

ACE Program

Welcome ACE Directors to another Season of Ice Hockey! I hope you have had a successful start to a brand new season!

The ACE Director Program is intended to have an ACE Director in each of the Associations as the “GO TO PERSON” who provides the daily conduit from USA Hockey’s Coaching Education Program to all members within each Association. The Association ACE Director position has the following roles, responsibilities, and accountabilities:

- Promote Age-specific Skills Through Skills Development
- Implement Cross-ice And Small-area Games
- Communicate CEP Requirements to Associations
- Plan and Conduct Parent Education Programs
- Plan and Conduct Skills Workshops
- Correspond With National And District Staff
- Communicate Player Development Opportunities
- Establish Additional Learning Resources For Coaches
- Provide A Forum To Appraise Coach And Player Development
- Recommend ACE Best Practices

A new ACE Director Program Handbook has been developed this year by a sub-team lead by Chuck Gridley, USA Hockey New York District ACE Director. This publication is available through any of the USA Hockey District ACE Directors. Great Job Chuck ... Thanks for all of the work on revising the publication!

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Coaches, as the 2007/2008 season has started, a lot has been talked about in the off-season. First, there has been a big push for parent education, with a continuance into the season. Please educate the parents to help them understand the game if they have questions. Let them understand that it is human game and mistakes will happen, but in the end it is just a game for their children, please let them both embrace it and enjoy it.

I have gotten a few emails about past issues; all of the ACE newsletters can be found at www.usahockey.com click the coaches tab and then scroll down to the ACE program. As always, please contact me with any ideas or thoughts that you would like to see discussed, we will do our best to get them in the upcoming issues.

Kevin Connelie
kconnelie@verizon.net

Dear USA Hockey Coaches and Officials:

USA Hockey would like to take this opportunity to wish you a successful season and thank you for your continued involvement with our programs and your dedication to the great game of hockey. We realize the commitment you have made contributes positively to numerous participants on a daily basis and this effort has not gone unnoticed or unappreciated. We hope that your season, thus far, has been filled with enjoyment for everyone.

As we enter into the second season of the Standard of Play Initiative, we would also like to take this opportunity to re-emphasize the commitment USA Hockey has made to create a safe, enjoyable and positive hockey environment for all participants. Your role in this process is vital to our success and we are asking you to take a few minutes and review some important points that will help you continue to be successful. As part of this review, please be sure to pay special attention to the Standard of Play materials that can be found on USAHockey.com

For coaches, please take a few minutes to review your role in teaching hockey skills in an enjoyable and positive way. Evaluate the emphasis you have placed on your team and compare that to the USA Hockey ideals presented to you through the various coaching resources you have been provided. This is also a good time to review expectations as it relates to sportsmanship and fair play with both your players and the parents from your team.



For officials, now is the time to refresh your knowledge of the rules and renew your commitment to the Standard of Enforcement Initiative in doing your job on the ice, which is to simply enforce the rules of the game to the best of your ability. In doing so, pay special attention to the USA Hockey "Points of Emphasis" for the 2007-2009 seasons, which includes intimidation tactics such as the late avoidable check, contact after the whistle, stick work, and standard of play infractions. USA Hockey's volunteer leadership has not backed off on their commitment to eliminate these tactics from the game and officials are expected to do the same.

Finally, both coaches and officials are asked to renew their commitment to communicating with each other and working together to create a positive hockey environment. We also ask for your diligence that the games be played within the rules established by USA Hockey, which promote an attitude of fair play and respect. As a reminder, it is not acceptable to vary from the established rules (whether it be standard of play calls or offsides) because it may be convenient for one or both teams. We are counting on you to uphold the best interests of the game, whether you personally agree with them, or not.

The success of our National Teams and young American players in the NHL has brought new recognition to our sport and presents us with an opportunity to expand awareness of USA Hockey as a successful National Governing Body. We need your help in fostering this awareness at the grassroots levels by establishing a positive hockey atmosphere. Be sure to pass this information on to other coaches and officials who may not have access to this e-mail.

