



Your Official Source for CAHA News

Off The Boards

Rocky Mountain High

Jr. Coyotes chosen for RMD Development Camp

If the numbers are a reflection of success in a travel hockey association, then the Jr. Coyotes program is gleaming brightly. Over 15 Jr. Coyote players from the 2010/11 season were chosen to represent Arizona at the Rocky Mountain District Development Camp in Salt Lake City, Utah.

Off The Boards interviewed one such kid, U16 AAA player Christian O'Dowd, who is not experiencing just his first rodeo.

OTB: Is this your first year heading to the RMD Development Camp?

CO: No, it is actually my third consecutive year. In 2010, I made it even further and attended the National Festival in Rochester, NY.

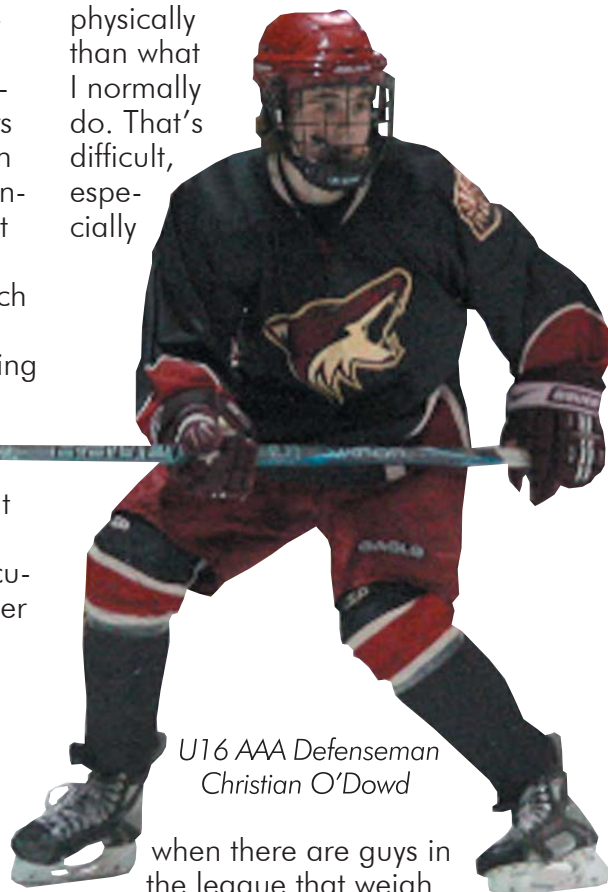
OTB: What did you change and what did you keep the same going into the Arizona camp?

CO: I have been a defenseman since I started playing hockey 10 years ago and I have always had, for the most part, the same defensive style. The only change I'm trying to make, as a whole, is to use my body more to stop the opponent's drive vs. using my poke check. I also need to improve my power skating, lateral movement, edges, etc.

OTB: What did you experience this past season on your U16 AAA team that has prepared you?

CO: The competition in the Tier 1 league is intense. The pace is extremely fast so if you're not on you game, the other team is going to be all over you. I had to learn to close my gaps better so the forwards couldn't get around me. I also had to win more battles along the boards and in the corners which required me to learn to play a little more

physically than what I normally do. That's difficult, especially



U16 AAA Defenseman Christian O'Dowd

when there are guys in the league that weigh 200+ pounds.

OTB: What do you want to get out of the camp in Salt Lake City?

CO: I'm hoping to play well and, obviously, get some more exposure. Our team gets scouted a lot anyway throughout the season. Coach Mike is always promoting our team and our players during the entire year, even in the off-season. It can't hurt, though, to have more. It would be nice to make it to Nationals again, as well.

OTB: If you could sum it up in one word, what would your mantra be every time before you hit the ice for a game or practice and why?

CO: "Perform." Playing at this level, I have to perform every shift, every game

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DEVELOPING The Den

Scott Gruber
CAHA Director of
Youth Hockey
Development



With summer fast approaching, what are your plans for preparing for next season?

Just because you may not be able to attend a summer league or camp doesn't mean you can't improve your game and your body.

