

# Total Hockey Institute NEWS



Newsletter July 2008

## DIRECTOR'S DISCUSSION

### SUMMER TIME GAMES OR TRAINING?

The average youth hockey player will play well over 50+ games during their fall and winter hockey season providing them enough game time experience. What all players need to focus more on is skill development. With that said, why do parents and coaches want players to play hockey games all year round? What purpose will that accomplish? What players need to do in the "official" off-season is to focus on their skill deficiencies and strength training. Why would any one want to play an entire summer repeating the same bad habits over and over again instead of taking the time off to focus on improving their skill level and their physical strength? All players need to develop their skills by learning the right techniques during practice not during a summer hockey tournament. Playing in summer hockey tournaments is certainly beneficial, but you have to make sure you combine the tournament with what is important and necessary to improve. You can't teach and correct bad habits on the fly, it has to be taught in a forum conducive to

learning. The Northern Cyclone Directors recently attended a USA Hockey Seminar where Jack Parker, head coach of the Boston University Terriers, stated that hockey players had a much better skill level in the 80s and 90s because practice times far out numbered game times and hockey players were two sport athletes. At the same seminar, Mike Boyle, the strength and conditioning coach for Boston University suggested that parents throw away their child's cell phone, computer, TV, and video games, then get them off the couch to the outside in the fresh air having fun and getting exercise. Players today spend far too much time on technology and not enough time just playing. The benefits associated with spending time outside far out weigh the number of hours players spend on their computers etc. They should be playing street hockey and wiffle ball to name a few. The number ONE deficiency in our youth players today is SKATING. Skating is the main ingredient that separates players into two categories – (cont. page 2)



#### Special Interest Articles:

- Director's Discussion
- Junior A Team Recruits Hard
- Cyclones Arena Enters 3<sup>rd</sup> Season
- Interested in Becoming a Billet Family?

#### Contact us:

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[www.northerncyclones.com](http://www.northerncyclones.com)  
[www.totalhockeyinstitute.com](http://www.totalhockeyinstitute.com)  
[www.cyclonesarena.com](http://www.cyclonesarena.com)

### JUNIOR A TEAM RECRUITS HARD FOR 2008 SEASON

It has been a busy off-season for the Northern Cyclones Jr. program as they prepare for their fifth season and the opportunity to defend their first AJHL Championship. Recruiting has been the buzz word the past few months with the team sending eleven (11) players to NCAA schools from last year's team. The hardest hit position was back on defense where the Cyclones lost four of their top six defensemen from last season including: Paul Arnott, Mike Grenier, Jordan Cutler and Mark Gonzalves. Fortunately for the Cyclones, Brendan Beer and Ricky Miller who were both major contributors last season will be returning and look to be playing Division I college hockey at this time next

season. With only the two defensemen coming back there was a big need heading into the recruiting process. The Cyclones will be looking for Brandon Pougnet and Chris Glover to step in and be key factors on the blue line. Pougnet is from Littleton, CO and the Colorado Thunderbirds Midget AAA team. He is 6'1, 190lb and shoots from the right side. Brandon is a young 1990 birth date but plays with the composure and poise that will enable him to step right in and contribute.

(continued page 2)





## DIRECTORS DISCUSSION CONTINUED

those with Potential and those with no potential. The only way to improve skating is to get on the ice with experienced teachers and work on deficiencies. Youth players this summer should do the following:

- Get off the couch and get outside
- Play Another Sport
- Commit to an on-Ice Program that will work on CORE Individual skills especially Skating.
- Older Players 13+ commit to an Off-Ice program to develop strength and agility.
- HAVE FUN

We believe the summer tournaments have a purpose but our kids have already played a high number of games and its time to back off GAME TIME.

Final Thought: Ask your player why he play's hockey? Because he has to? Because he likes to play? Or because he wants to play? Their answers might surprise you!!

*"It's not how good you are, it's how bad you want it."*



## Junior A Recruits Continued



GM Tony Dalessio recruited Brandon last month at a camp in Colorado and was immediately impressed with his play. "He really stuck out to me on the first day. He has size and likes to use it. He is very skilled with the puck and he skates well for a big kid." said Dalessio. Glover hails from McFarland Wisconsin and the past two seasons he has played for the Madison Capitols Midget AAA. Chris is 5'11, 172lbs and shoots from the left side. Chris was invited to the Cyclone main camp in May and impressed the coaching staff. "Chris is skilled with the puck and is a decent skater. He had a good camp and showed that he had the ability to compete at this level." said Coach Bill Flanagan. In addition to Pougnet and Glover the Cyclones also welcome

Stephen Cook and Tim Bowman who will be making the jump from the Cyclones Jr. B team where they both played significant roles last year. Also joining the team is Kevin Struemfler who last season played with the Philadelphia Jr. Flyers and was an MJHL All-Star. Cody Dodds was a New Hampshire High School first team All-Star from Hanover HS and Chadd James another Colorado product played last season for the Bozeman Ice Dogs of the NorPac league. In addition to adding a good stock of defensemen, the Cyclones have added some depth to the forward lines also. Kevin Venous –Hampton Roads Whalers, Colin Flynn – Valley Forge Minutemen and Michael Puskar – Pittsburgh Jr. Penguins will all be pushing for line-up spots next season.



