



HOCKEY

DEPARTMENT

QUARTERLY UPDATE | MAY 2020

DIRECTOR'S MESSAGE

Welcome to our quarterly hockey newsletter.

I hope this newsletter finds you and your family well. Thank you for your patience during this difficult time. Our top priority remains the health and safety of our employees and guests.

We continue to work on our re-opening protocols and updating the buildings accordingly. While we still don't have word on timing for re-opening, we will be ready as soon as we get the go-ahead. During this down time we've been busy and excited about our new Virtual Hockey Training as part of our Hockey at Home program. If you haven't had a chance to join us for a session, please check it out at our Hockey at Home web page .

We look forward to welcoming everyone back to The Rinks & Great Park Ice as soon as possible.

Take care, be safe.

- Rick Hutchinson, Hockey Director

FEATURED STORY

IT ALL STARTS IN GRASSROOTS

Meet the Truxaw family, whose three boys - twins Jack and Drew, and younger brother Sam - made their way through nearly every grassroots program The Rinks and Anaheim Ducks offer. Their participation took them from roller to ice, through Learn to Play, rec leagues, club and high school hockey.

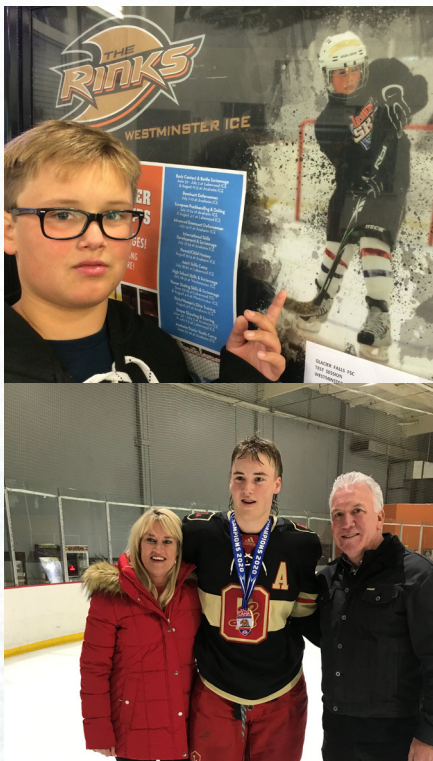
The family was first introduced to The Rinks programs by a mutual friend and found a home right from the start. Their first experience with the coaching staff was extremely favorable. Rick Hutchinson, Director of Hockey for The Rinks & Great Park Ice, and his staff were fully engaged, knowledgeable, accessible and focused on having fun as a priority. Sam's father, Pete, noted that positive coaching experiences meant everything to his boys, including bringing them back to the game.

Sam, who in his early years on the ice had former NHL players Scott Niedermeyer and Jason Marshall as team coaches, won a CAHA State Championship in Mite. With a head start like that, he

couldn't go wrong! Fast forward to today where he currently plays for Orange Lutheran High School in the Anaheim Ducks High School Hockey League and recently finished a great season, including being named an Assistant Captain his sophomore year and winning the State Championship!

The Truxaw's Dad, Pete, and the entire family believe that The Rinks emphasis on fun and skill development provided the best foundation for the boys' love for the game of hockey. Hockey has brought their family together, helping everyone both learn the game and gain experiences that will last a lifetime. The camaraderie, teamwork, and friendships forged through hockey are particularly impactful, as are the life lessons taught like the importance of respect for yourself, teammates and coaches.

The Truxaw's are a great family and great friends to The Rinks & Great Park Ice and we thank them for their long-time support of our hockey programs!



PROGRAM PHILOSOPHY

INTEGRITY - TEAMWORK - SPORTSMANSHIP

The Rinks offer a variety of youth ice hockey programs for participants of all ages and skill levels. We are home to thousands of youth hockey players, from those new to the sport and looking to play hockey for the first time to those who have been playing for several years and looking for a AAA travel hockey program. The Rinks has a program for everyone.

From the Anaheim Ducks Learn to Play Hockey and Little Ducks programs – designed for first time skaters and players to kick-start their hockey journey – to Hockey Initiation, In-House Recreation Leagues, camps and travel hockey, The Rinks offer programs to continue every player's skill development.

The Rinks are recognized as a Model Club Association through USA Hockey and are dedicated to age-appropriate, age-specific skill development, in accordance with USA Hockey's American Development Model.

Our Philosophy - To develop great people through hockey and build an environment that reflects fun, pride, teamwork, sportsmanship and integrity. Our program follows USA Hockey Models for developing hockey skills and life lessons. Our youth programs are recognized as a Model Club Association through USA Hockey and are dedicated to age-specific skill development, in accordance with USA Hockey's American Development Model.