- The Arizona heat can diminish motivation, but don't let that dictate your training. Stop making excuses and keep these tips in mind:

- Go public skating. Any time on the ice is helpful, and you can purchase an unlimited summer pass for just \$49!

- Practice stickhandling in the garage with a golf ball or weighted hockey ball. Too hot? Bring out a fan and spray bottle.

- Do a plyometric workout at home and jump in the pool between sets.

- Go to the park and run 5-, 10- and 15-meter sprints with proper rest periods in between. Be sure you have water!

- Play racquetball or tennis! These are great activities for quickening your feet.

- Create a summer team of buddies and meet once or twice a week to play street or roller hockey. If you're near a house, bring out the garden hose to cool down your friends and the asphalt.

- Use rollerblades where you'd normally ride your bike.

- Do push-ups and sit-ups. In hockey, upper body and core strength is just as important as lower-body strength.

- To be a good athlete, you have to have a strong mind, so once you stop complaining about how hot it is outside, half the battle is already won.

But no matter what you do, stay cool and hydrated, make healthy food choices and get off the couch; turn your PlayStations off and go have some real fun!

Coach Scott

House News HOT OFF THE PRESSES!



Check out the new two-guide format for CAHA House & Travel Programs. Tons of info now available online or next to Admin!

New coach finds season a blast!

Rookie hockey coach Chad Hampton didn't know what to expect going into his first season. His son and daughter had just graduated from the Summer IP and he wanted to get involved in their hockey. He took on not one, but both of his kids' teams as head coach.

"I had several goals for this season, but the main one was getting the kids on both of my teams to play hard and have fun. Both teams had a bumpy start, but we worked through it and the kids really started to enjoy the game and their team more as the season went on."

A personal goal for Chad, who hails from Michigan, was to learn as much as he could about coaching. Hockey had been a part of his life from day one, including grandparents with a pond on which to skate.

As Chad quickly assessed, watching and playing the sport are both quite different from coaching. His advice? "Get to know other coaches and don't be afraid to ask a lot of questions and observe how they make practices fun and effective.

I watched coaches Gruber, Hess, Radke and Ciaccio as my kids went through IP and house leagues and came away with a solid base to build on.

He had some stand-out players on both of my teams. "They didn't stand out because they were the fastest

skaters or had the hardest shots, they stood out because of their willingness to learn. At both the Bantam and the Squirt levels, the kids are still learning the game. The kids that listened, learned and practiced hard were the

real winners. My Squirt team really worked hard as a TEAM. I was very proud of the players that have been playing for a few seasons helping the less experienced players get better."

Coach Chad offers this advice to new coaches. "Have fun!!! This level of play is about teaching the kids solid fundamentals. Use your imagination to keep the kids interested in learning. Congrats to Coach and players as both his teams made it to House Championship games, and Bantam team as a finalist in the City Championship game "The season was a blast!"



Coach Chad Hampton surrounded by his CAHA kids, Squirt CJ (left) and CAHA Bantam Caylyn.

Ciaccio Bolsters CAHA Programs



From CAHA kids to Phoenix Coyotes, Mark Ciaccio impresses all ages.

Your player has talked about them. Those tough yet rewarding power skating sessions with Coach Mark Ciaccio. Now, his company, MC Hockey Skills, and the Ice Den are partnering for camps, clinics and training for both CAHA programs. Mark will take the role of CAHA's Director of Hockey Training and serve as head coach of the Jr. Coyotes 98 team.

Coach Ciaccio shares his expertise with the pros on down through his power skating sessions, camps and clinics. In his new role, this internationally respected coach will enhance the skill level of CAHA players by increasing his in-season sessions with

both house and travel programs. He will also be working with Ice Den management on the creation of an on and off ice team/group training initiatives as well as the private hockey programs for players seeking specialized instruction. Look for the unveiling of these initiatives in the coming months!

In serving as head coach of the 98's for the upcoming season, Mark will ready the team for the highly competitive AAA SuperSeries League which will prepare them for the rigors of the Tier 1 Elite League as they age up. "I am excited for the new challenge in the SuperSeries," states Ciaccio. "The kids will get well developed with a very experienced coaching staff former NHLers Wayne McBean, Greg Adams, along with myself."

