



# DRAGON TIMES

EAST FISHKILL  
ROLLER HOCKEY

July 2009

## THE PRESIDENTS BOX

Hello to all from the Presidents Box. I hope all of you are having a great summer. The weather has been great. I wish we could say the same for the Spring Season. This was one of the worst rainout seasons ever. Because of the weather we never got to get several programs going. At the end of the season we wanted to have an All-Star Game and Skills Competition. The amount of cancellations for weather made it so tough at the end we had all we could do to get the season completed. The Mite Division did

have theirs in during their end of season tournament. Thanks to all that made it happen. We have decided to, and are working on doing the All-Star Game and Skills Competition on Community Day. I hope all of you can come out to see the games as well as your friends. We are also working on our Community Day activities including marching in the parade and are planning on having a Bouncy Tent for all to enjoy. As always we will need volunteers to help throughout the

day. Please contact Kim McDonald @ kim-my1272@yahoo.com if you can help. This brings up another subject. This league runs with the help of only a handful of volunteers and needs more parents to step up and help. Many people only complain about what goes wrong and never are willing to help make things better. This league was built with volunteers and will continue with volunteers. Please ask how you too can help. Believe me it becomes addictive. You have no idea how much fun it is to help. Over the

years my best memories were from hockey and the other parents involved. We now look forward to the Fall Season. Our numbers are always smaller so there will be fewer teams. Please bring your friends out to play this season. We could use more players. I can't wait till it starts. Please take time to register do it on time. As always there is no way to add kids once the teams are formed.

Thanks and have a great Summer

—Doug Scharf  
President

## LETTER FROM THE SCHEDULER

Another season is done, and it wasn't easy. It was amazing with all of the rain we had this spring, that our season went as smoothly as it did. I want to thank our Pat Stephens, our new Web Page Guru, who came up with the Google Calendar for our scheduling. This allows me to change the schedule immediately, and everyone can see the changes within seconds of it being done. It's an amazing tool, and we, meaning myself, the board, and coaches, need everyone to really utilize this to keep up with our schedule. During the regular season, rainouts are rescheduled within 48 hours if they are going to be replayed, and it's done the next morning during the playoffs.

Please, parents and players, don't wait for a phone call from your coach or captain, for updates. As much as possible, check out the website and click on the schedule and you can see for yourself. That will minimize any games being missed due to a missed call. We are all busy, especially our volunteers. And especially during the playoffs, things change quickly in order to work around the weather, and we need our players to keep up with that so that they can play in every game possible for them. See you in the fall.

—Keith Ehrichs  
Scheduler (Games)



**BOARD MEETINGS**  
 are held the 2nd Monday of every month at 7:30 p.m. at the East Fishkill Community Center. All are welcome to attend.

**ARE YOU INTERESTED IN ADVERTISING YOUR BUSINESS TO HELP SUBSIDIZE THE COST OF THE NEWSLETTER?**  
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 Contact Pat Stephens via [patrick.stephens@gmail.com](mailto:patrick.stephens@gmail.com)

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Birthday Parties      Barbeques  
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**EAST FISHKILL ROLLER HOCKEY**

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**Travel Director**  
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**Director of Referees**  
**Scheduler (Officials)**  
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[rhumphries@optonline.net](mailto:rhumphries@optonline.net)

**Special Events Coordinator**  
**Kim McDonald**  
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**Rink Maintenance**  
**Equipment Manager**  
**Joe Troy**  
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**Administrative Assistant**  
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**Newsletter Editor/Webmaster**  
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**Disciplinary Coordinator**  
**Mauro Palomba**

**Dr. Salvatore A. Cigna**  
 1123 Route 82  
 Hopewell Junction, NY 12533  
 (845) 227-7880  
[www.cignaorthodontics.com](http://www.cignaorthodontics.com)

Complimentary exam  
 Initial Exam by age 7 recommended

# FALL REGISTRATION

As we head into another exciting season of Hockey, we thought it beneficial to explain our roles since the Director of Registration took on a partnership in the Spring.

