in some capacity, so they can continue to serve their customers and employ their workers.

There are encouraging signs that the most intensive phase of the battle against the virus is succeeding and relaxed social distancing measures will be possible when combined with reasonable mitigation strategies. Select states have begun to look at re-opening segments of their local economies as long as appropriate containment plans are in place and it is considered safe to do so. As these local & state offices, along with the federal government, begin to roll out their plans to re-open the economy in phases, the Amateur Athletic Union (AAU) looks to do the same thing.

Since 1888, the AAU has hosted events for amateur athletes across the United States. A national organization, the AAU is comprised of 55 District Offices modeled closely on the U.S. 50 states. Following recent

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Publishing date	Article Deadline	The primary emphasis for each edition.
August 1	July 15	Pre-season announcements for leagues, tournaments & Nationals.
November 1	October 15	Articles & Updates submitted by Leagues, Tournaments & Teams.
February 1	January 15	Pre-Nationals edition. As well as any Notices about the Spring Season. Also including more Articles, Standings and Updates submitted by Leagues,
May 1	April 15	Season's wrap-up, plus discussions and plans for the next season.

Sports for all, Forever



Editor

**Keith Kloock**

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

[keith@hockey-florida.org](mailto:keith@hockey-florida.org)

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



## AAU To Re-Start AAU Event Programming in Select Areas Starting May 1st (continued)

federal guidelines for opening up the economy, and taking note of select states enacting such measures in their areas, the AAU looks to follow suit.

**As of May 1st, the AAU will begin to evaluate lifting the temporary suspension of AAU events (in place since March 12th) in certain areas of the country.** This first phase of re-opening AAU event programming will only apply to select locales where and when it has been deemed safe to do so. And, strict requirements must be met before AAU event programming can restart.

### REQUIREMENTS

In order to resume AAU event programming in a particular area of the country, the following criteria must be met:

1. **Federal Guidelines** - Adhere to any federal guidelines for re-opening ([click here](#))
2. **CDC Recommendations** - Follow CDC recommendations when hosting events ([click here](#))
3. **State, County and Local Municipality Regulations** - Abide by state, county, and local municipality requirements (please consult with state, county, and municipality officials or info listed at state, county, and municipality websites)
4. **Facility/Venue Protocols** - Follow all protocols for the venue by consulting with facility management team.
5. **AAU District and National Sport Committee Requirements** – Follow the event license agreement ([click here](#)). For events already licensed with AAU, the event operator will need to notify the AAU of plans to host, cancel or postpone the event by [clicking here](#). The AAU national

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## AAU To Re-Start AAU Event Programming in Select Areas Starting May 1st (continued)

office will notify district and national sport committees respectively. To license a new event, [click here](#).

News continues to update daily on the status of the pandemic and these safety measures are subject to change.

Throughout our country's history, sports has always played a major role in our recovery efforts after global crisis and economic downturns. We are aware there will be some who disagree with us. As a country and as a society, we need to reframe our new reality and get back to people working, people interacting and people playing sports wherever possible and safe to do so. We know this will not happen overnight nor will we go back to the way things used to be. The roll out will be in segments and will come over time.

Stay safe, be well and remember We Are AAU.

**Dr. Roger J. Goudy, President & CEO**  
**Amateur Athletic Union (AAU)**



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## Keeping Our Kids Fit During These Troubling Times

Clearly, during the COVID-19 pandemic, Parents must first be concerned with keeping kids safe and healthy and secondly with continuing their education as best as possible.

Yet, at the same time our AAU Hockey organized events (as well as other sports and school athletic programs) are essentially all shut down. Many of our school age children can't socialize or even play with their friend in a traditional fashion.

In this unusual environment, Parents and Coaches may be left wondering how to keep their children fit.

One resource for Parents to use can be found within the **Presidential Youth Fitness Program @ Home (PYFP@Home)**. The picture below is also a link to the website, which contains age appropriate lessens.



FYI, the AAU is a partner with **PYFP@Home**. A partnership that existed even before COVID-19. <https://pyfp-store.myshopify.com/pages/pyfpathome>

Of course, Coaches may also utilize this resource as well. Or devise their own off-ice lesson plan to share with team members remotely. Since your team can no longer gather to function on-ice or even for off-ice sessions then Coaches may wish to organize their team-members online and/or by Smartphone. With so many online services and APPs available (such as; ZOOM, Google Hangouts, GoToMeeting, Skype, etc). In addition, this could allow for continued team cohesion, socialization and friendships for your players.

In addition, Hockey Canada provides a great Off-Ice training manual, which Coaches and Parents can utilize in order to keep children active. Obviously this manual has the additional benefit of being more keyed to hockey. <https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Players/Downloads/2018/off-ice-hockey-training-manual-level-1-e.pdf>





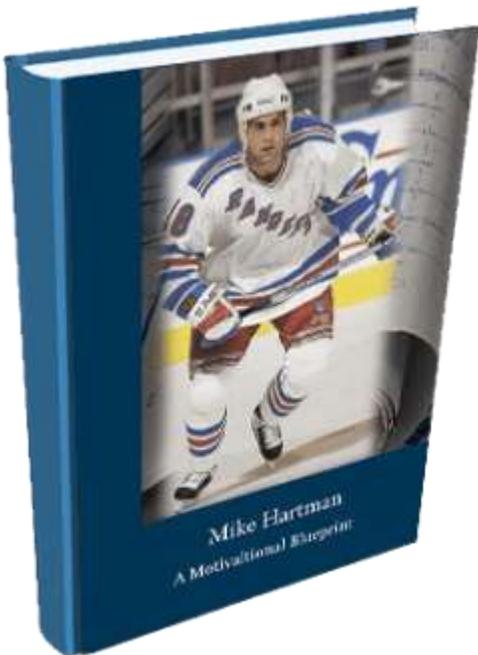
## AAU Coaching Page

Written by : Mike Hartman

AAU Ice Hockey - On-Ice and Off-Ice Director

Mike brings his experience of 17-years as a Professional hockey player (including with the Buffalo Sabres, Winnipeg Jets, Tampa Bay Lightning and New York Rangers), as a 1994 Stanley Cup Champion and of course as a youth player to now donate his time for the betterment of AAU youth hockey and coaching.

