



PLAY *like a* GIRL

The official newsletter for USA Hockey's Girls'/Women's Section

Volume 1, Number 1

Play Like A Girl is an electronic newsletter created as a means of direct communication between the Girls'/Women's Section of USA Hockey and its members. We encourage you to distribute this newsletter to as many people in your association as possible, and encourage them to sign up for their own copy of Play Like A Girl. If you do not receive this newsletter directly from USA Hockey and would like to, please [click here](#) to subscribe.

A Player's Perspective on Player Development Camp

USA Hockey's Girls' 17 Player Development Camp is held in Lake Placid, N.Y., home of the 1932 and 1980 Olympics, but also to one of the most memorable moments in ice hockey history: The Miracle on Ice.

Player development camp is an experience that a hockey player will never forget. For me this was my first time making the camp and my last, but for some of these girls it was their second or third time coming here. This was both an exciting and nervous time for me. I decided that I had to make it count no matter what, whether I had a headache or if I was agitated. I had to make this experience the best it could be and I was the only one that could accomplish such a goal for myself.

CALENDAR OF EVENTS

Nov. 20-23

Blaine, Minn.

All-American Girls & Women's Ice Hockey Tournament (Women's B, C, College Club). Contact Sanya Sandahl at (763) 717-3210 or ssandahl@superrink.org.

Nov. 21 & 22

Fort Myers, Fla.

Univ. of Wisconsin vs. Univ. of New Hampshire women's hockey games. Admission is \$5 per person. Games begins at 7pm and 2pm respectively at The Skatium.

Nov. 23

Fort Myers, Fla.

Mark Johnson and the Univ. of Wisconsin Women's Skills Clinic at The Skatium. Participation is free to girls of all ages. Clinic time is 1-3pm.

Nov. 28-30

Minneapolis, Minn.

9th Annual Turkey Tournament (Women's A, B and C). Contact Jane Ring at (651) 645-4350 or Sue Ring-Jarvi at (763) 427-6022 or rjsports_wear@yahoo.com.



My parents and I had planned the trip, packed, and made sure everything on the

to-do list was checked off. We set off on our 10 hour drive with our RV behind us. My parents decided to arrive a day early and do some site seeing around Lake Placid. I was extremely eager to start the trip and to arrive at the Olympic Training Center (OTC) where I would be staying for a week.

The night before camp I decided to wake up early the next day to triple check my list, to make sure that I had everything. Around noon with everything now packed in the truck we set off for the Olympic Training Center. As we drove there I tried not to think too much about the camp, because the more I thought about arriving at camp the more nervous I became. Instead, I focused on how one must be smart and confident because even though the camp should be fun, fun is the last thing on everyone's mind. The camp is a competition; the practices, the games, and the weight trainings are all a competition. Everyone wants to be the best, in hopes of catching the attention of one of the college coaches that might be watching. It is not only a competition to be the best in hopes of receiving a notice from a college coach but a competition between players and their body and how far one can push to achieve the maximum results. At this camp we all are elite athletes and we all want to be better than the next player.

I arrived at the OTC, the goodbyes were said to my parents and I started the trek to find my room with my hockey bag, keys and identification card in hand. Past

Nov. 28-30

St. Paul, Minn.

Minnesota Thoroughbred Tournament at Highland Ice Arena. Contact Jerry Bell at (320) 587-7558.

Dec. 5-7

Taylor, Mich.

Tier 1 Elite Hockey League Showcase.

Dec. 10

Newark, N.J.

MAWHA on the New Jersey Devils concourse to promote girls hockey.

Dec. 29-31

Blaine, Minn.

Schwan Cup Hockey Tournament (Girls H.S. Divisions) at Schawn's Super Rink. Contact Sanya Sandahl at (763) 717-3210 or ssandahl@superrink.org.

Jan. 9-11

Coral Springs, Fla.

The 3rd Annual South Florida Hockey Classic at Incredible Ice – attracting women's teams from the U.S. and Canada.

Jan. 16-18

Brownstown, Mich.

Golden Blades Tournament (Girls/Women only) at the Ice Box Arena.

