



October 2021

## Newsletter



### **Celebrating Five Years of FWAHA**

Fort Wayne Amateur Hockey Association (FWAHA) was formed in April 2017 when the existing youth and high school hockey associations merged with a focus on growing the sport in the region. At that time, FWAHA also launched their travel teams as the PSM Force through a sponsorship with Parkview Sports Medicine. FWAHA's mission is a commitment to provide all hockey players, families, and coaches with a premier development experience through appropriate levels of play.

The 2021-2022 season is the fifth year for FWAHA to offer youth hockey in our community. Over the last five years, FWAHA has worked to deliver on its mission and has improved youth hockey in the following ways:

- Created a High School Prep team, the Fort Wayne Renegades, which allows players to continue development prior to joining one of the four High School Varsity teams. The team competes in Indiana State High School Hockey crossover games and the Prep State Tournament.
- Added a fourth PSM Force travel hockey team to each of the 10U, 12U, and 14U age groups for a total of 14 PSM Force teams.
- Entered all PSM Force teams into the highly competitive Little Caesars Amateur Hockey League (LCAHL).
- Expanded our competitive travel team options to include AAA, AA, and A.
- Provided all FWAHA teams performance training through our partners at Parkview Sports Medicine (PSM) which aligns with USA Hockey's recommendation for development both on and off the ice.
- Hosted 64 youth hockey teams from around the State of Indiana for the return of the Indiana Youth Hockey State Champions in February 2021.
- Celebrated a total of two (2) Indiana State High School Hockey State Champions (since 2017-2018).

- Celebrated a total of three (3) Indiana Youth Hockey Governors Cup Champions (since the event formed in 2021).

### Adding Power Edge Pro Training



As we continue toward our vision to develop the whole athlete, FWAHA is excited to announce our newest offering to Fort Wayne hockey - Power Edge Pro (PEP) development training. PEP is brought to our community through a partnership between FWAHA and the SportONE/Parkview Icehouse. The partnership allows the Icehouse to offer PEP through its programming like the Fort Wayne Youth League (house league); skills training practices; and the Elite Hockey Academy.

Power Edge Pro utilizes Reactive Countering Training™ (R.C.T.) to engage multiple motor skills simultaneously and develop a player's small area game performance. All patterns are completed while maintaining puck control and are designed to provide 5x as many repetitions as standard drill-based practices, leading to faster development of elite skills. PEP training increases accuracy and speed, and increases the repetition and puck touches a player gets through training. FWAHA and SportONE/Parkview Icehouse coaches will learn how to incorporate the PEP model into their player and team training.

Notable PEP athletes include Connor McDavid, John Tavares, Matt Duchene, Jack Hughes, Dylan Larkin, and Brady Tkachuck. For more information on Power Edge Pro, visit [poweredgepro.com](http://poweredgepro.com)

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### USA Hockey - Request for Certificate of Insurance

We have a new carrier and broker for 2021-2022 insurance programs so there will be some lag in getting these issued. Any questions, please feel to contact our District Risk Manager at:

Mark Zukowski, Risk Manager  
[mmzukowski@ehd-ins.com](mailto:mmzukowski@ehd-ins.com)

You should have received the new form via our Executive Director Lori Billings via e-mail. If you did not receive this form and need these forms, please contact Mark or one of your state Vice Presidents.



## NEW PLAYING RULES IN PLACE: LEARN MORE

Every four years, USA Hockey's Board of Directors votes on proposed rule changes, and this past June, the Board approved the rulebook for 2021-25.

Below are resources to help you learn about new or modified rules that are in place starting this season.

Among the notable changes:

- Updated language to emphasize principles outlined in the "Declaration of Safety, Fair Play and Respect."
- Offside rule eliminates tag-up offside at all Youth and Girls levels of play.
- Icing the puck while on the penalty kill will result in an icing whistle at all Youth and Girls level of play.
- "Competitive contact" has been the adopted language, emphasizing the need for any contact to be competitive in nature, with aims to possess the puck.

Please be patient as everyone adapts to the changes that have been made.

[READ MORE](#)

[RULE BOOK](#)

[RESOURCES](#)



## Frequently Asked Questions About New Rules For 2021-22 Season

By USA Hockey, 09/14/21, 3:00PM MDT

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### **What are the new rule changes?**

Every four years, USA Hockey's Board of Directors votes on proposed rule changes. Ahead of this season, there have been [new rules implemented for 2021-25](#). First, the rule book language has been updated to emphasize the principles outlined in the "Declaration of Safety, Fair Play and Respect." These include eliminating hits that are meant to punish or intimidate an opponent or where there is no effort to win possession of the puck. Additionally, the offside rule eliminates tag-up offside at all Youth and Girls levels of play. Immediate offside is now applied at all levels except High School and Adult classifications. Another notable rule change is that players may not ice the puck while on the penalty kill, with High School and Adult classifications being excluded. The final major notable rule change is changing "body contact" to "competitive contact," incorporating language from the Declaration of Safety, Fair Play, and Respect. This is to emphasize any contact within the sport as being competitive in nature, with aims to possess the puck, and is encouraged at all levels of play.