<https://imotivatorsacademy.com/>



## Resources for AAU Hockey members

AAU Hockey members may download a free copy of Mike Hartman's book in PDF format at:

<https://imotivatorsacademy.com/>

In addition, Mike also posts article on his Blog, many of which are also reprinted within this newsletter. The blog page is at:

<https://imotivatorsacademy.com/blog/>

Mike will also answer questions for our AAU Hockey members. Many such questions, answers and discussions can be found at:

[https://www.instagram.com/p/B\\_ZrjZXqtxV/?igshid=10x7j bk7opqf7](https://www.instagram.com/p/B_ZrjZXqtxV/?igshid=10x7j bk7opqf7)

## 10 Things a Leader Should Know About Communication

Communication no doubt forms the basis upon which every true leader thrives. A leader is bound to fail if he/she is unable to communicate effectively with the people being led. As a leader, here are ten things to know about communication.

1. It shouldn't be corporate always. As a leader, it is important to still have more personal communication with your team than corporate communications.
2. Be clear and unambiguous when communicating with the team. Communication should always be precise and concise. As a leader, it is essential to be very specific and direct when communicating.

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## 10 Things a Leader Should Know About Communication (continued)

3. Communicate in truth. When a leader no longer has the trust of his team, such leader loses reputation as well. So it's important always to communicate the truth to the team as this helps in earning their trust and will make them forgiving when things go wrong.
4. Make sure to contribute than receive. As a leader, it's always important that you don't just receive ideas from the team or issue instructions always. Try making the communication more interactive with you also bringing your thoughts as well.
5. A closed mind is a limiting factor. As a leader, learn to speak with an open mind. In doing this, don't hold back people who have opposing opinions from airing their views.
6. Don't just talk, listen as well. The ability to listen carefully is one of the many qualities that makes great leaders great. To develop, grow and lead as a leader, you have to know when to seal your lips and open your ears.
7. Communicate with empathy. As a leader, don't always communicate with pride like the whole team is about you. Learn to talk with compassion to and about the needs of everyone on the team.
8. Reflect often on communication. As a leader, always revisit discussions you have with your team when you are less busy. This way you are able to sieve that which you said and heard and pick the right and necessary points that come through.
9. Don't just speak to impress, know what you say. One quality of leaders who communicate effectively is their ability to master the field they are talking about. This is because people would always want to listen to the person who knows over the person who doesn't.
10. Understand the team and know what they want. As a leader, regardless of how effective your communication skills are if it is not what your team, it won't count to them.

With these 10 qualities, you are able to enhance communication with your team. Also, you will be able to grow yourself over time into an effective communicator as a leader.





## AAU Ice Hockey Nutrition Page

by : Cheryl Buckley  
AAU Ice Hockey: Nutritional Consultant  
*Cheryl is a registered dietitian with an  
MBA, MS, RDN & CDN*

[www.cherylbuckley.com](http://www.cherylbuckley.com)

### Educational Background & Certifications

I hold multiple degrees in Nutrition, Health and Wellness:

- MBA from University of Rochester Simon School of Business
- MS degree in Nutrition Total Quality Management from Rochester Institute of Technology
- BS degree in Food and Nutrition from Buffalo State College
- Registered Dietitian Nutritionist
- Certified Dietitian Nutritionist
- Functional Nutrition Specialty

## Building Your Immunity During COVID-19

If you are wondering how to eat during the pandemic in order to build your immune system, then I have some tips on what types of foods you can include in your meal plan:

### Immune Boosting Foods and Supplements

#### **Probiotic and Prebiotic Food Sources:**

Probiotics are live bacteria that have health benefits, such as fermented vegetables, sauerkraut, kimchi, kombucha, yogurt, supplements\*

Prebiotics are food for the probiotics, such as beans, asparagus, garlic, onions, banana, oats, apple, flax. All whole plant foods contain prebiotics

#### **Vitamin C Sources: Immune Boosting fruits and vegetables**

- Citrus: orange, lemon, lime, grapefruit
- Tropical fruits: kiwi, pineapple, guava, mango
- Berries: strawberry, blueberry, raspberry
- Bell peppers: green, yellow, orange, red
- Other vegetables: cauliflower, tomatoes, spinach



#### **Zinc Food Sources:**

- Legumes and Beans: lentils, chickpeas
- Seeds: sesame, pumpkin, hemp, quinoa Shellfish: shrimp, oysters,
- Dark Chocolate
- Nuts: cashews, almonds, pine nuts
- Animal protein: chicken thighs, grass-fed beef, liver, venison



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## AAU Ice Hockey Nutrition Page

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## Building Your Immunity During COVID-19 (continued)

### Vitamin D3 Food Sources:

- Wild-caught fish: salmon, sardines, mackerel
- Pastured eggs [yolks]: pastured eggs contain 3- 4x higher vitamin D levels vs. non-pastured
- D3 supplement\*: the active form of vitamin D Mushrooms

Remember that some of these foods contain antioxidants to reduce inflammation in the body and play an important role in keeping our bodies healthy. I recommend following a Mediterranean diet, as it incorporates many of the nutrients discussed above and are great immune foods to eat.

If you are quarantined and it's not possible to get out and purchase fresh deep-colored fruits and vegetables, then purchase frozen fruits and vegetables, and place them in the freezer, and add them into a smoothie or dish when you are ready to use them.

\*Make sure to consult with your healthcare provider before taking any supplements.

### **\*Recipe for Greens and Beans –**

- 1 can of 15oz great northern beans
- 1 tsp. EV olive oil
- 1 garlic clove minced
- 2 cups of spinach

⇒ **Instructions** - Sauté olive oil and garlic together for a few minutes, add beans and warm-up for 2 minutes and then add spinach and sauté until spinach wilts. You can eat it alone or serve it on top of Whole Grain pasta, quinoa or brown rice.

<https://www.cherylbuckley.com/about-cheryl/>

For a free online course here as well..... or more nutritional help



## Editorial Page

Written by: Keith Kloock, AAU Ice Hockey Editor

### AAU 7U and 8U “Real Hockey” Cross-Ice versus Full-Ice?

**Playing within AAU “Real Hockey” programs at the 7U and 8U classification instead of Cross-Ice provides a long-term 14% improvement in Skill Development and playing ability.**

**Cross-Ice:** Non-AAU ice hockey organizations within the United States have mandated the Cross-Ice-only playing format for children within the 7U and 8U age classification (aka Mite-Novice). It is important to note that the very first such mandate was issued initially for only 7U players with in Michigan for the 2011-12 season, with the 8U mandate during the following season.

