



# DRAGON TIMES

EAST FISHKILL  
ROLLER HOCKEY

March 2010

## THE PRESIDENTS BOX

As I sit here in the dark with no power and 24 inches of snow around me I say to the hockey lords "I will never complain about it being hot when we play roller hockey at the rink again." I for one, do not like winter especially when we can't play. At this point in the winter we all start to say enough is enough. Let's get on with spring. This year looks to be a special one with some new surprises in store for everyone. During the off season we have been working with the Town of East Fishkill on plans to renovate our beloved

rink. For many of you that don't know, our rink was built by the fathers of the EFRHL players many years ago. It started with a piece of blacktop and was built up to what we have now. Unfortunately over the years the rink has fallen to Mother Nature and is now in need of repairs. For the last few years we have been putting together a wish list of upgrades with the Town Recreation Department. It now looks like we have a commitment from the town to renovate the boards

with new facing. We will also be looking at redoing the player bench areas as well as the strong possibility of having an outdoor Sport Court installed. This will be a much improved surface and will pick up the speed of our games and skaters ability will be also much improved. This is the Mercedes Benz of outdoor rink surfaces. We as a board can't wait till it is completed hopefully by the fall season! We are hoping there will be no interruption in league games but we will gladly work around this if it means such great im-

provements. We will be looking forward to opening this rink for all to use. We hope this will bring in many new players who want to play on a smooth surface. As president I want to thank all involved as well as the Town of East Fishkill for all the work done on this project. I hope to see all of you around the rink this spring and summer. Before you know it we will be skating once again. Till then light the candle and stay warm.

—Doug Scharf  
President

## BECOME AN AMBASSADOR TO THE LEAGUE

With a **new rink** coming this year, lets try to build our league and keep our rates low! Do you own a local business? Work locally? Frequent a local business? Have children in preschool? Elementary School? Middle School? Hang a Flyer! That's right, we need **you** to get the word out about EFRHL. Please print the flyers and lets canvas the Tri-County area! New this year also, a free gift for every new player referral! Download and print a flyer from [http://www.efrhl.com/registration\\_flyer.pdf](http://www.efrhl.com/registration_flyer.pdf)

## EFRHL SCHOLARSHIP

The East Fishkill Roller Hockey Club prides itself as a community based not-for-profit organization. Living up to this reputation, the club is pleased to announce, once again, that we will be offering two secondary school scholarships this 2010 season. The East Fishkill Roller Hockey Club will award up to two \$1000 secondary school scholarships.

To qualify, the applicant must be a graduating high school senior. The applicant must have participated on a team in the East Fishkill Roller Hockey Club's in-house program during the past or present; and the applicant plans to attend a four-year, two-year or vocational school full-time in the fall with 12 credit hours or more. The applications will be collected and given to non biased individuals for review. The review team will then decide if any of the applicants are qualified to receive the scholarship award.

Look for the application to be posted on the website in April. Good luck applicants!

**EAST FISHKILL  
ROLLER HOCKEY**

**2010 Board Members**

**President**  
Doug Scharf  
Xtremehoky@aol.com

**Vice President**  
Linda Clarke  
clarkel630@aol.com

**Treasurer**  
James DeVico  
ciajimbo@aol.com

**Scheduler (Games)**  
Keith Ehrichs  
kicksve35@aol.com

**Coaching Director**  
Lou Battista  
lbattista1@optimum.net

**Travel Director**  
Kori Riddett  
riddett4@aol.com

**Directors of Registration**  
Heather Bell  
registration@efrhl.com

**Director of Referees  
Scheduler (Officials)**  
Bob Humphries  
rhumphries@optonline.net

**Special Events Coordinator**  
Kim McDonald  
kimmy1272@yahoo.com

**Rink Maintenance  
Equipment Manager**  
Joe Troy  
gonegolfin219@aol.com

**Administrative Assistant**  
Melinda Lacey  
melzie@frontiernet.net

**Newsletter Editor/Webmaster**  
Pat Stephens  
patrick.stephens@gmail.com

**Wesco Sports Center**  
%10 OFF Excludes Skates  
**East Fishkill Roller**

(203) 775-2227  
Fax: (203) 775-4988  
270 Federal Road      Name: \_\_\_\_\_  
Brookfield, CT 06804  
www.wescosports.com      Exp. Date: \_\_\_\_\_

**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.

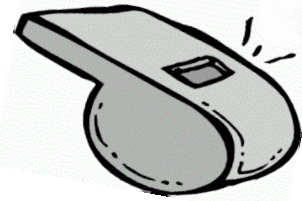
**ARE YOU INTERESTED IN ADVERTISING YOUR BUSINESS TO HELP SUBSIDIZE THE COST OF THE NEWSLETTER?**  
**A Business Card size ad \$75 for 4 issues.**  
Contact Pat Stephens (patrick.stephens@gmail.com)

