



# THE MAPLELEAF MONITOR

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FEBRUARY 2005

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University Hospitals HealthSystem



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## GEAUGA WINS MORE DIVISION BANNERS THAN ANY TEAM IN THE CSHL THIS YEAR!!

Congratulations to our three teams that won their CSHL Divisions! **Squirt AA, Squirt B2, and Mite A1** all finished in first place. The three division winners were the most of any organization in the league. We all look forward to seeing them play in the CSHL Playoffs. Good Luck teams! And to the remaining six teams -- congratulations on great seasons. Geauga certainly has reason to be proud of these kids. Their effort to improve individually and commitment to their teams is very evident to us and to the league. Great work to all players and coaches! And thank you for your hard work.

Don't forget the end of season awards party scheduled for Sunday, April 10. This is a great time to reflect on the hockey season. If you have any suggestions or would like to help, please contact Jan Isakoff or Jim Foster.

- Jim Revak -



## ANNUAL BANQUET SET FOR APRIL 10

The annual Geauga Youth Hockey Banquet will be held on **Sunday afternoon, April 10** at the Arctic Freeze. Board members **Jan Isakoff** and **Jim Foster** are co-chairing this fun event and more details will come from your team managers. The event will be similar to those in past years – an open skate for kids and families, each team will get ½ hour in the party room for awards and presentations, there will be lots of kid food – pizza, soda etc, BUT this year we are hoping to have some yummy stuff for adults too and we hope to have a “banner hoisting” event at some point during the afternoon so everyone can share in the pride.

Jan and Jim will try to organize the event so siblings' presentation times will be close together so if you don't want to spend the whole afternoon at the rink, you won't have to! If you have any questions, give either one of them a call or email and if you'd like to help, PLEASE give a holler!

# OVERUSE INJURIES

by Dr. Amanda Weiss-Kelly

Overuse injuries are a very common problem in young athletes. They make up about 50% of the injuries seen in sports medicine clinics. Some common overuse injuries are stress fractures, tendonitis and growth plate inflammation.

Children have growth plates made up of growth cartilage that are particularly susceptible to injury. Repetitive stress at growth plates can cause partial or complete growth arrest of the growth plate, causing the bone to stop growing or grow crooked. This has been seen in gymnast's wrists, thrower's arms and runner's legs.

Also a different kind of growth plate is found where some tendons attach to bones. These growth plates can get inflamed and painful, especially during growth spurts when children often become less flexible. When children grow we think that the bones tend to lengthen faster than the muscles and tendons, causing inflexibility and muscle imbalance. The most common areas where children develop this kind of injury are the knee and heel. While there is no evidence that these sorts of injuries lead to long-term problems, they can be very painful and limit performance and enjoyment of sport.

Finally, the cartilage that lines the joints in children (articular cartilage) also seems to be vulnerable to repetitive stress injuries. The ankle, knee and elbow are most often affected.

Overuse injuries usually occur when an athlete changes the type, amount or level of exercise they are doing. So, when they change from one sport to another, join a more competitive team or start playing again after a prolonged break, they are at increased risk for injury. Overuse injuries tend to occur about 6-10 weeks after a change in activity level.

Overuse injuries develop when the period of rest after a bout of activity is not long enough for the muscles, tendons and bones to recover. Over several weeks to months, these small insults to the bone and muscle can add up leading to a significant injury, such as a stress fracture.

Recognizing overuse injuries early in the process can allow for early intervention and more speedy return to play. Initially, athletes notice mild pain and soreness that occurs only after activity, which can be easy to ignore. But, gradually pain occurs earlier and earlier during practice and may

even occur at rest or wake the athlete from sleep. Many athletes may have swelling or weakness of the affected area in addition to pain. Athletes will often notice that their performance suffers, too.

When kids do get overuse injuries a physician should see them. For most overuse injuries complete rest from the sport is often not required. Often decreasing the amount of training or eliminating certain drills will be sufficient. However, for more severe injuries, like stress fractures, a period of complete rest may be required. But, we can often find a physical activity, like swimming or pool running that the athlete can do to maintain fitness.

Ice and anti-inflammatories (like ibuprofen or naprosyn) are often helpful. The injured area should be iced for 20 minutes, 2-4 times a day.

Physical therapy to improve flexibility and strength are the mainstay of treatment for overuse injuries. Without proper therapy to address the underlying issues, the athlete is prone to re-injury. The physical therapist and sports medicine physician will help guide the athlete back to full participation.

Many steps can be taken to prevent overuse injuries. First and foremost, athletes should maintain good conditioning and fitness year-round. No one should sit on a couch watching TV and playing video games all summer or winter and then start exercising the day practice starts. Children who are running around and playing outside for several hours a day are probably getting enough exercise to maintain fitness levels. But, with computer games and the internet, fewer children are getting this kind of physical activity.