**Full-Ice:** AAU Hockey organizations and their proponents have favored the more traditional 5v5 Full-Ice (aka “**Real Hockey**”) playing format for these younger children. These AAU “Real Hockey” programs began in Michigan with the 2011-12 season, directly in response to the Cross-Ice mandate. Of course, AAU “Real Hockey” has spread well beyond Michigan since then.



For many years coaches and parents have often heard the Age Appropriateness and Skill Development mantra supporting Cross-Ice as the justification for its mandate. Some Cross-Ice proponents have even suggested that playing any traditional Full-Ice hockey at these ages is harmful, although never providing any rationale or evidence explaining why or how this would be the case. On the scientific front, Cross-Ice proponents generally cite the LTAD model (Long-term Athlete Development). Yet, please note that nothing within the LTAD study specifically addresses Cross-Ice hockey, nor does it in anyway criticize Full-Ice.

Most “Real Hockey” proponents and coaches do acknowledge some value in Small Area Games (like Cross-Ice), especially within practice sessions. Yet, not to the extent that Cross-Ice supporters would have people believe and certainly not as a complete substitute for Full-Ice games. Of course, AAU Hockey would never mandate a Full-Ice only format and AAU Hockey leagues & tournaments are free to operate as Full-Ice, Cross-Ice, Half-Ice and/or as any combination of these methods. Scientifically, rather than the LTAD, “Real Hockey” proponents generally prefer to rely upon the more updated Composite Youth Development Model (CYDM), which has revised the LTAD.

### Michigan provides an opportunity for a true comparison between Cross-Ice and Full-Ice

Michigan provides us with a long-term (9-season, from 2011-12 through 2019-20) objective opportunity to study real-world differences between the Cross-Ice and Full-Ice methods. Where approximately half of Michigan’s Travel level 7U and 8U players have played exclusively Cross-Ice while the other half have played almost exclusively Full-Ice (although early on some did play within both systems). Then during the years following this separation, they find themselves competing against each other 9U, 10U, 11U and 12U.

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## Editorial Page

Written by: Keith Kloock, AAU Ice Hockey Editor

### AAU 7U and 8U “Real Hockey” Cross-Ice versus Full-Ice? (continued)

- Out-State Michigan: In 2011, the non-AAU organization adopted their Cross-Ice mandate for 7U players (and the following year for 8U) then geographically most of the state (outside of the greater Detroit area) became Cross-Ice only.
- Southeastern Michigan: Also within 2011, the first AAU “Real Hockey” program was created within the greater Detroit area (the SE Michigan counties of Wayne, Oakland and Macomb). Most 7U Travel level players (and the following year for 8U) remained Full-Ice (and switched to Black Pucks, Delayed Off-Sides & 9-Dot Faceoff system). This footprint did expand a bit in later years (including other SE Michigan counties such as Livingston, Genesee, etc).

As a baseline, it is widely recognized that historically the greater Detroit area is home to roughly half of the state’s hockey community and that its youth teams win roughly two-thirds of the State Championships at Travel A and AA. The greater winning percentage is likely due to the more condensed footprint allowing ease of travel and freedom of movement to build potentially stronger travel teams.

#### What can we learn from the Michigan example?

Within the chart below, we can see that during the 2007-2012 seasons this two-thirds to one-third ratio is largely confirmed across several age classification of Travel A and AA competition (overall 63% to 38%).

State Championships in Michigan	9U	10U	11U	12U	Total
<i>2007-12 (pre-AAU) - Metro Detroit</i>	3 (50%)	5 (83%)	3 (50%)	4 (67%)	15 (63%)
<i>2007-12 (pre-AAU) - Out-state</i>	3 (50%)	1 (17%)	3 (50%)	2 (33%)	9 (38%)
<i>2013-19 (since AAU) - Metro Detroit</i>	7 (100%)	3 (50%)	4 (80%)	3 (75%)	17 (77%)
<i>2013-19 (since AAU) - Out-state</i>	0 (0%)	3 (50%)	1 (20%)	1 (25%)	5 (23%)

However, we can also see that following the bifurcation of the state into separate Full-Ice and Cross-Ice camps, there is a pronounced difference. Overall we now see a 77% to 23% ratio, representing a long-term 14% improvement in favor of those playing AAU “Real Hockey”. Of course, the most pronounced shift is at 9U (which in Michigan is considered to be Squirt A Travel) where we can see a massive difference leaving the Out-state (Cross-Ice) participants being simply left far behind their Full-Ice counterparts.

Please note that study ignores the AAA (Tier 1) and House level (B) competition levels. AAA because historically the vast majority of AAA State Championships have always been from the greater Detroit area (back to that more condensed footprint allowing ease of travel and freedom of movement to build potentially stronger travel teams scenario. And with regards to the House level, most of the Detroit area House teams remained within their local community organizations adhering to the Cross-Ice mandate.



## AAU Hockey - Collegiate

March 10 - 13, 2020 held in West Chester, Pennsylvania

### Collegiate Hockey Federation – Federation Cup

**WEST CHESTER, Penn** – The Collegiate Hockey Federation held their inaugural CHF Federation Cup in West Chester, Pennsylvania during the week of March 10-13, 2020. A total of 19 teams lined up for the first AAU Ice Hockey non-varsity college hockey tournament hosted at Ice Line Quad Rinks.

Three squads finished undefeated in pool play after the first three days of competition. Quinnipac University, Farmingdale State and Fordham University all stepped off the ice at 3-0. Among those clubs, Farmingdale State had the top goal differential with a margin of plus-16 over its opponents. The University of Delaware led its pool play round, winning both its games.

Pool A was especially competitive as Fairfield, SUNY Fredonia and Buffalo State College all knotted at 2-1 record at the conclusion of the tournament.

Quinnipac University took the top spot in Pool B, going 3-0. Along the way, the Brave allowed just six goals while scoring 14. Quinnipac played clean hockey with just 34 penalty minutes, which was the fewest among the pool.