As always, please use any of the resources available to you to assist you in your endeavors. USAHockey.com is continually updated with new material. Your educational manuals and publications are up-to-date and share the ideals and goals of USA Hockey while your local volunteer leaders, or

national office staff, are only a phone call away. Please do not hesitate to contact us if there is anything we can do to assist you in your efforts.

Thank you, once again, for your involvement with our game. Keep up the great work and best wishes for the remainder of the season.

Respectfully,

Mark Tabrum and Matt Leaf
Directors, Coaching and Officiating Education Programs

Practice Planning and Delivery

As another hockey season begins, so does the task of planning effective practices that will improve individual player and team skills, as well as reach the goals you have set for your program. Planning individual practices actually starts with the development of a Season Plan. This plan should give a framework of short- and long-range goals. It should also divide the season into appropriate intervals where benchmarks can be set (i.e., what goals would you like to accomplish early-, mid-, and late-season from a coaching, player development, and team point of view). Listed is a basic outline of the Season Planning process:

Identify goal and objectives of the season:

- Skills

Specific skills each player should acquire (passing, shooting, etc)

- Knowledge

Strategies, rules, appropriate for age and skill level

- Attitude/Behavior

Appropriate and desirable behavior towards coaches, competitors, officials

Determine what and when objectives should be achieved:

- Early-Season

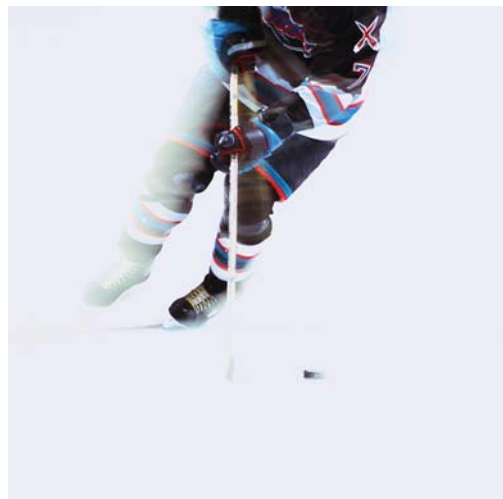
Involves individual skills, knowledge, and behaviors

- Mid- and Late-Season

Focus on skill combinations and development of team play

The two most important decisions in planning the season are

- 1) **deciding on what objectives to focus on in teaching**
- 2) **deciding how much time to spend on each objective**



With the Season Plan in place, effective individual practices can then be planned. Each practice should be based on the season plan, needs of each individual, and the team. The plan should focus on key instructional points for that practice, list the method of instruction, and provide sufficient time to practice the skill. Each part of the practice should have a specific purpose, even if that purpose is to rest! Below are guidelines for developing effective practices:

Practice Time

- Use the ice time efficiently
- Devote sufficient time to skills objectives

Include Mental Components

- Work on having the players “think” the game
- Challenge them to problem-solve

Incorporate Challenging Drills

- Drills should be challenging enough to get players out of their comfort zone but not so difficult that nothing is accomplished. Be sure skills and drills are age appropriate. Remember, every drill should have a purpose
- When designing practices, create drills where you can add different elements or options (progression and variation)
- Drills should relate to objectives – both individual and team
- When possible, every drill should have components of skill and conditioning

The Coaching Education Program Level 2 Manual (found online at usahockey.com) has several helpful forms such as a Season Planning Calendar, Team Goals Worksheet, and several sample practice plans for reference.

In closing, remember that good practices should be well planned, organized, and delivered. Maximize both individual and team learning, but most of all FUN!

Have a great year!!