Coaches can help prevent overuse injury by gradually increasing the intensity and quantity of training over several weeks. Also, some coaches provide parents and athletes with a pre-season training schedule that gradually increases the training load so that they are ready when practice starts. Finally, since coaches see the kids the most during actual sports participation, they can often identify kids who are having pain, early on in the process, and encourage them to be seen by a physician.

**Dr. Amanda Weiss-Kelly is the Director of Pediatric Sports Medicine at University Hospitals Health System/ Rainbow Babies and Children's Hospital.**





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# MITE 1

## MITE 1 TEAM ARE DIVISION CHAMPS!

The Mite-1 team has had a very busy January and February, playing the bulk of their regular season games over the past 5 weeks. But it was a very successful 5 weeks, culminating with a CSHLA1 Division Championship. This brought GYHA their first ever mite-level banner. The team's final regular season record was 12-1-1.

At the beginning of the season, when the team was placed in the A1 division, they knew that they would be one of the stronger teams in that division. So, in an effort to play some more challenging hockey, the team scheduled a bunch of scrimmage games against AA teams. Including tournaments, the mite-1 team has played a total of 12 games against AA teams, winning three and tying one.

Many people will credit their success to the dedication and hard work of the players. Others might credit the masterful coaching. But there are some that will give the credit to SpongeBob.

About mid-way through the season, Joey Young was telling everyone in the locker room that the team's success was largely due to him wearing "Lucky SpongeBob Underwear". The kids and parents laughed him off; but when the team continued to win game after game, and Joey continued to wear his "Lucky SpongeBob Underwear," people started to take notice of his claims.



All of a sudden, other players began to wear SpongeBob underwear to the games, and the winning continued. When Coach Petre showed up at the MLK Tourney wearing SpongeBob underwear, it was official – SpongeBob underwear was the team's secret weapon.

So, in late January, when the team had a small birthday party for Coach Petre, the whole team received a pair of "Lucky SpongeBob Underwear". Now, not only does the entire team wear their "SpongeBobs" to the games, but so do many of the coaches and parents.

The team is currently preparing for the CSHL Playoffs, and our final tournament of the season, The Hogan Tourney in PA. Hopefully we will have some positive news to report in the next newsletter.

This has been a very fun season for the players, coaches and parents. Of course, winning many games and two tournaments always brings some extra joy, but beyond the winning, the team just had a lot of fun together. Most of the Mite 1 team will move up to Squirt next year, but four players will remain to play for what looks like a strong Mite AA team next year.

*Coach Petre*





# MITE 2

## NEWS FROM THE WORLD OF MITE 2

As the hockey season begins to wind down for another season it is great to look at how the Geauga Mite 2 team has grown as a team of friends as well as how each child has grown in their hockey skills. We definitely had our share of character building games this year but win or lose the kids still came into the locker room with smiles on their faces, eager to partake of the snack of the day.

Coach Menges said it repeatedly, “this season is not about wins and losses, it’s about improving as hockey players.” This is the season the kids build the fundamental skills of hockey that will be the foundation for the rest of their hockey careers. It was great to see the light bulbs go on when they finally grasped a concept that had been taught in practice. It may be about where to be on a break out or what to do when your buddy is on a break away, or for the defense, it may be in the way they understand why you need to be INSIDE the blue line or covering the back door. One by one they figure it out and that leads to a never-ending road to improvement.

“Despite the scores during the Melt the Ice Tournament, I thought our kids did a great job in a tough division (all A-1 teams except us). “In fact I don’t recall us playing better than the effort we put forth against Garfield’s top team,” said coach Menges. Here was a team that did very well in the A-1 division and we were beating them going into the third period. The brightest point in that game was the passing. You realize that the kids are understanding the game when they start to look for the open teammate and pass to them. That’s what separates the good from the great.

We still have the Laurel Tournament coming up and Mark Schwartz (Peewee 1 coach) and others have said that the organizers pride themselves on providing equal competition. The kids will have a BLAST, making sure to bring mini sticks, swim suits and honing their “elevator tag” skills beforehand. It is a well run tournament with great hotel and rink facilities...parents might even find time to have some fun.

Good Luck in the Laurel Tournament kids!





# SQUIRT 1

WE WIN!!

1<sup>ST</sup> AA DIVISION BANNER FOR GEAUGA

In the words of Jerry Garcia, "What a long strange trip it's been." I guess the league was so used to beating us over the years that no one ever stopped to think that we could actually win the division. Right up to the end there was no mention of Geauga on the CSHL message boards even though it was clear we had the fewest losses. We owe a huge THANK YOU to Elyria for doing exactly what they had to do: first, lose to Winterhurst and then beat Shaker. The chances of those two things happening were statistically (almost) impossible.