The University of Delaware shut out both its opponents in its two games in Pool C, scoring six times and spending just six minutes in the penalty box.

Farmingdale State went undefeated playing a physical brand of hockey, racking double the penalty minutes of any team in Pool D. But the Rams edged the competition by outscoring the other clubs in goals, 27-11.

Fordham toppled the other teams in Pool E by finding the back of the net 22 times and allowing just eight goals, which was tied with Binghamton for the lowest goal allowance in the pool. They capped off the tournament action with a resounding 12-1 victory over Catholic University.

In light of recent developments regarding the spread of COVID-19 (“Coronavirus”), the competition was halted. AAU’s first priority is the safety, health and well-being of our athletes, coaches and families. Therefore, the decision was made for the benefit of our athletes to cancel the rest of the tournament, allowing their families to take precautionary measures in this difficult time.

For AAU’s full statement, please visit [aausports.org](http://aausports.org).

For more information about College Federation Hockey, visit [chfhockey.net](http://chfhockey.net).

For more information on AAU Ice Hockey, visit [aauhockey.org](http://aauhockey.org).



## AAU CHAMPIONSHIP WEEKEND “TRULY AN INTERNATIONAL AFFAIR”

February 28 – March 2, 2020 held in London, Ontario, Canada

The 2020 AAU Ice Hockey Championships were a huge success this past weekend in London, Ontario, Canada. In total there were 52 hockey teams that participated in all divisions from Novice 6U through to Midget 17U. There were 117 hockey games played over the weekend on 8 different pads of ice in 3 different facilities.

The event was truly an international affair. Teams from Ohio, Michigan, Illinois and Ontario, Canada participated. One of the teams Cube Development - Global (based out of Illinois) had 2/3rds of their team fly in from Serbia just for the event. The players spoke very little English so fortunately there was a coach from Serbia with them to help translate. Major thanks to Tom Creale, Cube Development in Illinois for organizing this team and the 2 other teams that came to previous AAU-ORHL Events this past season!

Sunday was Championship Day with 8 Finals. Of the 8 Gold Medal games, 3 games had international teams. National Anthems were played for each of the countries represented (including Serbia) at the beginning of each game. Michigan was represented in the Novice Division with Brighton Ice. Cube Development Illinois in the Atom Division and Cube Development Global (Illinois and Serbia) in the PeeWee Division. Both of the Cube Development teams took gold medals in their respective divisions. It was a very exciting day with 3 of the 8 championship games going to overtime; one game going through to a shootout!

Listed below are the AAU Champions for the various divisions:

Division	Group	Winning Team	Score	Opponent	Score
<b>Novice (2011-12)</b>	Hall	Tri-City Titans - Gold	3	London Cobras	2
	Marnier	Wellington County Tauros	4	Tri-City Titans - Black	0
	Andersen	Vaughan Golden Knights	4	Brighton Ice (Michigan)	1
<b>Atom (2009-10)</b>		Cube Development - Illinois	8	London Cobras	3
<b>PeeWee (2007-08)</b>	Matthews	Tri-City Titans - Gold	3 (OT)	Stratford Silver Knights	2
	McDavid	Cube Development - Global	5	Tri-City Titans - Black	4
	MacKinnon	Halton Rage	4	London Cobras - Red	1
<b>Bantam (2005-06)</b>		Chalisle Chill - Blue	4 (OT)	London Red Circle	2
<b>Midget (2002-04)</b>	Ovechkin	Tri-City Titans - White	6	London Cobras - Red	1
	Crosby	Tri-City Titans - Gold	2 (OT)	Carlisle Chill	1
	Gretzky	Norfolk Nationals	4	Royal City Kings	3

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## AAU CHAMPIONSHIP WEEKEND “TRULY AN INTERNATIONAL AFFAIR”

February 28 – March 2, 2020 held in London, Ontario, Canada

Lastly, on a side note, this weekend was truly indicative of what the AAU and the ORHL (Ontario Rep Hockey League) are all about. We had a family with 2 players from Serbia whose equipment did not arrive. The mother spoke very little English and the boys did not speak English at all. The older brother was participating on the Cube Global team with a few of his teammates and their Serbian Coach Nenad. For the first day, the player on the Cube Development Global team wore a teammates' equipment and the coaches' skates (quite a bit too big!).



On Saturday morning, the hockey bags had still not arrived. When asked, we received huge support from the Canadian teams to help the boys out! A HUGE thank you London Cobras, Royal City Kings and the Milton Stars for lending equipment to this family to allow the boys to play. Once we had a complete set of equipment, the younger brother, who did not speak any English went into the Cube Development Illinois team not knowing anyone. Walking on to this team by himself, not understanding a word of English. The coaching staff were so accommodating as this little boy

just wanted to play hockey! After that first game on Saturday, he spent the rest of the day with his “new” American teammates. A memory, they will all remember about this Tournament.

Their equipment did arrive late Saturday afternoon and both teams made it through to Championship Day. Both teams won gold medals and the younger brother, scored a goal! It was reported that the younger brother was so excited, that he slept with his medal on that night!

I believe that this truly exemplifies what the AAU and the ORHL are all about. Providing wonderful childhood experiences and memories while participating in the great sport of ice hockey!

For more information, please feel free to contact:

Kevin McKinnon - [kevin@orhl.net](mailto:kevin@orhl.net)

Diane MacGougan - [diane@orhl.net](mailto:diane@orhl.net)



## Red Line Athletic Club (RLAC)

### Wraps up their 9th season within AAU

#### MD / DC BASED RED LINE ATHLETIC CLUB METROS WRAP UP 2019-2020 WINTER HOCKEY SEASON IN THE NICK OF TIME BEFORE CORONA VIRUS SHUTDOWN

The Red Line Athletic Club, going into its 9<sup>th</sup> year of AAU membership, wrapped up its traditional Winter Season on Saturday, February 29<sup>th</sup> in the nick of time before for the Corona Virus shutdown.

The RLAC Hockey program is somewhat of a throwback to an earlier time when hockey was more of a seasonal endeavor, and depending on where you live, a more local and affordable pursuit as well. RLAC Winter Hockey typically begins sometime between Nov 1 – Dec 1 and wraps up between Mar 1 and Apr 1. Almost all RLAC hockey players also play other sports seasonally. Many of the RLAC Hockey players also play baseball, soccer, lacrosse and swim outside of the RLAC Hockey Season.