Hockey develops skills on the ice that build foundations for a lifetime. In addition to athletic prowess, hockey promotes confidence, pride, focus and responsibility. With an emphasis on fun, hockey is a game to be played and enjoyed for life.

Starting with the bonds created in the locker room to the relationships formed on ice, hockey creates life-long friendships. This camaraderie shared on and off the ice encourages teamwork and the natural development of leadership skills.



GIVING BACK

PARTNERSHIP WITH SECOND HARVEST FOOD BANK

Since March 21st, Second Harvest Food Bank of Orange County has distributed food to over 15,000 families in OC through the Pop-Up Drive-Thru Food Distribution in the Honda Center parking lot. This food distribution serves as a safety net for the 121 distribution sites that have closed around Orange County due to COVID-19. Every Saturday, over 150 volunteers give their time from 6 a.m. – 2 p.m. in order to make this distribution possible. Of those volunteers, more than 20 of our own staff have come out to aid in these efforts week after week. The mornings are long but, the appreciation seen with each passing car makes it well worth it. The community bond and strength that has come through in these unprecedented times is truly amazing. To learn more or volunteer your time, visit www.feedoc.org/volunteer.



HOCKEY AT HOME

STAYING IN TOUCH

During these unprecedented times, The Rinks & Great Park Ice are staying connected with our players and hockey families through Virtual Hockey Training (VHT). Here are a few highlights:

Zoom skills training twice a week on Wednesdays and Saturdays.

- Working on an assortment of individual skills through step by step progression

Weekly Skills & Drills challenges via SM

- Coaches submitting short clips on skill ideas and challenges for at-home players to attempt

So. Cal Hockey Hotline Podcast every week

- Podcast created to help get information out to the entire customer base. Special guest from around

the hockey department, Marketing, Jr.Ducks, USA hockey etc. are invited to discuss the current climate of Hockey in SoCal!

All information can be found on our newly created VHT Webpage.



WHEELS & STEEL

KEEPING ACTIVE ON INLINE WITH COACH DYLAN

So here we are in May and we still aren't playing hockey at The Rinks. But!... we all know we will be back soon.

In the meantime, wake up with a plan and set a ritual to start good habits, which leads to good discipline.

Whatever time you wake up, grab some grub and do some drills, in the garage in the driveway, wherever you can.

No matter what, do your best to stay active. It doesn't have to just be hockey drills!

- Walk your dog
- Ride a bike
- Play catch with a neighbor (from a safe, social distance!)
- Fetch with your cat
- Golf with whiffle balls

If you are fortunate enough to have a net, make sure to focus on two things:

1. Remember the things we've taught you about shooting—don't just shoot to shoot. Do about 100 shots, and...

2. Keep track of how many times you hit your targets, go top cheddar or hit bardown.

Other things you can do:

- Agility is very important. Take a soccer ball out and try to keep it away from your chihuahua for about 15 minutes.
- Don't eat too much junk. The odd Little Debbie won't kill you but keep the treats to a minimum. (Pass that on to dad too)
- If you are allowed and able, skate your heart out at least once a day. Take advantage of the sunny days!
- Pet your dog a lot!! It's proven to relieve stress, and they love it, too!
- Play video games (ha, like you had to be told that). It's actually good for hand/eye coordination, but only in moderation.

Wayne Gretzky just advised Ovechkin to get some roller blades!

The Rinks will be open soon, so hang in there and stay safe.

ADULT HOCKEY

ALL PLAYERS ARE WELCOME!

A former collegiate hockey player wants to find a team and a great group of guys to continue playing. A father of three, who has never played hockey before, wants to get started. Can both find a home in our Adult Hockey Programs? You bet!

Starting with our Adult Learn to Play and skills clinics, to our Rookie League and all the way up to our Gold Division for higher level play, we welcome all current and aspiring hockey players to join us at The Rinks & Great Park Ice. Our Learn to Play programs are coached by hockey veterans who enjoy sharing their knowledge of the game and getting adults involved, no matter their

age. The Adult Hockey League has teams and divisions that fit all caliber of players and experience levels. As a "non-checking" league, the emphasis is on fun, camaraderie and sharing the love of our great game. All games are refereed, played over three periods with standings, statistics and playoff leading to a division champion each year.

Bragging rights versus your friends on other teams too!

Please feel free to contact your local rink for more information and we hope to see you on the rink!

COACHING TIPS

TIPS FROM COACH VINCE

During these interesting times, it can be very easy to lose focus on what's important to keep your mind and body tuned and ready for when we return. Here are some stickhandling drills to continue to keep the hands soft and strong at the same time:

1. Only using your top hand, stickhandle a puck/ball back and forth in front of your body to help strengthen your wrist and forearm. It's very important to rotate that top hand to maintain puck control.