Jan. 19

Chicago, Ill.

AHAI will be hosting the Prep Jamboree for girls with 1994 and 1995 birth years.

Jan. 19

Chicago, Ill.

The Chicago Blackhawks will be hosting a tournament for A level girls' teams.

Jan. 20

Lawrenceville, N.J.

The MAWHA Mid-Winter Meeting will be held at

the trainer's room and past the café, into the dorm hallway, I looked at my number and realized that I had a way to walk. "Oh great, what are the chances that I would have a room at the very end of the hallway," I thought. Finally, after finding my room I had so many thoughts running through my mind that I could barely open up the door. The room wasn't anything terrific, as I had hoped, but it was everything I needed.

My roommates had not arrived yet, but when they did arrive to my surprise they were both goalies and one just happened to be on the same team as I was. I would not have traded my roommates for anyone; when we met we all bonded immediately. We would eat dinner and watch movies together. We respected each other's paraphernalia and really got to know one another over the week we were at camp.

I didn't have much time to worry about making many friends but I had to focus on my performance on the ice. Our very first practice with the team was later that night and I knew that I had to try my best, start to finish, never give up and prove that I deserved to be at the camp. Still in the back of my mind I was nervous, about what exactly I'm not sure. The team arrived at the rink. I proceeded to lace up my skates, made sure my goalie pads were on perfectly, threw on my helmet, and stepped out onto the ice. This was the same ice where Olympic gold had been won. Within the first 15 minutes of being out on the ice, I knew I belonged there. I knew that I could keep up with these girls even though I might have had some trouble stopping their shots at first. I was able to completely focus on the task at hand. I found a rhythm that I sunk into that enabled me to keep up and stop the girls' shots. Later a rush of confidence fell over me and all my nervousness had drifted away. The level of talent was amazing and there was no doubt in my mind that I didn't deserve to be skating on that ice along with girls from all over the nation. I realized that the level these girls were playing at was exactly what I could use to my advantage and play to my maximum potential.

The next two days of hockey camp were challenging but

7pm at The Lawrenceville School.

April 24-26

Ellenton/Coral Springs, Fla.

Women's Over 50 National Championship at Ellenton Ice and Sports Forum.

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surprisingly a lot easier than I had imagined. I had predicted that we were going to be on the ice three times a day like the other camps I've been to and that the camp directors had planned for us to be working out nonstop. The truth is, I had it all wrong! The team was on the ice twice a day and also two days of weight training for an hour. Sometimes in the evening our team leader would hold a team bonding meeting where we would play a game or watch a movie. In between all the workouts we had a lot of time to relax and make new friends. There was a café that was open from 7am to 9pm, we were able to rent movies from the front desk free of charge, the beds were extremely comfortable, and there were TVs in the room. Now don't get me wrong, but we had a lot of time to rest and all of us needed that time to recuperate in the afternoon from the grueling workouts. Every player gave their best effort during practices and games. We were using up a lot of energy and needed to replace fluid and fuel. The meals at the OTC had a lot of variety from marinated swordfish to mac n' cheese.

Even though the practices were exhausting, they were a good workout. One was really able to see what one needed to work on. It also gave me a sense of eagerness to get back on the ice when I knew that I had done well. I also later had a sense of accomplishment because I knew that I was one step closer to becoming a better goalie which also pushed me to try harder during the practices. There were plenty of coaches to help work on goalie specifics which was absolutely amazing to have that much help on hand. It was really important to have goalie sessions. Without them we would have only been used as target practice at our team practices.

To sum up my whole experience at player development camp, I learned never to doubt myself, especially during a game or practice because I will be off my guard and never play to my highest ability. If I'm extremely nervous I can not let it show. I try to realize that there are other people around that are just as nervous as I am. I should not be afraid to ask Division I coaches questions on how to improve. They are the best people to ask because they want to help, and are just like

anyone else (only with a nice fancy title). Have no regrets. Leave everything out on the ice especially after a game, it is done and over. Instead I focused on how I can improve on the mistakes that I had made. Always be five minutes early. The most important thing I learned is that the only person that I need to impress is myself.