Heather will still be responsible for processing all league registration and reporting to USA InLine Hockey. She will provide all registration information for draft, and Rosters to the JV, Varsity, and Adult divisions.

Kori will take on the responsibilities of league advertising through the Town and Press, pursuing new avenues as well. She will provide registration information to the school districts, pre-schools, and health club facilities, as well as identified other areas that will post flyers or distribute forms. Kori will be providing Rosters to the Atoms, Mites & Squirts divisions after the draft.

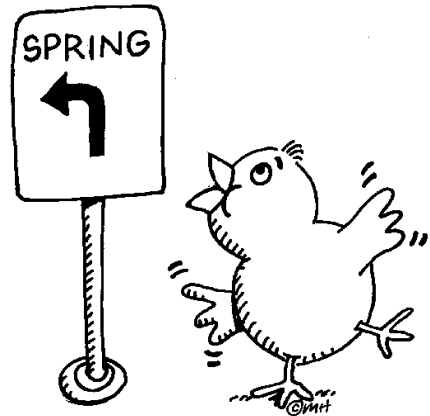
You should continue to use [EFRHLRegistration@aol.com](mailto:EFRHLRegistration@aol.com) as your source of communication with both of us. We are both manning the email and will respond to you as quickly as possible.

Once again, we ask that you be mindful of the deadline, which is **August 31, 2009**. The biggest reason for late registration this time of year is "we were on vacation"; mail it before. We do not deposit the checks until registration is closed, so it will not affect your financial plans for vacation.

All registrations received postmarked after the deadline will be held until after the draft, if there is room for the player, they will be placed and notified. If there is not, the registration will be returned.

USA InLine Hockey insurance/membership **must be obtained by all players**. Even if you played in the Spring, the season runs Fall to Fall. Failure to do so will result in the player's registration being returned and risk of missing the deadline.

—Heather Pellegrino & Kori Riddett  
Co-Directors of Registration



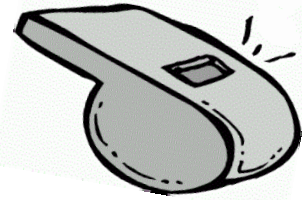
## ATOMS END THE SEASON ON A FANTASTIC FRIDAY!

The weather couldn't have been better for the Atoms to end their magnificent season on Friday evening. The "Animals" & "Beasts" played hard to a 4-4 tie, and received rewards in the way of great trophies and a fun party under the pavilion at the rink in E. Fishkill. Thanks to all who worked to put it together and who



brought "goodies" for the players and coaches. When I make my initial phone calls to the parents in the beginning of the season, so many say "But my child hasn't skated before, does that matter?" I think now, all of you know why we say "No, it doesn't." They go from having to be carried onto the rink, to skating on their own in a fairly short amount of time. Again, like in every year, we have to thank all the help we get on the rink and the support from the parents outside the rink. This is no doubt, the most fun age group to coach and to be a part of! Much like the players, the coaches look forward to the practices and consider it one of the high points in their week. Thanks so much for being part of E. Fishkill Roller Hockey and the Atoms group in particular. Hope everyone is having a super summer and ... don't forget to register for the fall so we can have some more fun with the Atoms!

—Ed, Keith and George  
Coaches



## REFEREES & SCOREKEEPERS

Anyone interested in working for EFRHC as a referee or scorekeeper this fall is urged to send their interest and contact information (Name, Email, & Phone) to Bob Humphries at [rhumphries@optonline.net](mailto:rhumphries@optonline.net). You must be at least 14-years-old and have working papers if you are under 18.

USAHIL registration for referees will open on 8/1/09 for the 2009-2010 season at <http://www.usahockeyregistration.com/>.

**Returning referees** (completely registered for 2008-09) will need to register & pass the open-book exam and may officiate until 11/30/09 without attending a seminar. You will need a seminar before officiating the 2010 spring & summer seasons, so I highly advise you to attend an officiating seminar this fall. The officiating seminar credit will be good for the duration of the rule book (2009-2011).

**New referees** (not completely registered for 2008-09) will also need to complete an officiating seminar before working any games.