Dan Daley
NE ACE Director

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The USA Hockey ACE Directors Leadership Team, as part of the Coaching Education Program have developed the following areas of focus for presentations this year:

Parent Awareness

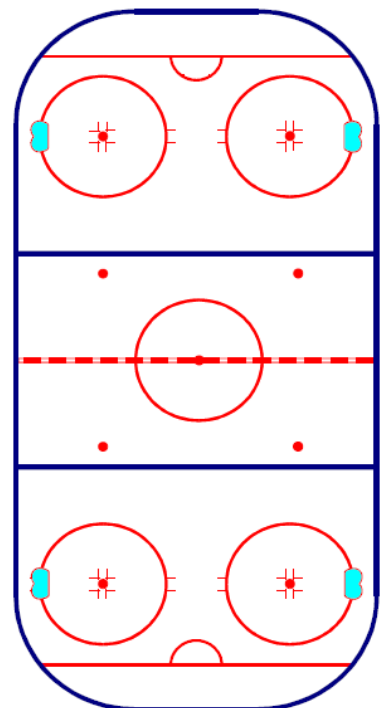
Please consider giving this presentation to parents in an age specific manner during the fall tryouts.

The presentation is designed to provide awareness for parents how to be active positive partners in their child's ice hockey experience through awareness of goals, interaction with Coaches, Officials, and other parents. The awareness is key for parents active participation prior to practices/games, during practices/games, and after practices/games. Please consider putting your child's goals in perspective as their main objectives are to:

- HAVE FUN
- Play with their Friends
- Learn and acquire new Ice Hockey Skills
- The PARENTS are the folks paying for all of the expenses for their child's continued participation in the sport of Ice Hockey, so we as ACE Directors have a responsibility to spend some time with the parents educating them on expectations for a successful season.

How to Implement a Cross Ice Program

This presentation is designed to be conducted and support the What is a Cross ICE Program provided last year. The focus of this presentation is to provide the steps and considerations of HOW to implement the cross ice program and provides samples of detailed instruction for the Association Board Members, Parents, Coaches (new and experienced), and Rink Managers. The presentation is



recommended to be provided in the fall so a successful cross ice program may be planned, communicated and implemented. The presentation includes what equipment is required, how to divide players by skill level, how to utilize the ice surface in a variety of configurations, examples of practice plans and etc.

On Ice Safety Awareness

This On Ice Safety awareness presentation is recommended during the November/December timeframe, which focuses on a number of Safety aspects important for a successful ice hockey program. While the focus is a high level approach, the key points are not just body contact safety issues, and Administrators, Coaches and Parents alike can all be of assistance in insuring a Safe program is conducted for the players and everyone involved.

How to Develop Goal Scorers

This presentation is recommended for January/February for Coaches, Players, Administrators, and Parents. The thought provoking questions of whether goal scores are “born” with the instinct and abilities and or these traits can be taught is a portion of the topics. Goal scoring can be taught and emphasized with special focus on a number of key points and positive attributes, which the presentation utilizes.

Student Coach Clinic

The USA Hockey District ACE Director Leadership Team have developed a Student Coach Clinic to be used for consistent presentation and education for development of the Student Coach. This resource tool is recommended for the ACE Director to present a customized version of the Level I clinic with the Student Coach in mind. The clinic presentation is designed to be delivered in approximately 1.5 hours and provides a “standard presentation approach” for all Student Coaches.

Each of the presentations has been distributed to all ACE Directors who attended a fall regional meeting in their respective USA Hockey District. All of the presentations along with those from last year are posted on the [USA Hockey ACE Webpage](#) .

The ACE Director Program is embarking on development of a USA Hockey National ACE Directory. Each of the Association’s ACE Director’s information is being requested by the respective USA Hockey District ACE Director to place into a database. The database will be useful for direct email contact to the ACE Directors for important communications from USA Hockey ACE Director Program and Coaching Education Program. The directory will be placed onto the USA Hockey website in the ACE Directors area.

The USA Hockey District ACE Director Leadership Team is also listed on www.usahockey.com for your information if you need to contact one of us.

A list of each USA Hockey District ACE Director is provided below for your contact information:

Please visit www.usahockey.com website for the Goaltender Drill of the Week and the Skill of the week.