The wrapup for this hockey season, as we turned into baseball, lacrosse and soccer season, could not come as a better time. The season finale, dubbed the Club's "Cabin John Cup", was held on Saturday morning of February 29<sup>th</sup> and it could not have come any later.

Looking forward to 2020-2021, we would typically be collecting deposits and scheduling ice time for the following winter, but obviously that is at a standstill. Right now as a club, we are holding tight like everyone else to see what 2020-2021 will bring.

Before the turn of events, we had a great winter though, that included our annual full ice "Mites on Ice" during intermission of a Washington Capitals game, our "New England Hockey Weekend" and special intra-club games with other seasonal clubs. Here are the highlights!

#### WASHINGTON CAPITALS MITES ON ICE

The 2020 edition of RLAC "Mites on Ice" was on January 5<sup>th</sup> and ended in a 1-1 draw in the full ice Mites game. The Caps game itself was a barnburner vs San Jose and worth going back to watch the highlights!



The Caps have been great to RLAC as the 'Tros have played a full ice "Mites on Ice" game between the periods at the Washington Capitals since the 2013-2014 season.

## Red Line Athletic Club (RLAC) Wraps up their 9th season within AAU (continued)

### NEW ENGLAND HOCKEY WEEKEND

The 'Tros also made their annual New England Winter Hockey trip in January to Concord, NH. RLAC has made an annual winter trip each year since 2015 and hope to make some AAU connections in New Hampshire for Winter Hockey Weekend 2021!

### SPECIAL GAMES & CABIN JOHN CUP

The 'Tros are an in-house program, but because we are small we don't have numerous teams. Therefore, our in-house games are close rivalries and our out-of-club games are special events the kids look forward to. We had some great battles at the Mite, Squirt and PeeWee levels. Teams interested in playing games next winter should contact Bob DeGemmis at: [rlacmetros@gmail.com](mailto:rlacmetros@gmail.com).



## AAU League Pages

The largest AAU youth league within the USA

### Chicago United Hockey League Annual Update

<https://www.chicagounitedhockey.com/>

It is hard to believe that it has been six years since a number of programs took “a leap of faith” and ventured into uncharted waters. We are happy to report that the Chicago United Hockey League is both healthy and growing, serving close to 90% of the travel hockey in the state of Illinois. We are so fortunate to have a Board of Directors that is both dedicated to growing the sport at this critical age level, and making decisions that are in the best interest of our “7 & 8 year-old bosses” that we serve.

#### This season we had:

<b>8U - D1:</b>	<b>17 Teams</b>
<b>8U - D2:</b>	<b>28 Teams</b>
<b>8U - D3:</b>	<b>30 teams</b>
<b>8U - House:</b>	<b>18 Teams</b>
<b>Total:</b>	<b>93 teams.</b>



This represents an increase of four teams over last season. We also welcomed the Mighty Badgers Hockey Club from Madison, WI into our league. As we begin to focus on next season, we have been contacted by several clubs that are interested in playing in the CUHL next season.

Our travel division teams play six seeding round games and are then placed into divisions aimed to create the best parity possible. We then play 18 regular season games and a three-game, round robin playoff format tournament hosted by the Northbrook Jr. Spartans before large crowds. Our House teams play less games with a later starting period designed to let the children focus on fundamentals. Our season begins in Mid-September and concludes the first week in March, offering our participants a full season of hockey.

Like all of you, we are deeply concerned over the impact that the Covid-19 Pandemic will have on our sport from both a safety and economic perspective. As I write this many of our programs have cancelled spring hockey, and we remain hopeful that we can offer some type of summer program. So much uncertainty and at times like this, we need to remember the greatest priority is we all stay healthy.

For more information on how to join the CUHL for Spring or Fall, please feel free to contact:

Tom Gullen - [tom@winnetkahockey.com](mailto:tom@winnetkahockey.com)



## AAU League Pages

The original AAU youth league and largest within Michigan

<http://mayhl.rsportz.com/>



### Tryouts Push Back to May 1, 2020

Over the last weeks, we have seen schools, universities, amateur and professional sports and both large and small business take steps in order to best mitigate the spread of COVID-19. The President of the United States has declared a National Emergency, and the Governor of Michigan has also issued similar declarations.

In the last few days, several municipal rinks have announced they will be closed for the next several weeks and some have also announced they are taking ice out early to reduce expenses incurred with idle facilities. This leaves some associations with no-ice until early April.

**Today (March 15) the Michigan AAU Hockey Director has pushed back the start of ALL tryout for next season until no earlier than May 1, 2020.**

I feel this best serves the overall wellbeing of our players, coaches, officials, volunteers and their families and will help mitigate the spread of COVID-19. This will help provide a fair and equitable playing field for all organizations and teams to be able start tryouts on level footing. AAU expects all organizations and coaches to be respectful of this change and will enforce suspensions of anyone found violating that date.

**Violations could include executing commitments, parent/player contact, evaluation skates, team building exercises etc. Suspensions can affect a team's ability to play in leagues, Tournaments and playoffs or state and National tournaments next season.**

**Be advised that tryouts dates could still change further as the situation evolves.**

We will continue to monitor State and local government directives and provide updates as needed. Thank you for your continued support. Stay healthy.

AAU Hockey is open to All age groups, We have teams committed in 7U, 8U and looking to add 10U, JV High School Divisions. The MAYHL already has a great many 7U and 8U teams committed from throughout Michigan and northern Ohio. Additional 7U and 8U **AAU "Real Hockey"** teams who are interested in joining AAU and the MAYHL should feel free to contact us.

League Contact information: [MAYHLINFO@gmail.com](mailto:MAYHLINFO@gmail.com)



## AAU League Pages

The largest AAU youth league within Ontario

The Ontario Rep Hockey League, "ORHL", successfully completed its' 5<sup>th</sup> season with 700 players registered in the ORHL and over 1000 games being played. The ORHL consisted of 42 member teams and over 30 guest teams from various states



and provinces including Illinois, Michigan, New York, Ohio, Pennsylvania, Ontario and Quebec. We also had the pleasure of hosting players from Slovakia and Serbia making the ORHL a truly international affair. Outlined below are the teams that participated in the various divisions throughout the season.

