

What's Going On?

SHOOT FOR THE STARS

December 18, 2011
Apex Center, 7:30 PM

Come out to our next camp and help improve your shooting skills. Work to make yourself a more productive teammate by gaining a greater knowledge of shooting the puck. The upcoming two-night camp will focus on the fundamental techniques and practices of shooting the puck and one-on-one play.

Wrist, Backhand, Snap & Slap shots will be covered along with breakaway techniques. Stations will be set up so that all shots can be executed, allowing players to gain the maximum number of repetitions within the hour-long session.

In addition, finishing each night of camp we will incorporate one-on-one situation's to make things more interesting and game like.

- Stations will be set up to work on a variety of shots: wrist, backhand and snap/slap shots.
- Shot technique advice will be given to ensure a positive, exciting learning environment at each station to ensure the maximum learning experience.
- Ideas and techniques behind breakaways and shootout situations and one on one play will be detailed and executed for future efforts in the game.

Register now on the DWHL website!

Register for DWHL Events:

Shoot for the Stars
Dec 18th at Apex

South Camp (details TBD)
Jan 15th at Family Sports Center

Spring Mixed League
January to April 2012
Apex and Ice Centre at Promenade

Go to the **Registration Tab** on the DWHL website: www.dwhl.org



The DWHL Mission Statement:

To provide an environment in which women can play hockey free from all forms of harassment or discrimination and which encourages fair play, openness, and friendship. To provide a competitive and social atmosphere which promotes the growth of leadership, coaching, and skill development.

December 2011
Volume 2, Issue 4

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Did you know . . .

. . . that the DWHL is a great place for business networking?

To start networking, you can add your occupation and/or business name to your member profile on the DWHL website. Then, adjust your Sharing preferences to make the details visible to your teammates or to all the DWHL members.

The next time you are looking for a new business contact, consider supporting another member. You can browse the member directory to see if another DWHL member provides the service you need.

We are working on adding a Business Directory to the website, so please update your profile so that we can all support one another's business ventures!

Our Fascination with the Zamboni

There's a song about wanting to drive one, thousands of YouTube videos featuring them, and an Idaho man took one through a Burger King drive thru back in 2006 (he was allegedly fairly intoxicated).

Having driven one for a short stint, I can attest to the obsession. There were numerous times I recall looking up into the stands while behind the wheel and noticing people's hypnotic, glazed over stares—or their video cameras. I'm probably in about 3 or 4 different family home movies somewhere. But as a player and onlooker, I can agree, it really is mesmerizing sometimes. And rightfully so, it is a pretty intricate machine.

So where did it come from?

The first one was developed by Frank J. Zamboni back in 1949. He and his brother decided to use their excess refrigeration equipment from their block ice business to open an ice rink in a nearby Los Angeles suburb. The California climate was not ideal for ice, inspiring Frank to try to assemble a machine that could clean and resurface the ice quickly. After several attempts involving bits and pieces of tractors, war surplus trucks, and whatever else he could find, the Model A Zamboni Ice Resurfer was born! Frank applied for a patent that same year and set up Frank J. Zamboni & Co. to build and sell his creation. Demand for the machine proved high and was great enough to warrant an additional plant in Brantford, Ontario and a branch office in Switzerland. Although the term Zamboni remains trademarked by Frank's company, the name is used collectively for all ice resurfacing machines.

How does it work?

Someone jumps on, drives around in some circles and voilà, you instantly have pretty looking ice again! But seriously, a lot goes on once the Zam rolls out onto the ice. The heart of the machine is the conditioner, the device that is pulled behind the vehicle. This is where the magic happens.

Within the conditioner lies a long blade that shaves off the ice surface. This blade is attached at an angle and can be adjusted by the driver with a wheel crank at the top of the machine to determine how shallow or deep the cut into the ice surface will be. Typically, if the ice is torn up badly, the driver will adjust the blade and shave more off the ice to remove deep cuts and ruts.