For more information, please see the USAH website at [http://www.usahockey.com/Template/UsahockeyInline.aspx?NAV=RE\\_06&ID=258400](http://www.usahockey.com/Template/UsahockeyInline.aspx?NAV=RE_06&ID=258400).

Notice of upcoming local in-line officiating seminars will be sent via email, and ice officiating seminars (credit is good toward both ice and inline) will be available on the following website: <http://www.nyho.org/seminars.php>.

Please let me know if you have any additional questions.

—Bob Humphries  
Director of Referees

## ADULT CLASSIC

The EFRHC "Classics" division is now preparing for it's fourth season of low-key, no-check, fun-for-all, adult roller hockey on Sunday evenings.

- If you're a beginning skater, or you skate but never played, this is for you. Bring a friend or two!
- Are you a mom whose kids play (or not)? Come and share the fun with the other female players. Husbands are welcome, too!
- Can't keep up with the "kids" anymore, you're welcome here.
- Want the opportunity to play goal without the pressure? We'll provide equipment.
- If you're a goalie who would like to take a few shots for a change, we have your backup.

If the regular adult league schedule is too demanding, come check us out. Our season begins on Sunday, September 13, 2009.



—Kori Riddett  
riddett4@aol.com

## SPRING 2009 FINAL STANDINGS



Squirts	W	L	T	PTS	GF	GA
S1 - Tuller	9	0	0	18	83	29
S3 - Turner	4	4	1	9	57	54
S4 - Lorenzini	3	5	1	7	56	76
S2 - Griffiths	1	8	0	2	37	74

Juniors	W	L	T	PTS	GF	GA
J2 - Macagnone	7	1	0	14	63	36
J4 - Langkafel	5	2	0	10	40	29
J3 - Turner	2	4	1	5	33	48
J1 - Mancuso	1	8	0	2	50	73

Junior Varsity	W	L	T	PTS	GF	GA
JV3 - Paine	6	0	1	13	77	45
JV4	4	2	1	9	82	70
JV2 - McDonald	4	6	0	8	71	95
JV1 - Valentine	1	7	0	2	44	64

Varsity	W	L	T	PTS	GF	GA
V1 - Palomba	3	1	2	8	47	36
V3 - Clarke	3	3	0	6	41	47
V4 - Costgan	2	3	1	5	51	48
V2 - Rizzo	2	3	1	5	51	59

Adults	W	L	T	PTS	GF	GA
A3 - Xenakis	9	0	0	18	79	28
A1 - Lecker	6	1	3	15	71	56
A2 - Clarke	4	3	3	11	62	60
A6 - Visconti	4	6	1	9	58	86
A4 - Nesbitt	2	7	1	5	41	64
A5 - McDonald	2	10	0	4	69	86

## SPRING 2009 PLAYOFF RESULTS

Teams/Games	Results
S2 (Griffiths) vs S1 (Tuller)	S1 (Tuller) Wins
S4 (Lorenzini) vs S3 (Turner)	S4 (Lorenzini) Wins
<b>Squirt Championship - S4 (Lorenzini) vs S1 (Tuller)</b>	<b>S1 (Tuller) Wins</b>
J1 (Mancuso) vs J2 (Macagnone)	J2 (Macagnone) Wins
J3 (Turner) vs J4 (Langkafel)	J3 (Turner) Wins
<b>Junior Championship - J3 (Turner) vs J2 (Macagnone)</b>	<b>J2 (Macagnone) Wins</b>
JV1 (Valentine) vs JV3 (Paine)	JV3 (Paine) Wins
JV2 (McDonald) vs JV4	JV2 (McDonald) Wins
<b>Junior Varsity Championship - JV2 (McDonald) vs JV3 (Paine)</b>	<b>JV3 (Paine) Wins</b>
V2 (Rizzo) vs V1 (Palomba)	V2 (Rizzo) Wins
V4 (Costgan) vs V3 (Clarke)	V4 (Costgan) Wins
<b>Varsity Championship - V2 (Rizzo) vs V4 (Costgan)</b>	<b>V4 (Costgan) Wins</b>
A5 ((McDonald)) vs A2 (Clarke)	A5 (McDonald) Wins
A4 (Nesbitt) vs A6 (Visconti)	A4 (Nesbitt) Wins
A5 (McDonald) vs A3 (Xenakis)	A5 (McDonald) Wins
A4 (Nesbitt) vs A1 (Lecker)	A1 (Lecker) Wins
<b>Adult Championship - A5 (McDonald) vs A1 (Lecker)</b>	<b>A1 (Lecker) Wins</b>