2. When stickhandling, always keep the butt end of the stick in front of your abdomen to allow for proper

rotation from the forehand side to the backhand side of your body.



3. While you are at home, work on stickhandling whenever you're watching a movie or tv. This helps with keeping your vision looking up and feeling the puck instead of looking down and losing vision of what is in front of you.

The speed and skill of the game continues to increase and working on these tips and drills can help continue

to improve your game.

Thank you and stay safe!

OFF-ICE HOCKEY TIPS FROM COACH DEAN

During these unprecedented times and for everyone stuck at home during the COVID-19 situation, you have an advantage. Every hockey player in California and elsewhere is also stuck at home, not getting on-ice training during this off-season. This means that everyone is on the same level playing field, and you can do a lot to rise above and beyond to keep in shape for next season. After all, there's a lot of free time out there right now. Take advantage.

One tip is to focus on one or two skill sets each day of the week. For example:

Monday - Shooting (100 pucks minimum) and stickhandling drills (30 minutes minimum)

Tuesday - Shooting (100 pucks minimum) and legs (Wall Sits 4 sets for 1 min each)

Wednesday - Stickhandling drills (30 minutes minimum) and upper body (Push-Ups, Sit-Ups, whatever is available for at home workout)

Thursday - Shooting only (300 pucks minimum)

Friday - Legs (wall sits 4 sets for 1 min each) and stickhandling drills (30 minutes minimum)



HOCKEY IS FOR EVERYONE

GIBSONS CONTINUE THEIR IMPACT ON SOCIAL HOCKEY

It started with a conversation a few years ago. John and Alexa Gibson, looking to get involved in the local community, wanted to find a way to use hockey as a means of giving back. Last year they teamed up with San Diego Ducks Sled Hockey, hosting two suite nights for the team as well as a clinic on the ice at Honda Center. The Gibsons loved it. So much, in fact, they wanted to expand their impact this year.

In addition to their involvement with sled hockey, the Gibsons this season have been working with inclusive/adaptive hockey programs like warrior, blind/deaf and special needs to help raise awareness for these programs. It's all part of giving back, something Gibson made a commitment to when he became the Ducks' Hockey is for Everyone ambassador. In this role, Gibson pledges to be a leader in the locker room and in the community.

"This is going to be my home for a long time," Gibson says. "We want to make sure we can give back and help out any way we can. It's just a little thing, but we hope we can make a little bit of a difference."

The goal of the HIFE initiative is as follows: Across the league throughout the year, the NHL and NHLPA work to provide the sport in a positive environment for players, families and fans of every race, color, religion, national origin, gender, age, sexual orientation, socioeconomic status and for those with disabilities. It is important to recognize that, within the NHL family, there are individuals who identify in many different ways. Whether they are fans, players, coaches or management, they are all important parts of what makes the NHL successful and all should feel welcome. In short, no matter your background or circumstances, your passion and love for the game is the thing that matters.

The Anaheim Ducks goalie got started right away when he made time to visit Hockey is for Everyone participants after one of the first days of training camp at Great Park Ice. The afternoon featured on-ice sessions for blind hockey, sled hockey and special needs hockey. He caught up with the San Diego Ducks Sled Hockey team during their practice and stayed on as a guest coach for the hour-long special needs hockey clinic. From the players on the ice to the parents and families in the stands, Gibson's presence alone meant so much.



"For those athletes, it's really special for them to see someone at the highest level take time and be a part of their program," says Jesse Chatfield, Director of Marketing for The Rinks. "Not just from a 'Let me stop by and sign an autograph,' but to get on the ice, provide pointers and relate to those athletes. It's super impactful. They all came off saying how great of a day it was, just feeling a little more of a personal connection to a Ducks superstar they look up to."

While John was on the ice, Alexa was taking the time to meet some of the parents whose kids were out there. "We're so happy to see these kids and adults so happy," she says. "I was talking to some of the parents, and it even goes as far as the parents themselves. This isn't only affecting their kids by making their lives a little happier and giving them more of a purpose. They feel like 'I can do this, too.' It's probably the best feeling in the whole world to be here with all these families. It's amazing."

"We're hoping to spread the word and educate people on all disabled hockey, whether you're blind, deaf, special needs, paralyzed," Alexa adds. "Whatever it is, there are sports out there you can do and be competitive. We're hoping us being involved with this will help get it going."



ALL WORLD HOCKEY

2020 SUMMER HOCKEY CAMPS

WWW.THERINKS.COM



REGISTER ONLINE TODAY



*All Summer Camp dates are pending. Please stay tuned for more information as it becomes available. Thank you.

KEEP IN MIND

**Let kids be kids. Fun should be paramount.
Always be supportive.**