

# Checking In

Navy Youth Hockey Assoc. "somewhat" Monthly Newsletter  
Vol 1.3



## Note from the Board

It's hard to believe it is already November and the holidays are just around the corner. With all that is going on in your families - including school, sports schedules and extra curricular activities - we hope you have the time to take a deep breath and enjoy your loved ones as we gear up for this busy time of year.

The Board, Hockey Directorate and coaching staff are working hard as well. Even though we are not as "visible" as we used to be when we had our monthly meetings at the Brigade, the Board still meets monthly to discuss club business and prepare for the upcoming season (oh that's right -there's no rest in hockey). To that end, if you have questions, concerns, suggestions or even kudos we welcome your input. Our Board meetings are open to club members and occur on the 3rd Tuesday of every month. We are still holding them virtually but if you are interested in attending you can email me directly: [kfleming.nyh@gmail.com](mailto:kfleming.nyh@gmail.com) for call-in information. We value your input because, it takes all of us to create the most supportive, competitive and fun hockey experience for our kids. I hope to hear from you.

Stay healthy, stay safe - GO NAVY!

-Kristen  
NYH, President

## A Message from your HD

With the season officially kicking in to full gear, it is important to continue to be flexible with the ref shortage that is occurring. The PVAHA made the right decision - in my opinion - on making all games peewee and below 1 ref systems. Parents, I have stressed this already to the coaches, but please be patient with them. Many are new referees who are still just in high school. We want them enjoying their experience as I'm sure we all agree we don't want to go through another season of ref uncertainty.

League play has started and many teams are off to hot starts. More importantly though, that positive, energetic, and fun environment we are looking to foster continues to make me proud. Let's keep that up! According to many of my sources, we are becoming known as a club refs actually enjoy reffing games for - regardless of the score so thank you to all of you.

As always, if there are any questions or concerns don't hesitate to reach out.

GO NAVY

Coach Zach

## Coach's Corner

*Musings from and about your coaching staff*

## Drills and Skills

### COACHING POINTS FOR A 1 ON 1 (DEFENSIVELY)

- On a rush the defense as to try and match the speed of the attacker.
- In defensive zone you have to take a good angle and try to dictate where you want the opponent to go.
- Make sure stick is on the ice with entire blade on the ice if possible.
- Use short stabs and not a sweeping motion to achieve stick on puck.
- Always face player and never turn back on opponent.
- Keep stability and never lunge at the opponent.
- Keep your eyes focused on the chest, not the puck.
- Try to go blade on blade while finishing with your body.

1-v-1 Battle

## Coach Highlight - Brendan Curley

Brendan is entering his 6th year coaching with NYH and an assistant coach for the USNA men's team. Brendan is from Buffalo, NY and played Division I ice hockey at Miami University helping lead the team to the schools first ever CCHA Championship. He played professionally in Europe and two years in the ECHL for the Hampton Roads Admirals under legendary NHL coach John Brophy, where he was named to the all Decade team. He lives in Arnold with his wife Ali, daughters Lindsay, Katelyn, Maddie, son Dylan and dog Brophy.

## Girls Hockey

### Girls hit the ice at Capital One Arena

In celebration of the [IIHF World Girls' Hockey Day](#), the Girls U14 team played the Potomac Patriots at Capital One Arena after the Capitals game. The team had a ton of fun cheering on the Caps, hanging with teammates, and playing on the big ice!



### D1 in DC 2021

### D1 in DC

On Nov. 26 - 27, NCAA Division I Women's Ice Hockey teams will compete in a showcase in DC! Tickets include access to 4 games and a roundtable of NCAA coaches discussing what it takes to make it to D1. Please learn more and purchase your tickets here

[Link](#)



## 15 Things Coaches Love to See in a Player

Character counts when it comes to impressing coaches By Greg Bates, Special to AHAI - Every hockey coach has certain aspects he or she likes to see in a player, whether it is being a hard worker on the ice, a dedicated student off the ice or a strong leader during a game as well as...

[Read More](#)

## Need Gear?

We have lots (LOTS) of extra gear in the bullpen at the BSC. If you have gear needs please talk to your manager or coach and we can coordinate a time to let you in and find what you need. **We will not be accepting new gear in the back until the end of the season.** Please do not drop off used gear at this time, we will organize drop off days closer to the end of the season. This helps us keep the back neat and avoids things getting out of control.





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