# TRAVEL NEWS

The EFRHC league participates in the Hudson Valley Travel Roller Hockey League. Age groups range from 8U to 18U and each team plays approximately 12 league games between June and August. I would like to have all age brackets represented by EFRHC. If you are interested in coaching, helping out, playing or have a child that is interested in playing, please email me at beekmankids@optonline.net.

—Karen Knapp  
Travel Director



## USA HOCKEY INLINE AGE DIVISIONS 2008-09 SEASON

The following is the breakdown for age determination for the 2008-09 playing season. Each age division is determined by the player's age as of December 31, 2008.

Date of Birth	Age Category	Age Division
1990-1991	17-18 years	18U
1992-1993	15-16 years	16U
1994-1995	14-13 years	14U
1996-1997	11-12 years	12U
1998-1999	9-10 years	10U
2000 & younger	8 and under	8U

### 2009 8U Nutmeg Gold Medal Winners

The East Fishkill Dragons 8U team won the gold medal on July 12 going undefeated against teams from New York and Connecticut. They won the championship game in overtime 6-5 against the Connecticut Blaze. This team is currently in first place in the Hudson Valley and headed to Hershey, PA in August for the Summer Showdown tournament to see if they can continue their winning streak. Congratulations to Coach McDonald and team. Good luck in August.

## HVRHL CURRENT STANDINGS\*

Majors 21U								
Rank	Team	W	L	T	GP	PTS	GF	GA
1	Morris Park 21U	5	1	0	6	16	57	25
2	Yorktown 21U	5	1	0	6	16	81	30
3	Cortlandt 21U	5	1	0	6	16	68	38
4	Monroe 21U	4	2	0	6	14	40	34
<b>5</b>	<b>East Fishkill 21U</b>	<b>2</b>	<b>4</b>	<b>0</b>	<b>6</b>	<b>10</b>	<b>44</b>	<b>73</b>
6	Mamaroneck 21U	1	5	0	6	8	45	69
7	Yorktown 18U	1	5	0	6	8	32	69
8	Monroe 18U	1	5	0	6	8	25	54

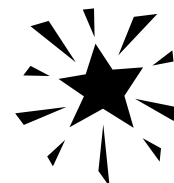
Pee Wee 12U								
Rank	Team	W	L	T	GP	PTS	GF	GA
1	Mahopac 12U	11	0	0	11	33	86	25
2	Cortlandt 12U	9	2	0	11	29	110	57
3	Monroe (Black) 12U	8	4	0	12	28	79	70
<b>4</b>	<b>East Fishkill 12U</b>	<b>4</b>	<b>8</b>	<b>0</b>	<b>12</b>	<b>20</b>	<b>70</b>	<b>72</b>
5	West Haverstraw 12U	4	8	0	12	20	60	75
6	Fire Ants 12U	4	7	0	11	19	65	87
7	Monroe (Purple) 12U	0	11	0	11	11	16	100

Midget Minor 16U								
Rank	Team	W	L	T	GP	PTS	GF	GA
<b>1</b>	<b>East Fishkill 16U</b>	<b>7</b>	<b>2</b>	<b>0</b>	<b>9</b>	<b>23</b>	<b>82</b>	<b>47</b>
2	Morris Park 16U	5	2	1	8	19	48	46
3	Mahopac 16U	4	5	1	10	19	56	68
4	Cortlandt 16U	4	6	0	10	18	79	74
5	Pawling 16U	3	4	0	7	13	46	59
6	Yorktown 16U	1	5	0	6	8	20	37