When Winterhurst beat Elyria, Team S1 felt compelled to show up and lend our support to Elyria as they faced Shaker at Shaker. I



don't think the Shaker fans could believe we were there, much less the Elyria fans. Let's just say we were louder than both sets of parents combined. A good time was had by all as Shaker went down 3-4. This set Team S1 up for a final game that would mean the division championship if we won and 4<sup>th</sup> place if we lost. The squirt AA division was that tight.

The final game against Mentor was full of excitement. The parents could barely contain themselves as they looked for hiding spots for their champagne and homemade Stanley Cups so the kids would not see them before the game. It is difficult to face a team for the division title when the opponent has nothing to lose. I had been praying to the hockey gods all day long for a game long 3-goal lead...and of course there was no such luck. The first 2 periods were

scoreless and the 3<sup>rd</sup> was a nail biter. I actually had to duct tape my head in the 3<sup>rd</sup> period to keep it from exploding. Mind you, this was a team we had recently beat 8-2.

In the end the right team ended up on top 3-2! I couldn't be prouder of the entire team. They have definitely become larger than the sum of their parts. They had to dig, bite and claw their way through this season and battle for every point in the standings. At the finish line only 1 point separated us from field but that was enough to earn us the Squirt AA Squirt Division banner. Well done boys!

*Coach Markley*

P.S. Enough celebrating. We have to get ready for the play-offs!



*Goalie, Matt Douglas(above) and Squirt 1 team celebrate their Euclid Halloween Tournament win!*





# SQUIRT 2

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NO NEWS THIS TIME -- STAY TUNED!

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# SQUIRT 3

## GEAUGA SQUIRT TEAM 3 WINS B2 DIVISION!

What an exciting end to a great season! The Squirt 3 Team has won the B2 division in CSHL. The team played on a consistent improvement path throughout the whole season. The team had the most “Goals For” (GF) at 46 for 12 games or an average of 3.8 goals per game. We also tied for the least “Goals Against” (GA) at 28 or 2.3 per game. The team consisted of many players who were playing travel hockey for the first time. We had only four players move up from Mite 2 from last year. There were 7 who came from the in-house league and 1 from Squirt 3 last year. For the first half of the season we played with only 10 players (sometimes less) including our 1 goalie. The team has four ‘04s and eight ‘95s.

As a result of our first place finish, the team will be seeded #1 and play Canton Akron on 2/27 at Euclid @ 5:15 PM. We hope to win that game and play either Winterhurst or Rocky River in the Championship Game on 3/6 at Gilmour @ 10:30 AM.

The Geauga Squirt 3 team clinched their division title on Saturday, February 5th.

Traveling to Strongsville, our Maple Leafs defeated the Mustang hosts by a definitive 8 to 2 score, and closed undefeated on the road.





# PEEWEE 1

## PEEWEE 1 – IMPROVING EVERY GAME!

The Pee wee 1 team has had a lot of fun. In the mighty blue Maple Leafs jerseys, the boys have played hard and been in every single game they've played until the end. Most of their losses have been very close, and these tough boys don't quit! Usually the third period is their strongest.

Coach **Mark Schwartz** has done a great job with these kids, who came from four different Geauga teams and three outside programs. They have really developed a strong team dynamic. Some of our top scorers are **Ryan Rex, Justin Hawley** and **Jordan Manke**, who also leads the team in assists.

**Christian Lange** and **Chris Pona** can be counted on to pass the puck cleanly and get where they need to be. **Ryan Tobbe**, and **Joey Noble** are tough in the corners, ready to emerge from the fray with the puck.

Our defense has been strong this year, led by **Chad Sanders, Mitch Joseph** and **Scott Donnellon**. **Mickey Isakoff, Zach Johnson** and **Alex Kuniiega** do double duty, alternating between offense and defense. The last line of defense, our goalie, **Ronnie Schwartz**, has been tough and consistent.

One of our leading players, **Peter Kampf**, was stricken with a broken finger (basketball can be very dangerous), and we miss him terribly. We were lucky enough to get a new player late in the season, **Gordie Hammond**, and he's an exciting addition to our team.

With two tournaments left to go, we've got a lot of hockey left, and a lot of fun left in us too!



*Pee wee boys enjoy Baron's Night*



*Best looking Moms in the CSHL!*



# PEEWEE 2

## STRONG FINISH TO A SOLID SEASON

The Pee wee 2 team ended the regular season with a strong finish, narrowly missing the playoffs. After winning the first game of the season 3-1 versus Canton-Akron, the Pee wees slipped a bit, losing 4 straight. They played tough through the losing streak though, falling by 2 to an outstanding Elyria team that finished the season with only one loss, losing by 2 to Mentor, and losing by 1 goal in their rematch with Canton-Akron.