Each year the ACE Director Program works on the strategic plan for development of presentations for the coming year. If you have thoughts on what next year’s or future years’ priorities should be, please contact one of the USA Hockey District ACE Director Program Leadership Team members listed below.

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What is a Staph skin infection?

Staphylococcus aureus (Staph) bacteria are commonly found on the skin of healthy persons. A Staph skin infection can be a pimple, rash, boil, or an open wound. Staph infections often begin with an injury to the skin. Symptoms of Staph infection may include redness, warmth, swelling and tenderness of the skin. Sometimes it does not cause any problems; sometimes it causes minor infections, such as pimples or boils. If left untreated, it can cause serious skin infections or worse.

How do Staph skin infections spread?

Staph lives on skin and survives on objects for 24 hours or more. Staph can rub off on the skin of an infected person onto the skin of another person during rigorous skin-to-skin contact. Or, the Staph bacteria can come off of the infected skin of a person onto a shared object, and get onto the skin of the next person who uses it. Examples of commonly shared objects include towels, soap, razors, and athletic equipment.

How can I prevent myself or my family members from getting infected?

Wash your hands with soap and warm water. Keep cuts and scrapes clean with soap and water. Avoid skin contact and sharing personal items with anyone you suspect could have a Staph skin infection. When using protective gloves to treat infected area, remove and dispose of properly; wash your hands with soap and water after removing them. Do not share personal items with other persons who might have skin infections.

What should I do if I think I have a skin infection?

Consult your healthcare provider as soon as possible if you think you have a skin infection. Early treatment can help prevent the infection from getting worse. Be sure to follow directions from your doctor or healthcare provider closely, even when you start to feel better. Not taking all of your pills may lead to stronger, antibiotic-resistant bacteria.

If I was told by my healthcare provider that I have a Staph skin infection, how do I keep others from getting infected?

- Keep the infected area covered with clean, dry bandages. Pus from infected wounds is very infectious.
- Wash your hands frequently with soap and warm water, especially after changing your bandages or touching the infected skin.
- Regularly clean your bathroom, kitchen, and all other rooms, as well as your personal items. Wash clothes and other items that become soiled with hot water or bleach, when possible.
- Drying clothes in a hot dryer, rather than air-drying them also helps to kill bacteria in clothes.

Pulling The Plug On Energy Drinks

By Dave Ellis • Illustration By Mike Curti

SPORTS DRINKS AND ENERGY DRINKS, is there really a difference? You bet there is, and it's time athletes distinguish between the two.

When we talk about helping hard-working athletes have more energy, we think about supplying them with the sources of fuel they primarily use during training and competition.

So, for example, hockey athletes burn a pretty even mix of carbohydrate and fat during training, and probably a bit more carbohydrate than fat during a game where the rest intervals are based on a three or four line bench. Thus most sports drink focus on supplying carbohydrates in a fast digesting form to supply energy to hard-working muscles so that you have something in the tank until that last drill or shift.

Sports drinks also supply some of the components we lose in sweat (fluids, sodium, potassium) and intentionally avoid ingredients that could speed the rate of fluid loss, like caffeine.

On the other hand, energy drinks primarily depend on the consumer to feel energy from caffeine more so than carbohydrate, and more and more these beverages don't even contain carbohydrate (diet versions). While carbs supply a source of energy that muscles can use, caffeine makes you feel like you have energy by stimulating your nervous systems. This is entirely different than actually supplying energy that will keep you on the ice.

Caffeine might make someone feel amped up early in the game, but it's not going to give you legs period after period. In fact, caffeine will make you feel fired up right until the minute you crash and burn. The reason is that caffeine will temporarily blunt the feeling of exertion and fatigue, but when it wears off you will feel like a refrigerator jumped on your back.

Another problem with caffeine is that it makes you go to the restroom more often and that is just the opposite of what we want for athletes when they are sweating. We want to retain as much fluid as we can when we're sweating, not speed up the fluid loss process.