BRANDON POUGNET

## Order Cyclone Apparel

Orders are now being accepted for our 2008 Cyclone apparel. Orders for the fall are being accepted through **November 1st ONLY**. Any orders received after that date will NOT BE PROCESSED.

We have added a few new items to our order form this season.

- Black/Red StormTech Sweat Suit
- Black/Red Holloway Hoodies with players number embroidered
- Cyclone Knitted Hockey Flap Hat
- Cyclone Knitted Scarf and Mittens



We are still offering a lot of our popular items such as: Fleece Jackets, Fleece Vests, Backpacks, Beanie Hats, Baseball Hats, Travel Blankets, Long Sleeve Tees and more. To place an order, simply download the order form from our websites: [www.northerncyclones.com](http://www.northerncyclones.com). If you have any questions, email: [susan.macleod@comcast.net](mailto:susan.macleod@comcast.net)



## Cyclone Arena Enters 3rd Season of Operation Experiencing Tremendous Growth

The Cyclones arena is going into its third year of operation and has seen tremendous growth in that period. The arena currently has 3 teams (1-select/2-elite) at each youth level, 2 split season midget teams and new this season at the junior level is a junior C team. "We continue to grow each year by providing our players with an abundance of ice, consistent practice times and a superb coaching staff. We are becoming a premier program in New Hampshire," said Director, Bill Flanagan. The Arena has also hosted several Junior Showcase Tournaments as well as several successful Youth/Midget level tournaments. The Arena has recently put a bid in to host USA Hockey National Championship and will be host to two Granite State Tournaments in 2008-2009.

private, lessons and much more. These programs run all year long. For the adults, and the recreational skater, we offer a weekly public skate and weekly Stick and Puck.

For the summer months the Arena will be offering a variety of weekly and weeklong summer skills/development camps from the Mite level through the High School level.

For more information on all of our arenas programs, please visit us at our website [www.cyclonesarena.com](http://www.cyclonesarena.com).



Cyclones Arena Rink 1

The Arena also offers a Learn to Skate, Learn to Play Hockey and Figure Skating program, which includes Freestyle Ice,



## INTERESTED IN BECOMING A BILLET FAMILY??

Each season the Cyclones recruit talented junior hockey players who show great potential to play at the college level, and beyond, who do not live within a reasonable driving distance of the Cyclones Arena. To take advantage of this great opportunity, the players need families willing to share their homes, and become a "home away from home" for them. The importance of the billet families to the Cyclones organization is immeasurable. Many of our billet families have done this for dozens of players from all over the United States, Canada and Europe through the past 3 years. These boys ages range from 16-20, have been able to complete their high school educations, take classes in local colleges, or hold part time

jobs while pursuing their hockey opportunities and dreams. In most cases, very strong bonds are made between the player and his billet family as well as with the player's family. These relationships will often carry on for many years after the player has left the team. Often billet families can be seen following the player in his future career be it college, semi-pro or pro. Our players have proven to be great role models for younger children in the billet family, as they demonstrate hard work and determination to achieve tough goals. For more information on being a billet family, please visit our website @ [www.northerncyclones.com](http://www.northerncyclones.com) and click on our Junior Tab and our Billet Tab.

*"Being a billet family allows another to reach dreams and provides you a life time of memories and friendships."*



TSD Hockey Group

# UPCOMING CYCLONE ARENA YOUTH HOCKEY TOURNAMENTS

## LEARN TO SKATE PROGRAMS

### SUMMER SCHEDULE

Monday - 6:20pm  
June 30th thru August 25th



## FIGURE SKATING PROGRAM

Summer Schedule  
June 23rd to August 29th

Free Style Ice

Monday -  
8:20am, 9:20am & 5:20pm  
Wednesday -  
8:20am & 9:20am  
Friday -  
8:20am, 9:20am  
**POWER CLASS BY CURT DOTEN AT 10:20AM (Friday)**

For more information visit:  
[www.cyclonesarena.com](http://www.cyclonesarena.com)



2008 Northern Cyclones Youth Fall Classic  
September 5-7, 2008



2008 Northern Cyclones Midget Invitational  
September 26-28, 2008



2008 Cyclones Arena Youth Thanksgiving Tournament  
November 28 - 30, 2008



2009 Cyclones Arena Youth MLK Tournament  
January 16-19, 2009

**Teams Register @ [www.cyclonesarena.com](http://www.cyclonesarena.com)**

## CYCLONES ARENA SUMMER PROGRAMS

6th - 8th Grade Junior High Middle School Summer Hockey Training

July 07, 2008 - August 20, 2008

High School Summer Training  
July 07, 2008 - August 14, 2008

Total Skills All Day Camp  
July 14, 2008 - July 17, 2008

Total Hockey Institute All Day Pre-Conditioning Camp  
August 11, 2008 - August 14, 2008

**REGISTER TODAY!!** [www.totalhockeyinstitute.com](http://www.totalhockeyinstitute.com)