### Novice – U9

Halton Rage  
London Cobras  
Milton Stars  
Royal City Kings  
Tri City Titans Black  
Tri City Titans Gold  
Vaughan Golden Knights  
Wellington County Tauros  
Mighty Buffaloes - 2012  
TOP Hockey - 2011  
Rochester Royals - 2011  
[Lakewview Hawks - 2011](#)  
[Pittsburg Hammers](#)  
Buffalo Regals - 2013  
Buffalo Lightning - 2011  
Plymouth, MI Whalers '11  
Barrie Slingshots  
Michigan North Stars '11  
Brighton Ice Blue - 2012  
Battery Hockey, Ohio  
London Red Circle

### Atom – U11

London Cobras  
Milton Stars  
Royal City Kings  
Tri City Titans Gold  
Cube - Illinois  
TOP Hockey  
Rochester Jr. Coalition  
Depew Lightning  
Barrie Slingshots Light  
Barrie Slingshots Dark  
London Red Circle

### Peewee – U13

Brant Bandits  
Carlisle Chill  
Halton Rage  
London Cobras Blue  
London Cobras Red  
Milton Stars Gold  
Milton Stars Red  
Oxford Warlords  
Royal City Kings Red  
Royal City Kings White  
Stratford Silver Knights  
TriCity Titans Black  
TriCity Titans Gold  
Cube Development U10  
Cube Development U12  
Cube - Global-Serbia  
Cube - Global-Slovakia  
Somang Hockey– Mtl  
London Red Circle  
Barrie Slingshots Light  
Barrie Slingshots Dark

### Bantam – U15

Carlisle Chill Blue  
Carlisle Chill White  
Halton Rage  
Milton Stars  
Oxford Warlords  
Royal City Kings  
Somang Hockey - Montreal  
London Red Circle  
Barrie Slingshots Light  
Barrie Slingshots Dark

### Midget – U18

Carlisle Chill  
Halton Rage  
Hamilton Steelcats  
London Cobras Blue  
London Cobras Red  
Norfolk Nationals  
Peel Predators  
Royal City Kings  
Tri City Titans White  
Tri City Titans Black  
Tri City Titans Gold  
London Red Circle  
Heartland Dragons  
Barrie Slingshots

- continued on the following page -

## AAU League Pages

The largest AAU youth league within Ontario

AAU National Hockey Chair, Keith Noll, was pleased to report, “the ORHL hosted the 2020 AAU/NASH North American Select Hockey Championships”.

The 2020 AAU/NASH Ice Hockey Championships were a huge success held in London, Ontario, Canada February 28 – March 1, 2020. ORHL, Directors, Diane MacGougan and Kevin McKinnon reported, “there were 52 ice hockey teams that participated in all divisions, from Novice 6U through to Midget 17U”. There were 117 hockey games played over the weekend on 8 different pads of ice in 3 different facilities.

Due to the unfortunate COVID-19 Pandemic, the ORHL Championship weekend that was scheduled for March 27-29<sup>th</sup> had to be cancelled. As such the Division Champions were determined by the regular season standings as of Thursday, March 12<sup>th</sup>.



### ***Congratulations to our 2019-2020 ORHL Champions:***

- Novice (U9) – Tri City Titans - Gold**
- Atom (U11) – Tri City Titans**
- Peewee (U13) – Oxford Warlords**
- Bantam (U15)– Carlisle Chill – Blue**
- Midget (U18) – Tri City Titans - White**

For more information please visit our website at [www.orhl.net](http://www.orhl.net)

Please feel free to contact us at:

League Related – [commissioner@orhl.net](mailto:commissioner@orhl.net)

Event Related – [diane@orhl.net](mailto:diane@orhl.net)



## AAU Scholastic League Pages

Serving the greater NY Metro region

### New York Islanders High School Hockey League



The High School Hockey League of Nassau County is proud to announce that we have been renamed to the New York Islanders High School Hockey League. We have become one of the first few High School Leagues to receive official support from an NHL Club as part of their Amateur Hockey initiatives.

The New York Islanders are officially sponsoring the 2018-19 NYS High School Tournament at Northwell Health Ice Center in March 2019 and will be involved in our league in many ways in the future. Please stay tuned for more news about this in the months to come.

Please visit us at our new website, <https://www.islandershighschoolhockey.net> where you can get up-to-date schedules, standings, scoring, and news for everything that is happening in the New York Islanders High School Hockey League.

Please direct any questions or inquiries to:

- ⇒ Richard Rosa, [rich@richrosa.com](mailto:rich@richrosa.com), VP NYIHSHL/HSHLNC, and
- ⇒ Jocelyne Cummings, [jocelyne.cummings@newyorkislanders.com](mailto:jocelyne.cummings@newyorkislanders.com), Manager, Amateur Hockey Development, New York Islanders.



## AAU Scholastic League Pages

Service western New York state

### Western New York High School Hockey League (WNYHSCHL)

<https://www.wnyhschl.com/>

We provide Western New York students in grades 7-12 with an opportunity to compete in the sport of Ice Hockey at the Club Level for their School.

- ⇒ **Modified (7-8),**
- ⇒ **Junior Varsity (8-10), and**
- ⇒ **Varsity (8-12)**

Any new team interested in joining our League - Modified, JV or Varsity should attend any meeting and make your presence known to a Board Member.



#### Board

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PRESIDENT (VARSITY AND JV)  
Phone: (716) 866-4430

**Paul and Lisa Stachelski**  
JV VICE PRESIDENTS  
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**Stephanie Novo**  
WEBSITE ADMINISTRATOR



## AAU League Pages

CPJHL Junior <http://www.cpjhl.com/>

### CPJHL - Player advancement during the 2019-2020 season

*Written by: Matt Mackinder/CPJHL Communications Director*

The Canadian Premier Junior Hockey League, entering its fifth season in 2020-21, announced today the addition of the new Muskoka Islanders franchise. Owned and operated by Kevin Garnett, the Islanders' head coach will be Kristian Luptak and assistant coach will be Roy French.



Garnett has been involved in hockey at all levels for over 35 years. He had the opportunity to have a career in the NHL with the New York Islanders until he was sidelined with a broken neck right before the draft. Since then, he has been coaching hockey at all levels, holding skills camps for all ages and skill sets including pro, as well as working in personal training of athletes to achieve their next-level goals. Garnett also spent some time as a Level 3-certified referee.