### **Will the offside rule make our games longer?**

This is a topic of conversation for many coaches, officials, and parents. While games early in the season may see an uptick in additional whistles, research has shown that once player adaptation has occurred, the change adds only two additional whistles to the game while increasing the number of quality hockey decisions. It's important those playing defense learn how to gather the puck, look up and find either an outlet pass or a way to possess the puck for their team up ice. Additionally, the emphasis on forwards finding creative solutions in the neutral zone while not dumping the puck with a teammate who is offside will be an added benefit for our players.

## **Why is there a whistle when a penalty killer ices the puck?**

This is another instance of Youth and Girls hockey rules being created to develop better hockey players, and to create a game that is more fun and competitive for players. Instead of changing the playing rules to allow the penalized team a counterbalancing action, this rule keeps the normal 5v5 rules in play during a penalty. This rule change keeps normal competitive situations, such as working to creatively possess the puck to center ice prior to dumping the puck or advancing into the offensive zone. Players can still send the puck down the ice; however, this rule change encourages players to do so with greater intent and incentivizes players to think through difficult situations while down a player instead of thinking the only option is to throw the puck down the ice. They will have to think through solutions such as finding an open teammate, clearing the puck partially down the ice or even possessing the puck to center ice before dumping it into the opponent's end. This will also provide a proper advantage to the power play, which has earned the offensive advantage by forcing a penalty.

## **What is The Declaration?**

In June of 2019, the USA Hockey Board of Directors passed the Declaration of Safety, Fair Play and Respect or The Declaration as it is often referred to. The purpose of The Declaration is to influence a better hockey culture, with an emphasis on eliminating illegal hits in the game. Body checking is a skillset, just like skating or shooting a puck. Legal body checking is a skill to properly win possession of the puck through proper angling and physical engagement. Illegal body checking is when a player attempts to punish or intimidate an opponent, especially with a hit to the head, hit from behind or a late hit. This should never occur in youth hockey. It's important we all understand the boundaries of acceptable and unacceptable physical play at all levels of the game, and the emphasis USA Hockey has placed on proper body checking and competitive contact.

## **I heard that USA Hockey wants to eliminate physical play from the game and these new rules are their effort to do so. Is this true?**

No, not at all. In fact, most of the updated language and the principles of The Declaration are designed to promote competitive contact and physical engagement for the purpose of winning possession of the puck. USA Hockey is changing the culture of body checking, eliminating body checks that are delivered to a vulnerable or defenseless opponent, are done solely for the purpose of punishing or intimidating an opponent, or are delivered using the hands, stick, elbows, or forearm with no effort to gain possession of the puck. It really is based on two core principles: 1.) the opponent must be in control of the puck to be eligible to be body checked and 2.) the purpose of the body check must be to gain possession of the puck. Therefore, the stick of the player delivering the check should be below the knees, with an effort to win possession of the puck. The responsibility is on the player delivering the check to avoid placing a vulnerable or

defenseless opponent in danger of potential injury by not hitting from behind, not hitting in the head and not hitting an opponent who does not have control of the puck.

### **Why are rules different for high school players?**

The only rule changes that high school players were not affected by was the new offside rule and the ability to ice the puck while shorthanded. This was done by USA Hockey in an effort to create a four-year grace period for students to play through, while youth level players are taught the new rules. In four years, the objective is to have the youth and high school rules synonymous relative to these rule modifications. High school players must abide by USA Hockey's rule book language change that has been updated to emphasize the principles outlined in the Declaration of Safety, Fair Play, and Respect, emphasizing any contact within the sport as being competitive in nature with aims to possess the puck.

### **How can I get more information about the rule changes?**

USA Hockey has created many resources and a list is below:

- [Rule Change Summary](#)
- [WATCH: Rule Change Summary](#)
- [Points of Emphasis](#)
- [Standardized Discipline Policy – Match Penalties](#)
- [USA Hockey Rulebook App Download](#)
- [Declaration Refresher](#)

### **How should I coach my team with the new rules?**

Communication is always the most important aspect of effectively coaching youth hockey. If you can communicate the new rules to players, your athletes will learn, make mistakes, and learn from those mistakes, just like every aspect of hockey. They're smart, talented athletes. They're going to adapt and play the sport well! It is also important to communicate respectfully with officials and set a proper example for your young athletes.

### **Why does USA Hockey change the rules?**

USA Hockey is always looking to advance the sport and make it as competitive and fun as possible. Rule changes only occur every four years, to ensure that rules stay consistent long enough for the game to adapt. This also ensures that the proper research and data can be collected to support or deny proposed rule changes.