In front of the blade are two augers. The first auger moves the ice and snow created from the cutting and the second one picks it up. At either end of the conditioner are wash water nozzles that are used in conjunction with a large squeegee. The wash water removes any foreign articles (bits of stick, tape, hair, etc.) that might become embedded in the ice. At the end of the conditioner is a sprinkler that wets a cloth towel with fresh water that is dragged behind the machine. This combination is what creates a new ice surface as the towel helps fill in residual grooves.

At the front of the Zamboni, is a large box, or dump tank. This is where the augers deposit the ice and snow that has been shaved off the ice's surface. Also, near the front and underneath the driver, are both the wash and clean water tanks. The temperature of the water in these tanks ranges anywhere from 140 F to 160 F, as hot water melts and smoothes the rough top layer of ice to create a flat, smooth surface.

So, next time you are watching the Zamboni circle the ice, you will know just how complex the machine is...but maybe wave to the driver instead of stare!

~ Christine Rudzinskas

Little Known Facts

- The blade on the Zamboni is sharp enough to slice through thick stacks of newsprint, weighs 57 pounds and is ½ inch thick.
- In April of 2005, Road & Track magazine performed a "road test" on the Zamboni Model 500 ice resurfacing machine. They determined the machine's top speed to be 9.7 mph and that the machine would go from 0 to ¼ mile in 93.5 seconds.
- Up until 1963, every Zamboni was constructed upon a Jeep Chassis.
- When the machine resurfaces the ice, it can remove close to 2,500 pounds of compacted snow, while it can leave behind about 1,500 pounds of water.

DWHL Member Spotlights

Each newsletter we highlight members from the DWHL to introduce you to your fellow hockey players. This issue features DWHL Mixed League player, Laura Shuey, and a WACH player, TJ Hawk (on page 4).

Laura Shuey

Laura Shuey was introduced to the DWHL in 1998. She had been away from hockey for three years after sustaining a concussion from a co-ed game at the Promenade. The DWHL caught her attention at a US Women's national team game. The DWHL had a table set up trying to get the word out and encourage all women to give ice hockey a try. An environment where women are encouraged to play safely...perfect. In 2002, Laura remembered this great organization and finally signed up when the DWHL offered a mid-season registration.

Laura has a fondness for the Northstars (as this was her first team). The DWHL offered her a safe place to play close to home with a ton of friends and great women. There were different opportunities for her to pick up instruction, and she liked that members could pick up as much or as little instruction that fit them.

Laura supplements her ice hockey fitness routine with Taekwondo. In fact, she has been practicing for five years, is a 3rd degree black-belt, and is a certified instructor! She practices and teaches the Adult Basic class at ATA Westminster. At the beginning of 2012, ATA is offering a women's only self-defense series. She would love to see some fellow DWHL'ers participate, and anyone interested can contact Laura for more information. Laura says Taekwondo helps her with flexibility, stamina, quickness, responsiveness and awareness - you become so much more aware of everything around you. All of this contributes to her success on the ice.



Laura Shuey

Outside of fitness, Laura rides motorcycles, has a private pilot license, and teaches guys how to fix cars for a living. She is an American Honda Instructor - one of only two women to hold the position in the company!

Unfortunately, Laura has been off the ice since earlier in this fall season due to a knee injury. She is undergoing a scope this month.

The entire DWHL wishes you a speedy recovery Laura!

~Adri Larsen

Loaner Gear: Used Helmet Round-Up!

Did you know that the DWHL has a gear bank of used hockey equipment that we loan to brand new players? The gear bank really needs gently used helmets, but we can only accept helmets with no obvious damage and that have not yet expired (*check the Hockey Equipment Certification Council or HECC sticker on the back to find the expiration date*).

Please consider donating your used helmet (or other used hockey gear) to the DWHL. We are a 501(c)(3) nonprofit organization, so you can write off your charitable donation as a tax deduction. To donate, contact info@dwhl.org

DWHL Member Spotlight, WACH

TJ Hawk

When the captain of the team at your first drop-in game tells you you're a natural at one of the most difficult positions in professional sports, well, it's probably best to heed her compliment.

Thankfully she did; 14 years later TJ Hawk is still between the pipes, stopping pucks and having a blast in what she calls, "the greatest game."

She first became involved in the sport of hockey after meeting current DWHL Renegades coach Sabrina Becker at a group event.