Susquehanna Teams Visit Colleges

Members of three Susquehanna Rapids teams from the Potomac Valley Amateur Hockey Association visited several colleges in October where they practiced, played games in campus rinks and heard from women's varsity coaches about what it takes to play collegiate ice hockey.

The Under-19 Rapids had a successful trip to Colgate University, practicing once and playing three games, attending a Division I Colgate-Niagara women's game at Starr Rink and meeting with the women's head coach, Scott Wiley and assistant coach Ryan Stone. The coaches discussed a range of topics, from what it takes to play at a Division I school to the importance of on-ice communication during games. The team stayed in cottages on a lake where the team had a bonfire Saturday night and ate S'mores.

The Under-16 Tier 1 Rapids visited two Division III schools -- Manhattanville College and Connecticut College. At Connecticut, the team played three games with New England teams -- the Connecticut Northern Lights, the Stamford Spinnakers and the New England Junior Falcons. Connecticut head coach Kristin Steele gave the team some advice on preparing for college and players and parents toured the campus. On the way home, players and parents visited with Melissa Bourdon, the assistant coach of NCAA Division III runner-up Manhattanville in Purchase, N.Y.

Matt Kennedy, head coach of the women's hockey program at NCAA Division III Neumann College near Philadelphia, met with the U16 Rapids Tier II at Aston Ice Works and spoke to players about what it takes to play college hockey.

The trips for the Southeastern District teams helped expose girls to college campuses and varsity-level hockey and also provided competition against teams they do not ordinarily play.

District News and Notes

ATLANTIC DISTRICT

For information on girls'/women's hockey in the Atlantic District go to MAWHA.com.

CENTRAL DISTRICT

The St. Louis Surge women's team won the Fond du Lac (Wis.) Women's Charity Hockey Tournament Oct. 25-26. >>>>>



The Twin Bridges Lady Lightning hosted two Midwest Girls' Hockey League weekends in Granite City, Ill.: U16/U19 Varsity division on Oct. 18-19 and U14 JV division on Oct. 25-26. The St. Louis Cyclones will host a Varsity division weekend on Nov. 22-23.

The St. Louis Lady Blues U14 and U19 teams participated in their first Midwest Elite League weekend Oct. 24-26. The Lady Blues' next league weekend is Nov. 14-16 in Chicago. >>>>>



NEW ENGLAND DISTRICT

For information on girls'/women's hockey in the New England District (CT, ME, NH, RI and VT) go to newhockey.org.

NEW YORK DISTRICT

For information on girls'/women's hockey in the New York District go to nysaha.com.

ROCKY MOUNTAIN DISTRICT

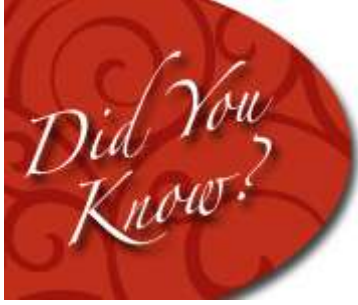
The Rocky Mountain District held a Girls'/Women's District Section meeting in Salt Lake City, Utah, on October 25. Communication within the seven-state district was one of the goals of this meeting.

SOUTHEASTERN DISTRICT

To help promote girls hockey in the Triangle area and support a good cause, members from both the girls' U14 and U16 Junior Hurricanes teams participated in the annual Friesen 5k Fun Run. This fun run kicks off the Carolina Hurricanes training camp and raises money for the Leukemia & Lymphoma Society of Eastern N.C. The girls (and coaches) sported bright pink t-shirts with the slogan "Girls Play Hockey Too".

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1889 – Lord Frederick Stanley, Canada's Governor General and donor of the trophy later named the Stanley Cup, floods the lawn of the Government House to allow his family - including his daughter - to play ice hockey through the winter.

1890 – Isobel Stanley, Lord Stanley's daughter, is photographed playing hockey in the first recorded image on film of a woman involved in the sport.

1990 – The first International Ice Hockey Federation (IIHF) sanctioned Women's World Championship is held in Ottawa. Canada beats the USA 5-2 in the Gold medal final.

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