The Islanders will practice two hours a day, five days a week, where the first hour will be focused on edge work, puck control and overall skills. The second hour will be running set plays, power play/penalty killing drills and learning how to anticipate both sides of the play.

"It is our focus to make each individual a better skater, stronger on and off the puck, be able to read and adapt all plays, learn positional hockey, to be strong on the body, power and accurate passing and excellent puck control," Garnett said. "There will be a mandatory, minimum of two hours per day, six days a week, of personal physical training in our state-of-the-art athletic center, where classes will involve a personal yoga instructor, personal workout programmer and a weight lifting coach as well as a sports nutritionist to guide each player."

Off the ice, Garnett said the Islanders will be heavily involved in community volunteering at local soup kitchens, food banks, parades, festivals and more, five days a week for at least one hour a day. A minimum of two hours each morning will be set aside for schoolwork and additional learning for those players that are still in school.

- continued on the following page -

## AAU League Pages

CPJHL Junior <http://www.cpjhl.com/>

“Personal growth is very important, and we will be implementing personal testing throughout the year on a regular basis,” said Garbett. “This will include strength testing, flexibility, edge work, speed, puck control, agility and hockey knowledge.”

In addition, there will be a minimum of two one-hour team video meetings with all members of the coaching staff to review games played, show where areas of improvement can be made, what was done right, and also to show how to read and anticipate the game better.

On the coaching side, Luptak, a Slovakia native, has been playing hockey since he was six years old growing up in Europe and also spent three years playing in Canada and training with Garnett during that time, seeing time with CPJHL teams. He returned to Europe to play pro hockey and during his third year, as a captain and first-liner, succumbed to a career-ending shoulder injury.

French has been involved as a coach with CPJHL clubs for the past two years. Garnett noted that the Islanders are currently in contract negotiations with a goalie coach and hope to have that settled within the next few weeks. “There are two coaches that we are looking at bringing aboard,” said Garnett. “Both have played pro hockey and will benefit our program greatly.”

The schooling segment of the Islanders program will also be a major benefit to the players.

“Education is, and always will be, a main focus to our organization,” said Garnett. “We realize that hockey only lasts so long, and an education will last a lifetime. There is nothing more important than keeping up grades and a strong work ethic. As most of our management team has been involved with pro hockey and had their career ended short, we realize the importance and the benefit of having an education.”

Moving forward, the Islanders players will report Aug. 17 for dryland training for two weeks before on-ice training begins.



“This will ensure to get the blood flowing back to the extremities, get the lungs working to capacity again,” Garnett said. “We will be starting our physical testing at this time as well as implementing team growth and bonding exercises.”

The Muskoka Islanders signed their first player on April 15, 2020 inking goaltender William Tisserand for the 2020-21 CPJHL season.

The [Islanders team website](#) is now live, while a team [Facebook page](#) is also up and running.



## AAU League Pages

WSHL Junior <http://www.wshl.org/>

### Western States Hockey League (WSHL) - Season Wrap-up

*Written by: Manny Brizuela*

Over the last few months the nation has endured a heaping scoop of undue stress and burden. Of sectors feeling a significant void is the sports industry and the game we all love—Hockey.

Sudden cancellation and suspension of sports leagues around the world has halted the moving progression of players, coaches, organizations, protocols and a plethora of nuances that work in harmony to make competitive sports possible. The Coronavirus pandemic has not only affected big name entities who have millions of dollars of investment risk, but has also greatly impacted the grassroots level of sports.

The Western States Hockey League along with its official streaming provider, Black Dog Hockey, are hoping to ease the burden imposed on the college recruitment process due to the Coronavirus. Because many critical pieces to the recruitment process have been stripped, WSHL and Black Dog are offering free subscriptions to college coaches who have attended our Showcase in the past.



The subscription will allow coaches to watch all 2019-2020 WSHL games in order to follow prospective players in lieu of the playoff action that everybody is missing out on. The move will also assist coaches in making important decisions on a particular player, but also for the WSHL to strive for college movement even during a time of dire straights.

The league is doing its part in contacting all college coaches who have registered and attended a WSHL Showcase, and hopes to keep its players visible through on-demand streaming.

The 26<sup>th</sup> season of excellence—although cut prematurely due to a pandemic—boasted strides in each division as the majority of clubs entertained historic seasons. Fans were able to enjoy over five hundred games of WSHL action and took note of successful inaugural teams for a second straight year.

WSHL's annual Showcase was held at the Las Vegas Ice Center and received another resounding mark of approval from college scouts across the nation. WSHL's Showcase, unlike other leagues, provides an interpersonal setting for scouts to interact with players, and for players to spark a bond with school representatives who can lead them to collegiate success both in the classroom and on the ice.

Air Force Academy Head Coach (NCAA DI) Frank Serratore, was a keynote speaker at Showcase and highlighted the importance of thinking about a collegiate career. He note only provides examples, but also sheds advice in the college application process and speaks on the NCAA Eligibility Center.

- continued on the following page -

## AAU League Pages

WSHL Junior <http://www.wshl.org/>

The WSHL was able to witness the passing of the baton in multiple categories of the game this 2019-2020 season. Tomas Urbanec surpassed Jakob Kranabetter for the All-Time Points Record when he registered his 352<sup>nd</sup> career point. Urbanec previously broke the All-Time Goals record scoring his 136<sup>th</sup> career goal. Of note, Urbanec broke the records with the El Paso Rhinos and Las Vegas Thunderbirds respectively.

Jamahl Eakett is high on Urbanec's tail for the All-Time Goals record. The Hinton Timberwolves member registered 138 career goals as Urbanec persisted to score.

Among other league accomplishments are El Paso Rhinos Sebastian Jovicic and Fresno Monsters Narek Aleksanyan.

Jovicic became the second leading scorer for points in a season by a defenseman with his staggering 78-points. Jovicic was only four points shy of tying Karel Kankovsky who scored 82-points in 2018-2019.