TJ Hawk, in net for DWHL Spitfires

"I was wearing a Tampa Bay Lightning t-shirt a friend of mine's brother gave me," she recalled. "The Bolts were the only professional sports team to feature a female player, goaltender Manon Rheaume, in an NHL exhibition game. Sabrina was the only person I met at the event that knew that and we became fast friends."

"I started watching her games when she was with the old Flyers in WACH in addition to watching the newly relocated Avalanche. I was really interested in goaltending so Sabrina invited me to one of her drop-ins where I

More "South" camps coming!!

We have heard you!!

We know you liked the camp we held at Family Sports and are planning more in the future. It was impossible to schedule more ice before the end of 2011, but we will have a camp on January 15th – so mark your calendars and look for more information on the website soon!!

borrowed equipment from the Flyers goalie. The mask was WAY too big and kept moving sideways and the captain of the Flyers asked me if I could even see. I assured her I could." TJ didn't stop there, soon after that fateful drop-in she became the goaltender for a new WACH expansion team, the Rocky Mountain Rockets.

"We were terrible that first year but I loved my team," TJ explained. "The next season the league split into two divisions and we won the first B division championship. That was one of the best days of my entire life! My family and friends were there to watch and we talked them into wearing our away jerseys during the game. Since the stands weren't up at the brand new Ice Centre yet, it was a total sea of red jerseys around the rink."

The team moved up to the A division the next season and lost in the championship game, but they dug in and won the following year. After another season, the team became defunct and TJ moved on to co-ed hockey for several seasons.

"I consider myself a student of the sport," TJ explained. "I will watch any hockey game—TV or live—at any level. My favorite thing to do is call the good play before the commentator. I'm not a stats geek, but I notice the good defensive play, the clean, hard hit in the corner, the nice move, and, of course, the great save."

After moving to Texas for some time, TJ returned to Colorado in late 2007 and joined the DWHL. She played league games the first season and then made the Spitfires for the 2009-2010 season, where she currently plays.

When she's not making glove saves, TJ enjoys camping, fishing, and hiking in the summer. She also enjoys cooking. "I'm a foodie and craft beer fan," she says.

Her advice for new players:

"Congratulations, you chose the best league to learn in and love this game. If you show up to camps, practices, and games, you will become a good player and develop as far as you want to take it. This league is the place you will get the best available coaching and meet all of your new friends. If you stick with it, you'll have some of the best memories of your life."

~ Christine Rudzinskas

Fall Season Update

The DWHL Fall Mixed league regular season has just finished, with the top three seeds changing dramatically on the last night. When the final game started, the Jets led the league, followed by the Stingers, with the Northstars one point back in third place. However, after a hard fought, close game, the Northstars defeated the Jets and jumped from third to first place!



Regular Season #1 Team: Northstars

Although we cannot report the Fall champion in this issue, we can share other highlights from this season.

The Fall league brought many new players to the DWHL, as well as a few faces we had not seen for a while. We welcomed new netminder Sam Tirrell as she transitioned from a roller hockey to ice. Teams welcomed brand new players Aaran Secor, Julie Brown, Melissa Lucas, Ashley Church, & Rachel Gabor to their ranks and watched them learn and grow during the season.

Many thanks to our returning players who take leadership roles on their teams. Kimi Ammons, Andrea Steinle, Adri Larsen, Amber Farris, and Wendy Bird, among others, worked hard to welcome and support our newer members. Nice job!!

We also had many players, such as Katie Adrian, Cindy Sark, and Hannah Gembarowski, who took advantage of the DWHL's unique "free subbing" on their off nights. Katie used this option to play 21 regular season games!

Our Mixed division standout players were Megan Brunner & Cindy Sark, who each had 8 goals, Hannah Gembarowski & Sumaya Abu-Haidar with the most assists (5), and Becky Case who had 6 wins and 4 shutouts in net! Congratulations!!

After the regular season, the coaches selected team award winners (shown on right).

Thanks to all the skaters, goalies, and coaches who participated and made this another successful, fun, and competitive DWHL season!!

