

Checking In

Navy Youth Hockey Assoc. "somewhat" Monthly Newsletter
Vol 1.2



Note from the Board

McMullen Ice Arena/Brigade Sports Complex reopens NYH COVID-19 policy update

I am sure that we are all relieved the BSC re-opened this week and we are back home. This season is even better than last as we will *finally* be able to host games for the first time since February 2020!

While we continue to navigate our world in the midst of COVID-19 we want to ensure that our coaches, players and families are staying safe while carrying on with life "as usual". To this end, we have updated our NYH [COVID-19 policies](#) and guidance document and ask that you read and familiarize yourself and your players to the rules and procedures. Every rink is different, therefore we have also included information on how to "Know before you go" to a visiting area rink.

It also bears repeating that as guests of the BSC we must adhere to the policies and mandates set forth by the US Naval Academy in terms of wearing masks indoors. As was mentioned before - **All visitors to the BSC must be masked, regardless of vaccination status.** In addition, masks must be worn in the locker rooms while teams are changing. They are not required on the ice during practice or play. Spectators will be allowed in the rink and stands but the lounge area upstairs will remain closed to visitors.

Our goal is to make sure we are staying safe and have as little interruption in play as possible. Thank you for taking the time to read through this important policy.

GO NAVY!

-Kristen
NYH, President

USAH features Navy Youth Hockey's Outstanding Learn to Play Program



Future Caps Learn to Play a Model for Growth

There's nothing like a Stanley Cup to generate buzz within a community, particularly among kids. When the Washington Capitals won it in 2018, they immediately saw growth throughout their youth hockey program. Caps Youth Hockey covers a 75-mile radius that includes D.C., Maryland and Virginia.

[Read More](#)

A Message from your HD

So excited to be back at Navy and to feel like we are "back home". Now that we are back there, each team is able to get 1 skills touch a week run by either myself, Matt, or another member from our hockey directorate. Each team will also have at least 1 team practice a week as well. Furthermore, league games will be starting soon and as always, I strongly encourage everyone to make sure they are communicating with their team's coaches if schedule issues come up.

I've really liked our start to the season as a club when it comes to our team first attitudes and I just ask that continues from the parents on down. Results are important but in the grand scheme of things we want the kids to have the most fun hockey season possible and improve as hockey players on the ice and people off the ice. Thank you all for supporting that mission.

As always, reach out if there are any questions, concerns, or issues.

Coach Zach

Coach's Corner

Musings from and about your coaching staff

Drills and Skills

A players game is constantly under construction. There is always something to improve or add to their toolbox. As a coach it is our responsibility to understand this and help them develop.

Know where your players stand

- Technically
- Tactically
- Mentally

and how to get them to the next level of competency.

This month's featured skill:

STATIONARY PULL & RELEASE SHOOTING

A simple, 3 part progression to practice changing shot angle. This progression can be done on

Coach Highlight - Jesse Masear

This month, NYH would like to introduce Jesse Masear. Jesse grew up in Calgary, Alberta, Canada. After high school, he joined the North Battleford North Stars of the Saskatchewan Junior Hockey League. During his second year he helped the Stars reach the Royal Bank Cup, Canada's Junior A Tier II National Championship. The following year Jesse was traded to the Flin Flon Bombers of the SJHL who were subsequently hosting the Royal Bank Cup that year. That same year Jesse was recruited to play D-I with Princeton University and spent four years playing defense for the Tigers. Upon graduation Jesse moved to Baltimore, Maryland and began his coaching career with the Loyola Blakefield Dons. Fast forward a few years later Jesse entered the world of youth hockey with the Baltimore Youth Hockey Mite Travel Team, eventually coaching Squirt A with the BYH Stars. After a short break from coaching and a relocation to the area, Jesse started coaching with Navy Youth Hockey Learn to Play and eventually

and off the ice.

Pull and Release Shooting

Mite Blue/Gold. Jesse and his family now call Severna Park home and look forward to a great year in 2021-2022.

Coaching Inquiries:

If you are interested in coaching for the Navy Youth Hockey Club, please fill out the [coaching application](#) and send it to Matt Fleming -mflemingnyh1010@gmail.com
Director of Coaching for Navy Youth Hockey

Girls Hockey

Like all of us, we're excited to get back on the ice. The girls' teams start their first games this weekend, and we're excited to see how far we've come over the summer!

As our youth teams get rolling, keep in mind there's a bunch of great women's hockey in our area that we encourage families to check out! The Naval Academy Women's Ice Hockey team plays out of the BSC, and the first games are Friday, October 1 at 2210 (10:10 pm) and Saturday, October 2 at 1100 (11:00 am). Please also visit the [DVCHC website](#) to see other local schedules for University of Maryland, Loyola, and University of Delaware. We hope to see you there!

-Coach Ashley

GROUP SALES
Girls Hockey Day
IHF World Girls Ice Hockey Weekend
Capitals vs Tampa Bay Lightning
Sat. Oct 16 at 7pm
IHF World Girls Ice Hockey Weekend
To purchase tickets, click here:
<https://fevo.me/girshockey>
100, 200 and 400 level seats available
For season ticket, partial plan, suite and group info, contact Tim Bronaugh at 202-266-2341 or tbronaugh@washcaps.com
ALL CAPS ★ ★ ★

Girls Hockey Day with the Caps

The Washington Capitals are hosting Girls Hockey Day on October 16th at 7pm - details in the link below.

[Girls Hockey Day details](#)

Learn More...



2021 USAH RULE CHANGES

Did you know?

USAH made several rule



October Saves

changes this year. Visit the [USAH](#) website to get more information on rule changes or visit our affiliate, [PVAHA](#) website for a link to the summary of these new rules. Stay in the know.

Navy Youth Hockey Website



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