"Adding a guy with Mark's credibility further strengthens an already impressive package," states Travel director Mike De Angelis. "He serves as another tremendous coach and role model for our players."

To view Mark's impressive track record, please visit CoyotesIce.com.

Jr. Coyotes Join SuperSeries

The Phoenix Jr. Coyotes Travel program is proud to have been selected to join the elite Super Series League next season at the applicable levels of play. The Super Series is a streamlined tournament style showcase featuring top level member teams from around the country.

Some of the organizations include the Dallas Stars, Colorado Thunderbirds, St Louis Amateur Blues and Detroit Compuware.

The Super Series goal is to offer strong affordable competition that maximizes play with other like organizations across the country. This

addition to the CAHA program will greatly assist in the development of our players who aspire to move up to the Jr Coyotes in the Tier 1 Elite Hockey Midget League. Our program has already been confirmed to host the Squirt 01 Elite AAA and U15 Elite AAA showcases next year.

CAHA's own Mike De Angelis was recently named as an executive board member. Jeff Brown, Stu Barnes, Michael Peca, Adam Foote, Keith Primeau and Marty McInnis were also named and are all former NHL players, as are host team coaches Al MacInnis of the St. Louis Blues and Tony Amonte of the South Shore Kings.



Elite Spring Development Champions Weekend

May 20th - May 22nd

Come check it out!!

**Wanna be a
Jr. Coyote?
Come show us what
you've got!**

**Open Tryouts
June 1st - 5th
Ice Den**

**Please check CoyotesIce.com
for age division time slots.**

WHAT'S Coming up CAHA

May

20th - 22nd · Elite Spring Training
Champions Weekend

June

1st - 5th · Jr. Coyotes Tryouts
6th - 12th · 3x3 Jamboree Week

July

18th - 22nd · Jr. Coyotes Elite
Hockey School
25th - 29th · Hot Dawgs Hockey
Camp



Annual Ice Show

June 10 & 11, 2011

Come be amazed at our own Ice Den Skaters!

Crossovers

News from across the rink



DON'T DELAY

Register for the Fall/Winter 2011/12 House Season at Administration Window or online at CoyotesIce.com

Age divisions fill quickly!

Summer Pond Hockey is on its way! Check out CoyotesIce.com for times and days for your age!

Phoenix Jr. Coyotes Elite Hockey School

July 18th - 22nd

- 5 FULL DAYS FOR SQUIRT - BANTAM
- 15 HOURS OF ICE TIME
- DEMANDING OFF-ICE TRAINING
- APPEARANCES BY CURRENT & FORMER NHL PLAYERS
- TOP-LEVEL PROFESSIONAL INSTRUCTION

This high intensity hockey school was designed with the experienced travel player in mind and is packed full of fast-paced on-ice drills as well as beneficial off-ice activities. The school will focus on taking the travel player's game to the next level.

Includes a variety of lunches everyday by 18⁺

\$425⁰⁰

Register at Ice Den Administration Window or at CoyotesIce.com!



Variety of lunches included everyday by 18⁺

SKILLIN' - N - GRILLIN'

HOT DAWG HOCKEY CAMP

MORE ICE LOWER PRICE than 2010!

July 25 - 29, 2011

ICE DEN

- 5 Full Days For Squirt - High School
- 5 1-hour Evening Sessions For Mini-mites/Mites

This fun-filled week is designed with the recreational hockey player in mind and is chock-full of on and off-ice activities. It gives players the opportunity to participate in a FUN, well-organized, full-day hockey program that focuses on a player's overall development of their game.

- 5 hrs. professional indoor off-ice training
- Small area games & drills
- Seasoned instruction
- Skill development
- Team building & FUN FUN FUN!

\$349⁰⁰

\$399 after June 15, 2011

\$125⁰⁰ for Mite/Mini-Mite evening sessions

Register at Ice Den Administration Window or at CoyotesIce.com!

Cook up some summer hockey fun!