Seasonal Awards

The list on the right shows the recipients for the seasonal awards, as chosen by the coaches. If you are new to the league, you might not know that each team has three awards to give:

Sportsmanship Award goes to the player who exemplifies one of the most important aspects of the game, sportsmanship on and off the ice – showing respect for the game, other players, coaches, and officials, while remaining competitive for her team.

Most Improved Player goes to the player who a coach deems has improved her hockey skills the most during the season. This award shows dedication to learning the game and enthusiasm to practice what you have learned until you have it down!

Most Valuable Player goes to the player who has been dedicated to the growth of the team throughout the season and who is an essential part of the team's success. This player is a team leader in good and bad times, always finding a way to help the team through action or words.

Fall Season Individual Awards

Jets

Sportsmanship Award:
Amber Howe

Most Improved Player:
Julie Kasson

Most Valuable Players:
Kimi Ammons & Renee Getter

Nordiques

Sportsmanship Award:
Andrea Steinle

Most Improved Player:
Aaron Secor

Most Valuable Player:
Jules Harral

Northstars

Sportsmanship Award:
Adri Larsen

Most Improved Player:
Rachel Gabor

Most Valuable Player:
Becky Case

Royals

Sportsmanship Award:
Linda Ruff

Most Improved Player:
Kaz Moreci

Most Valuable Player:
Trisha Goetz

Stingers

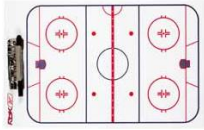
Sportsmanship Award:
Erin Miller

Most Improved Player:
Heather Holzer

Most Valuable Player:
Katie Adrian

Want something to change in our league?

Whenever you want to share a comment, complaint, or compliment about the league, please send a message to the DWHL Executive Board at info@dwhl.org and a Board member will get back to you.



Coach's Corner: Backhand Sweep Shot



The backhand shot is not used often by players, yet it is a great shot to have in your arsenal of skills. The key to this shot, especially when right on target, is the element of surprise.

In a game situation, you don't have to take time moving the puck to your forehand so the defense does not have a chance to challenge you, and it does not allow the goaltender time to set up. Also, goalies do not see many strong backhand shots – so this shot would be an ideal one to spend time practicing!

How do you use the backhand shot?

1. Start with the same grip as if you were passing. This shot uses the same technique as a forehand wrist shot.
2. Bring the puck beyond the plane of your body, with the puck on the heel of your blade to start.

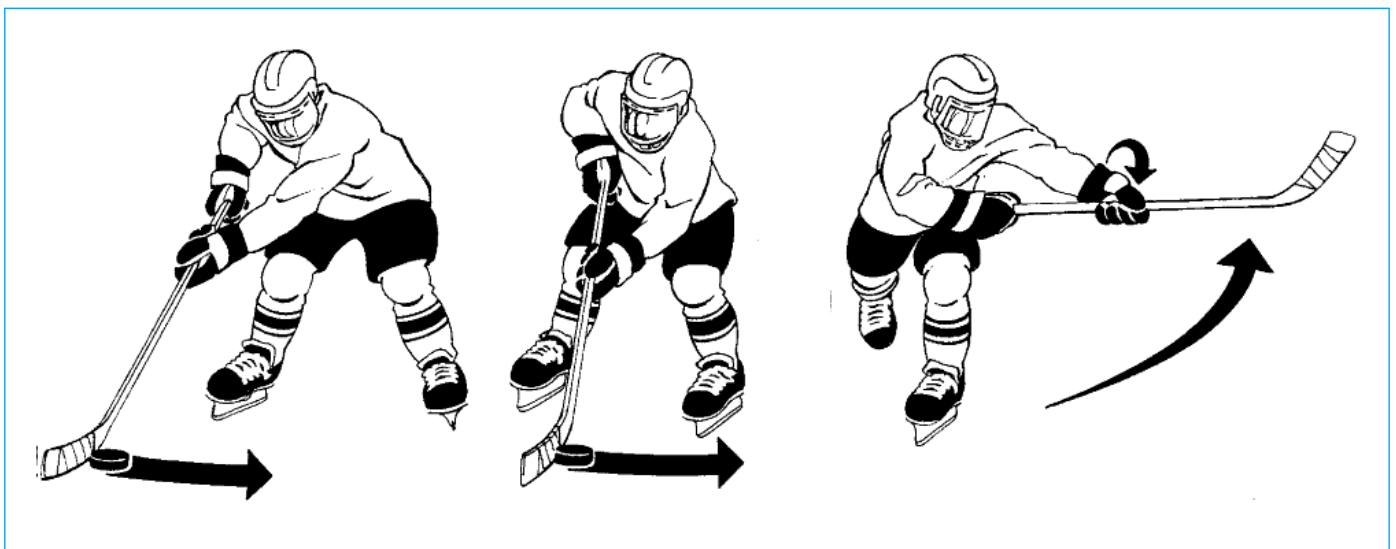
3. Start with your weight on the back leg.
4. As you sweep the puck through, transfer your weight to your front foot.
5. Keep your head up looking for an opening. (Look down to control puck and then look up at the target.)
6. Snap and roll the wrists. (Push the top hand and pull the bottom hand.)
7. Release the puck and follow through low while you are pointing at the target.