## [Click Here For Rulebook & Resources](#)

### **Why doesn't USA Hockey just follow the NHL rule book?**

This is a common question throughout our hockey community, and important for USA Hockey to explain. The NHL is the best hockey league in the world, with the best hockey players in the world. It is a business built for fan entertainment. What we see on television every night is very different than the game our kids play, or even the game we as adults play. USA Hockey's foundation is creating a game that is fun and competitive for our youth and adult players. None of these players are professional, and most will never be professional hockey players. USA Hockey's rule book and the NHL rule book will always be different, naturally due to the game being played on the ice. However, there are many instances and examples historically of USA Hockey, the NHL, and even the International Ice Hockey Federation, the international governing body of ice hockey, adopting rules from one another after they've been studied and analyzed on the ice. The game of ice hockey is always changing: the players are faster than ever, the evolution in equipment has made for changes and the culture surrounding the game is changing. It's important that as a hockey player, hockey family and even hockey fan you can see and understand the differences of levels of hockey, and the rules associated with them.

### **How does a rule get changed?**

Every four years, USA Hockey's rules for the sport of ice hockey are reviewed and are able to be changed, modified, or restructured. The process starts the summer before with rule change proposals submitted to USA Hockey. Following review by several groups including the Playing Rules Committee and the Board of Directors, the rules are voted on at USA Hockey's Annual Congress in June. The rules are then valid for the following four seasons. For more information about the USA Hockey rule book, and the process to implement new rules, click [here](#).



## Get Back into Game Shape: 6 Tips from the NTDP's Brian Galivan

By Steve Mann, 09/07/21, 2:30PM MDT

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**Let's face it: as hockey players age, even if you're relatively fit, it takes a little more effort to get the batteries recharged and shake off the rust after a lengthy time away from the rink.**

Whether you've been out of action for a few months over the summer, or even longer, getting back into "hockey shape" can be easier said than done. Practicing basic hockey skills is just one part of the equation. For adult skaters, doing some preseason training to ramp up physically before jumping into game mode is extremely important. It could be the difference between a fun, successful return to the ice, or spending time on the bench out of breath, or worse, injured.

Brian Galivan has worked with players of all ages and is currently Director of Performance and Sport Science for the USA Hockey National Team Development Program in Plymouth, Michigan.

"You need to get back in shape before playing hockey," he said. "If you sit at a desk every day then go play hockey once a week, you'll probably get hurt if you don't do anything else. You don't want to go to work the next day with a limp."

Galivan urges players to check out [USA Hockey's Training at Home](#) resource, and he offers the following tips for adult players getting back into game shape:

"If you're older and you've been on the couch for months and going to get up and play hockey, the biggest things to worry about are your groin, lower back and hips. Usually, players who don't skate or train for a while will have a sore lower back the first couple of weeks. The priority for older players should be mobility and getting your cardio up."

"Training should be a 3-to-1, lower to upper body ratio. Consider knee-dominant and hip-dominant movements. Do split squats, curtsy squats, anything unilateral (single-leg or single-arm movements) so you don't build imbalances. Try a regular quad or half-kneeling quad stretch when grabbing your ankle or foot. Do hip flexor stretches. For deadlifting, we use hex bars a lot."

"Shoulder health is really important. Make sure to find time to work on this. External rotation exercises, working small muscles around the shoulder to keep them healthy. We're seeing a lot of shoulder injuries because of impacts. Not big hits in adult leagues but bumping constantly. So, you need to build up your strength."



“Nutrition is a huge component to fitness level. It’s about nutrient timing (consuming the proper ratio of nutrients pre- and post-exercise). Putting unhealthy things into your body can cause muscle inflammation. Eat clean, eat often and hydrate.”

“Everyone is different, but generally getting around eight hours of good, quality sleep is really important. You need rest. A good way to get good sleep is to get away from cellphones and the blue light at night. It’s challenging for people to do that, but we encourage it. It’s a game changer.”

“Once the season starts up again, base your training on how often you’re playing. I’m an advocate for fitness. So, you should try to do something every day if you can, even if it’s 10, 20, 30 minutes. A lot of people say they don’t have the time, but I think a lot of that is excuses. Go to the gym, find the time to lift weights at home, follow a yoga video online or invest in a trainer.”

Galivan recommends sticking to a sensible workout progression and going slow, especially when you’re just returning to more intense physical activity.

“Hockey is a challenging sport to train for because you need to be anaerobically and aerobically in shape,” Galivan said. “And you get out what you put in. One proven thing that works is to move. Move, walk, run. Just remember, you’re trying to play to have fun, so train to be healthy.”





## Finest at work

- I am not a professional referee

- I listen to positive feedback, but abusive language and yelling is not tolerated

- I do my best every game

- I am learning, just like the players

- I am not perfect

**Hello!**  
I Am Your Official Today.

- There will be decisions I get wrong and calls I miss

- I have a full time job and officiate during my spare time

- I love this game and I want your child to love this game

- I attend seminars, study the rulebook and am tested on the rules



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