After the 1-4 start, things really turned around. Led by captains **Austin Secolic** (center) and **Anthony Santo** (forward/defenseman), along with center **Beliveau Legal**, forwards **Mike Stagliano**, **Willy Keane**, **Alex Demuth**, **Nate Frankel**, and **Mac Armour**, and a greatly improved defense (or for you Canadians - defence) led by **Seamus Baden**, **Ryan Wolsky**, **Jeremy Kulbarsh**, **Robbie Galloway**, and finally super-goalie **Johnny Bolt**, the pee wees went on to win 3 of their next 4 games, crushing Strongsville 9-1, beating Mentor in their rematch 5-3, and squeaking by Rocky River 3-2. Suddenly they found themselves smack in the middle of the playoff hunt with 2 games remaining.

The last two games didn't quite go the Leafs' way, as they tied Strongsville 2-2 and finally lost a hard-fought battle with Rocky River for the last playoff spot.

In mid-January, the Pee wee 2 team hit the road for a tournament in Ann Arbor Michigan. The boys played their hearts out and lost three games to higher ranked teams. Fun was definitely had by all, though. The most exciting "games" of the weekend were the mini-stick tournament games at the hotel. Fortunately, there were no serious injuries (good thing the parent refs weren't calling slashing penalties).

The effort and heart that the boys displayed this season, especially down the stretch, earned them the respect of the coaches, parents, and opposing teams. They never gave up. From a talent standpoint, the progression of the Pee wee 2 team from the beginning of the season to the end is a real tribute to the outstanding leadership and coaching of head coach of **Howard Wolsky** and assistant coaches **Rob Kulbarsh** and **Joe Secolic**.

Also, thanks to manager, **Kathleen Baden** for all of her work in making this season a real enjoyable experience!





# BANTAM 1

The Bantam1 team is much improved and has played with much more emotion during the stretch of the CSHL season. Our recent record (including tournaments, scrimmages, and league play is 10-3-2 in the last 15 games. The league stretch drive featured two action-packed and hard-fought games with ParmaAA (loss 3-2) and StrongsvilleAA (win 4-2). This team has tightened up the defensive scheme and the goalie, Kyle Regan, has been consistently strong in the pipes. Recent line changes have provided more consistency to all 3 lines. The focus is on tight defense and also on being totally unselfish with the puck, looking to make plays at all times with their teammates. The result is that they are producing more goals that are nice hockey plays. With this improved play, the team became spoilers for the other teams fighting for the final playoff spot. First, we spoiled Gilmour's bid to lock in a playoff spot with a victory over them 5-3. Then, on the final day of the season we spoiled Garfield's hope to get into the playoffs by beating them 3-1. Overall, the Maple Leafs finished 5-9-2 in the Bantam AA division, a strong finish after starting 1-8. The total record for the entire season so far is 27-29-6.

The number of games has increased significantly in February, with 3 tournaments scheduled: one in Jamestown, NY (finished in First Place - Congratulations guys!) and two Sports Weekend Tournaments. Although the Bantam1 team will not make the CSHL playoffs, they certainly have played well in the AA division and developed into one of the top Bantam teams in Northeast Ohio, with the best group of 1991 birth year players in the league. Another goal of this season was to develop strong high school players, and there will be some highly-skilled high school players coming from this team.

- Coach Revak -





# BANTAM 2

The team took a second place finish in a recent in-town tournament. They overcame a 4-0 deficit in the second game to score the game winner with 30 seconds left in the game. The team played the tournament shorthanded and the boys who played, stepped up their efforts but fell short in the final game by one goal.

Two more tournaments are coming up in early March before the season can officially be declared "over".

One of the players is used to playing in tournaments. In March, 2002 **Kiefer Printy** went on a ten day trip to Europe to play hockey with a team put together by Planet Hockey. His teammates came from Michigan, Colorado, Missouri, Florida, and Texas. During the first half of the trip the team played in a tournament in Prague against teams from Slovakia, Russia, and the Czech Republic. The second half of the trip was spent in southern Germany sightseeing and included a combined practice/ scrimmage with a local team from Gertstried, Germany.



One of the smaller players on the team, **Ryan Henry** has been playing in the Geauga program for 4 years and started in the learn-to-play-hockey program at Geauga. His size has not prevented him from enjoying the sport and participating in tournaments and playoffs. He looks forward to another year of Bantam's and plans on playing in High School. While he does not pose an intimidating physical nature, he does not back down when challenged. If he follows in his dad's footsteps, he can expect a growth spurt in the next year or so.



One of the more physical players on the team is **Alex Mulac**. Alex made the transition from defense to offense this year and has done an excellent job. He is often clearing out the front of the net and bulldozing his way down the ice with the puck. He often resembles a bowling ball as opposing players bounce off of him and fall to the ice. Alex just missed a hat trick earlier in the season and continues to improve each game in which he plays.