Because the curvature of your blade affects the accuracy of your backhand, start off aiming low forcing your wrist to truly turn-over. You may have to adjust your aim based on how well you can turn over your wrist and to adjust for the blade curve.

You can practice your backhand shot just like you would a forehand wrist shot. Line up near the boards with some pucks. Pick out target spots on the boards (one low and one high) and then practice hitting the targets. Remember to concentrate on your weight transfer, follow through, and turning over your wrist.

Once you've mastered a stationary backhand shot, you'll want to practice it while skating; set up cones near the bottom of the face-off circle in the offensive zone, cut around the cones, working on both your forehand and backhand as you get your shot on net.

~Dawn McKnight



Equipment Check: *Taping your Stick*

Heel to toe? Toe to heel? Black tape? White tape? Wax?

Like many aspects of hockey, taping one's stick is a matter of personal preference, but here are some things to consider when getting ready to tape your stick:

Make a handle

Your style and pattern will depend upon your personal preference, but try experimenting with different designs, knobs, and tapes to see what is the most comfortable for you. There is no right way to tape the handle (but obviously you don't want it to be too large or cumbersome). All you're really looking for here is grip and feel, so do what works best for you.

Wrap your blade

We apply tape to the blade of our sticks for a variety of reasons; prolonging the life of the stick blade, better puck friction and control, preventing moisture buildup. When taping your blade, start towards the toe of the blade and slowly work your way toward the heel (the part where the blade meets the shaft). In the past, a heel-to-toe pattern was preferred as it created more spin on the puck. However, recent analysis has shown that spin actually slows the puck down. You want the fastest release off your blade possible and this is not achieved with spin.

Wax on

Apply some wax. Again this is personal preference, but wax keeps your new tape job from getting waterlogged, thereby increasing the longevity of the tape. Wax also decreases friction

on the bottom of the blade as it moves along the ice. You can typically purchase stick wax at any hockey store, or if you want to be old school, you can always melt a candle.

What color?

It has been said that black tape makes it difficult for a goalie to see the puck on your stick and that white tape should only be used by exceptional stick handlers for increased vision. However, these are not proven advantages. Try both colors and see what one you like the best.

Happy Taping!

Volunteer Round-Up!

Interested in giving back to the DWHL? Here are a few ways that you can:

Write for the Newsletter!

We are looking for writers (or aspiring writers) to create content for the next Newsletter. Come join a fun team and help continue to produce a Newsletter that members find interesting and entertaining!

Keep score at DWHL or WACH games!

Scorekeepers (paid position)

Scorekeepers run the clock and keep official record of the game (scoring, penalties, and shots on goal). The compensation for each game is \$15.00 - but each scorekeeper must attend one game (unpaid) to learn how to run the clock and complete the timesheet.

Help us create a business membership directory!

We want to use our website to provide a way for you to support other DWHL members in their business ventures. However, we need someone to take the reins and help create this new forum. Are you going to step up to help?

Think of another way you can give back to the DWHL!

These are only a few ideas of ways you can help -if they do not appeal to you, contact us and let us know you want to help and we will find something that works for you!!

For more information, contact us at

info@dwhl.org



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