Squirts 10U								
Rank	Team	W	L	T	GP	PTS	GF	GA
1	West Haverstraw 10U	10	2	0	12	32	109	65
2	Monroe 10U	9	2	0	11	29	137	33
<b>3</b>	<b>East Fishkill 10U</b>	<b>7</b>	<b>3</b>	<b>0</b>	<b>10</b>	<b>24</b>	<b>108</b>	<b>47</b>
4	Mahopac 10U	2	8	0	10	14	60	88
5	Cortlandt 10U	0	12	0	12	12	25	187
6	Morris Park 10U	2	3	0	5	9	35	54

\*Standings as of July 30, 2009

Mites 8U								
Rank	Team	W	L	T	GP	PTS	GF	GA
1	West Haverstraw 8U	8	1	1	10	27	75	44
<b>2</b>	<b>East Fishkill 8U</b>	<b>5</b>	<b>2</b>	<b>2</b>	<b>9</b>	<b>21</b>	<b>62</b>	<b>45</b>
3	Monroe 8U	1	6	1	8	11	27	60
4	Fire Ants 8U	1	6	0	7	9	22	37



## EAST FISHKILL ROLLER HOCKEY CLUB

### **Spectators Code of Conduct**

- Display good sportsmanship. Always respect players, coaches and officials.
- Act appropriately; do not taunt or disturb other fans; enjoy the game together.
- Cheer good plays of all participants; avoid booing opponents.
- Cheer in a positive manner and encourage fair play; profanity and objectionable cheers or gestures are offensive.
- Help provide a safe and fun environment; throwing any items on the playing surface can cause injury to players and officials.
- Do not lean over or pound on the fence; the fence surrounding the playing surface is part of the playing area.
- Support the referees and coaches by trusting their judgment and integrity.
- Be responsible for your own safety — be alert to prevent accidents from flying pucks and other avoidable situations.
- Respect locker rooms and players benches as private areas for players, coaches and officials.
- Be supportive after the game — win or lose. Recognize good effort, teamwork and sportsmanship.

### **Parents Code of Conduct**

- Do not force your children to participate in sports, but support their desires to play their chosen sport. Children are involved in organized sports for their enjoyment. Make it fun.
- Encourage your child to play by the rules. Remember, children learn best by example, so applaud the good plays of both teams.
- Do not embarrass your child by yelling at players, coaches or officials. By showing a positive attitude toward the game and all of its participants, your child will benefit.
- Emphasize skill development and practices and how they benefit your young athlete. De-emphasize games and competition in the lower age groups.
- Know and study the rules of the game, and support the officials on and off the playing surface. This approach will help in the development and support of the game. Any criticism of the officials only hurts the game.
- Applaud a good effort in both victory and defeat, and enforce the positive points of the game. Never yell or physically abuse your child after a game or practice - it is destructive. Work toward removing the physical and verbal abuse in youth sports.
- Recognize the importance of volunteer coaches. They are important to the development of your child and the sport. Communicate with them and support them.
- If you enjoy the game, learn all you can about hockey — and volunteer.

## EFRHC EQUIPMENT REQUIREMENTS (AS OF JUNE 8, 2009)

### **Adult Divisions:**

- Hockey helmet (with secure strap)
- HECC-approved full face-mask (with secure straps)
- \*non-clear internal mouth guard \**Strongly Recommended*\*
- elbow pads
- hockey gloves
- knee & shin protection

### **Youth Divisions:**

- HECC-approved Helmet (with secure strap)
- HECC-approved full face-mask (with secure straps)
- non-clear internal mouth guard
- elbow pads
- hockey gloves
- knee & shin protection

### **\*Strongly Recommended\* for ALL divisions, per USAHIL:**

- \*protective cup/pelvic protector

### **\*Recommended\* for ALL divisions, per USAHIL:**

- throat protection
- chest protection
- shoulder pads
- hip pads or padded hockey pants

### **Additional equipment info:**

- Matching jerseys required for all players
- Composite stick blades are recommended. Wood blades are acceptable. Screw-on plastic blades are not allowed.
- All axle holes must have wheels at all times. If you lose one during play, you may NOT participate and must go directly to the bench or risk a penalty.