Monsters Head Coach, Karasiewicz, introduced Aleksanyan as a would-be top-player in the league. The East Angus, Quebec native registered 36 goals, 68 assists, and broke the 100-point threshold as an 18-year-old. Aside from being the highest scoring 18-year-old in 2019-2020, he is tied for first All-Time in single season scoring by an 18-year-old. He matches Ammon Anderson's (Ogden) 104-points from last season—though Aleksanyan required fewer games.

The Western States Hockey League was stifled by the decision that many other athletic leagues had to make around the world. COVID-19 (Coronavirus) became very real and prominent in the United States. The WSHL was hard-pressed to make the initial decision of cancelling all competition in the Washington State region. As a result, Seattle Totems and Bellingham Blazers were forced to relinquish playoff slots and end its regular season prematurely.

But the COVID-19 situation escalated and the cancellation of NBA Basketball caused a rippled effect throughout the sports world down to the WSHL. By the unanimous decision of the Board of Governors, and to adhere to an abundance of caution nationwide, the 2019-2020 WSHL season along with the Thorne Cup Finals were cancelled.



# AAU Ice Hockey

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## AAU Ice Hockey - Youth Leagues

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

<b>Chicago United Hockey League (CUHL)</b> <a href="http://chicagounitedhockey.com">chicagounitedhockey.com</a>	<b>Northern Illinois &amp; Wisconsin</b> 8U Vice President: Tom Gullen - <a href="mailto:tom@winnetkahockey.com">tom@winnetkahockey.com</a>
<b>Michigan Amateur Youth Hockey League (MAYHL)</b> <a href="http://www.mayhl.com">www.mayhl.com</a>	<b>Michigan &amp; Ohio</b> 6U - 18U Director: Lee Shifflett - <a href="mailto:mayhinfo@gmail.com">mayhinfo@gmail.com</a>
<b>Minnesota Made - Choice Hockey League</b> <a href="http://www.minnesotamadehockey.com">www.minnesotamadehockey.com</a>	<b>Minnesota</b> 6U - 12U Director: Todd Blackstone - <a href="mailto:toddb@mnmadehockey.com">toddb@mnmadehockey.com</a>
<b>North East Amateur Hockey League (NEAHL)</b> <a href="http://www.neahl.org">www.neahl.org</a>	<b>Maine, Massachusetts, New Hampshire &amp; Vermont</b> 6U - 18U Administrator: Wes Riley - <a href="mailto:uraa@aol.com">uraa@aol.com</a>
<b>Ontario Rep Hockey League (ORHL)</b> <a href="https://www.orhl.net/">https://www.orhl.net/</a>	<b>Ontario &amp; New York</b> 6U - 17U Director: Diane MacGougan - <a href="mailto:diane@orhl.net">diane@orhl.net</a>
<b>Hockey Florida (AAU)</b> <a href="http://www.hockey-florida.org">www.hockey-florida.org</a>	<b>Florida</b> 6U - 18U Keith Kloock - <a href="mailto:keith@hockey-florida.org">keith@hockey-florida.org</a>
<b>Hockey Club of St. Louis</b>	<b>Missouri</b> 8U President: Tom Kaiman - <a href="mailto:tomkaiman@gmail.com">tomkaiman@gmail.com</a>

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# AAU Ice Hockey

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## AAU Ice Hockey - Youth Leagues

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

<b>Great Lakes Hockey League</b> <a href="http://www.greatlakeshockeyleague.com/">www.greatlakeshockeyleague.com/</a>	<b>Illinois, Iowa, Michigan, Wisconsin</b> 10U and 12U Tom Creal - <a href="mailto:tom@greatlakeshockeyleague.com">tom@greatlakeshockeyleague.com</a>
<b>Rapid Fire Hockey League</b> <a href="http://rapidfirehockey.com">rapidfirehockey.com</a>	<b>Wisconsin &amp; Minnesota</b> 6U - 14U
<b>Redline Metros (RLAC)</b> <a href="http://www.rlacmetros.com">www.rlacmetros.com</a>	<b>Maryland, Virginia &amp; greater Washington DC</b> 6U - 18U
<b>Rochester Jr Grizzlies Hockey League</b>	<b>New York</b> 7U - 8U <a href="mailto:sjdomvil@mail.naz.edu">sjdomvil@mail.naz.edu</a>

## AAU Ice Hockey - Scholastic Leagues

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

High School Hockey League of Nassau County (HSHLNC)	Metropolitan NY <a href="http://www.hometeamsonline.com/teams/default.asp?u=HIGHSCHOOLHOCKEYLEAGUEOFNASSAUCOUNTY&amp;s=hockey&amp;p=home">http://www.hometeamsonline.com/teams/default.asp?u=HIGHSCHOOLHOCKEYLEAGUEOFNASSAUCOUNTY&amp;s=hockey&amp;p=home</a>
I-69 High School League <a href="mailto:jwainio51@gmail.com">jwainio51@gmail.com</a> or <a href="mailto:mayhlinfo@gmail.com">mayhlinfo@gmail.com</a>	Michigan <a href="http://i69hockeyleague.rsportz.com/">http://i69hockeyleague.rsportz.com/</a>
Western New York High School Club Hockey League (WNYHSCHL)	Western NY <a href="http://www.wnyhschl.com">www.wnyhschl.com</a>

## AAU Ice Hockey - UHU (Junior & College) Leagues

Ron White, United Hockey Union (Juniors) Director - (714) 502-9029

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

Western States Hockey League (WSHL)	AZ, CA, CO, ID, KS, MO, MT, NM, NV, OK, OR, TX, UT, WA, WY and Alberta, Canada <a href="http://www.wshl.org">www.wshl.org</a>
Canadian Premier Junior Hockey League (CPJHL)	Ontario & Quebec, Canada <a href="http://www.cpjhl.com/">http://www.cpjhl.com/</a>



# AAU Ice Hockey

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## AAU Ice Hockey - National Committee

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## AAU Ice Hockey - Websites & Media

[www.aauicehockey.org](http://www.aauicehockey.org)

on Twitter [twitter.com/AAUIce](https://twitter.com/AAUIce)

on YouTube

[www.youtube.com/playlist?list=PLd3hXZtrsD1R15iU7RgSg39cqmKrb-nvT](https://www.youtube.com/playlist?list=PLd3hXZtrsD1R15iU7RgSg39cqmKrb-nvT)

Sports for all, Forever



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

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



## AAU Inline Hockey

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