Athletes who lose fluids quickly during activity can't cool themselves as quickly, and



THE REASON IS THAT CAFFEINE WILL TEMPORARILY BLUNT THE FEELING OF EXERTION AND FATIGUE, BUT WHEN IT WEARS OFF YOU WILL FEEL LIKE A REFRIGERATOR JUMPED ON YOUR BACK.

inevitably this will lead to more rapid fatigue. Dehydrated muscles are hot muscles that struggle to neutralize the metabolic by-products you feel in your legs after a hard shift. And a tired muscle not only is a poor performer, it is also vulnerable to a cramp or pull.

The evidence that caffeine can help aging minds stay a bit sharper is offset by the recent research that shows the inflammatory outcomes of caffeine use that can lead to a compromised immune system. And just this past month some new evidence has emerged that older athletes who don't exercise much and who don't use a lot of caffeine might set themselves up for a heart attack by breaking out an energy drink before an adult game.

This is not joke and when you look at the labels on these energy drinks you might see several sources of caffeine. All of these ingre-

dients supply caffeine: cola nut, guarana, mate leaves, espresso, tea extracts and coco.

It's not uncommon for many energy beverages to have more than one source of caffeine and in some cases the manufacturers are not even sure how much caffeine is in their products.

A strong cup of coffee will come in around 100-120 milligrams of caffeine per 8 ounce (cup). Most of these energy drinks are going to come in at 85 milligrams of caffeine or higher per 8 ounces, and because they are often sweet tasting, consumers are drinking 16 ounces or more at a time. That's a pretty good jolt for any adult and enough to cause a young hockey athlete a positive doping test by previous Olympic standards.

While caffeine was removed from the Olympic banned substances list in January



Hockey players of all ages shouldn't be misled about the effects that caffeine can have on their performance.

And if an athlete can't get to sleep because of the amount of caffeine or stimulants used before activity, they often resort to use of alcohol as a way to wind down. This is known as the amphetamine-alcohol cycle and always results in trouble.

College and pro athletes with promising careers inevitably crash and burn long before they real playing days were over. It's very predictable and very sad, and it all started with the idea they needed a caffeinated energy drink to compete.

So don't get confused between a sports drink and an energy drink when it comes to fueling your hard work. And adults, please realize that even at the collegiate level we are not allowed to supply caffeine to athletes. Please think twice about supplying any source of caffeine to your child, or someone else's child on the team.

No other generation of young athletes has ever witnessed such a cavalier attitude about using stimulants as the youth we are working with right now. ❖

Dave Ellis is celebrating his 25th year of practice in sports as a registered dietitian, certified strength and conditioning specialist and as a Level V USA Hockey coach. This year USA Hockey gave its top 1,500 athletes a copy of Dave's Fundamental Fueling Tactics® nutrition education DVD. Go to fuelingtactics.com for more information.

2004, it is still under review by the World Anti-Doping Association, and with mounting performance and health concerns, caffeine could once again revert back to a banned substance when elevated in the blood in high concentrations.

It's also worth noting that the concentration of caffeine required to create the feeling of being amped up changes over time. Athletes who use to feel one 8-ounce serving of caffeine suddenly don't get the same feeling and begin to drink additional servings.

This is a very slippery slope that often leads athletes to try stronger and stronger stimulants, including sources that are currently banned substances (ephedra, synephrine or amphetamines).

Recipe for rehydration

The following chart compares amounts of ingredients related to rehydration and fuel for exercise, as well as caffeine content in Gatorade to some of the popular energy drinks on the market:

COLOR KEY



Gatorade Red Bull Monster Full Throttle
(All based on a 8 oz serving)

Sodium



Sugar(s)



Caffeine



Calories



Potassium



Other ingredients found in some energy drinks include: guarana, taurine, gluconolactone, ginseng, l-carnitine, inositol, b vitamins, and artificial sweeteners