**FALL 09' ATOMS "CAN'T BE BEAT" !**



Great group of kids ... learning roller hockey ... and the best coaches in the league ... priceless! That's how the fall Atoms season unfolded. To cap it off with a season ending game played to an 8-8 tie made the Atoms division just an all around fun experience. A lot of work and help went into making the final game happen without a glitch. From the league supplying pizza, to the parents bringing snacks and drinks, and the players earning well deserved trophy's. We had a great day and a great game. Coach Ed and myself have done the Atoms for a number of years and each year we appreciate all the help we get, from other coaches in the rink and from the parents outside the rink, creating an environment that makes kids want to come back for more. We hope that everyone has a great winter season as well as those who are playing ice hockey. Most of all ... we hope to see everyone back in the spring for another Atoms season of fun and games! Keep an eye out for registrations for the spring and check our league web site (www.efrhl.com) for updates.

—The Atoms Coaching Staff



## REFEREES & SCOREKEEPERS

Anyone interested in working for EFRHC as a referee or scorekeeper this coming season 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.

All referees will need to register with USAHIL for the 2009-2010 season at [www.usahockeyregistration.com](http://www.usahockeyregistration.com), pass the open-book exam, and attend a current officiating seminar, (either Ice or InLine). Notice of local in-line officiating seminars will be sent via email.

Please let me know if you have any additional questions, or go to the USAHIL website at [www.usahockeyinline.com](http://www.usahockeyinline.com).

—Bob Humphries  
Director of Referees

## TRAVEL NEWS

The EFRHC league participates in the Hudson Valley Travel Roller Hockey League. Age groups range from 8U to 21U 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 [riddett4@aol.com](mailto:riddett4@aol.com).

—Kori Riddett  
Travel Director

### USA HOCKEY INLINE AGE DIVISIONS 2009-10 SEASON

The following is the breakdown for age determination for the 2009-10 playing season. Each age division is determined by the player's age as of Dec. 31, 2009.

Date of Birth	Age Category	Age Division
1989-1991	19-21 years	21U
1992-1993	17-18 years	18U
1994-1995	15-16 years	16U
1996-1997	13-14 years	14U
1998-1999	11-12 years	12U
1999-2000	9-10 years	10U
2001 & younger	8 and under	8U



### **2009 Hudson Valley 16U Champions**

East Fishkill and Morris Park met in the 16 U Championship Game to decide who would be the Hudson Valley Champs. After a thrilling 9-9 tie in regulation the game went into overtime. Not much changed once they got there as the 5-minute overtime ended without a winner. From there they went onto the shoot out and this is where East Fishkill took over scoring 3 goals to Morris Park's 2. Great job to both teams for an exciting game and congratulations to the winner East Fishkill.

## FALL 2009 FINAL STANDINGS



Minors						
		W	L	T	PTS	GF GA
1	MI3 - Hargreaves	9	2	0	18	81 34
2	MI2 - Franzese	5	5	1	11	53 42
3	MI1 - Smalley	1	8	1	3	18 74

Majors						
		W	L	T	PTS	GF GA
1	M2 - Monahan	6	3	2	14	58 62
2	M1 - Smalley	3	4	2	8	56 49
3	M3 - Ehrhard	2	4	4	8	53 56

Varsity						
		W	L	T	PTS	GF GA
1	H1 - Rizzo	10	0	0	20	141 62
2	H2 - Rattigan	4	7	0	8	75 113
3	H3 - Paine	2	9	0	4	69 110

Adults						
		W	L	T	PTS	GF GA
1	A3 - Clarke	7	3	2	16	81 65
2	A4 - Hatch	5	4	1	11	60 60
3	A2 - Visconti	3	6	1	7	40 44
4	A1 - Lecker	2	4	2	6	42 54

## FALL 2009 PLAYOFF RESULTS

Teams/Games	Results
MI1 - Smalley vs MI2 - Franzese	MI2 - Franzese Wins
<b>Minor Championship - MI2 - Franzese vs MI3 - Hargreaves</b>	<b>MI2 - Franzese Wins</b>
M3 - Ehrhard vs M1 - Smalley	M1 - Smalley Wins
<b>Major Championship - M1 - Smalley vs M2 - Monahan</b>	<b>M1 - Smalley Wins</b>
H3 - Paine vs H2 - Rattigan	H3 - Paine Wins
<b>High School Championship - H3 - Paine vs H1 - Rizzo</b>	<b>H3 - Paine Wins</b>
A1 - Lecker vs A3 Clarke	A3 - Clarke Wins
A2 - Visconti vs A4 Hatch	A4 - Hatch Wins
<b>Adult Championship - A4 - Hatch vs A3 Clarke</b>	<b>A4 Hatch Wins</b>

# EAST FISHKILL ROLLER HOCKEY LEAGUE

## ***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.

# EFRHL 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.