



Twin Cities Roller Hockey, llc

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The editors of the Midwest Roller Hockey Association Newsletter have the right to reject or accept any or all articles or ads..

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MIDWEST ROLLER Hockey Association

ARTICLES AND LEAGUE INFORMATION

Next Issue: Bantam & High School Spring & Summer dates, locations and deadline to sign up.

This Issue: Twin Cities Roller Hockey League registration. Pro/College league registration and league dates and times for the 2010 season can be viewed and downloaded from our web site at: www.tcrollerhockey.com

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Roller Hockey News & 2011 League Information Guide

VOLUME 1, ISSUE 1

JANUARY 1, 2011

Minnesota 4on4 Gets The Wheels Rolling With Inline Hockey!



The asphalt sensation that is sizzling the streets and rinks around the country is cruising back into the upper Midwest.

The inception of **Minnesota 4on4's Roller hockey league, Twin Cities Roller Hockey**, is set to kick off in May of 2011 as part of the **Midwest Roller Hockey Association's** drive to bring the sport back up north.



At the forefront are League Co-owners **Ray Fuerst and Joe Dustin**. Dustin, a veteran of six seasons of minor league hockey and six national inline hockey tournaments. Dustin

said the sport is a valuable venue for aspiring rink rats to get extra reps in while they wait for winter.

"Every summer [during my ice hockey years] I traded in my ice skates for inline skates," said Dustin. "Roller hockey is a great way to improve your hockey sense, skill and vision."

Inline hockey garnered a formidable following in years past in Minnesota, and this year Twin Cities brings it back with a powerful ally in its corner—the league is sanctioned by the American Amateur Union (AAU), a versatile sanctioning body with hundreds of leagues across the country.

Fuerst, who also owns the **Minnesota 4on4's ice hockey league**, was excited about the backing of the AAU, citing such

benefits as player insurance for members and a far-reaching network of tournaments and opponents - including the opportunity to try out for the US national teams on all levels, Girls, boys and Men's.

Fuerst expressed plans to engineer the league in the same fashion as his ice hockey league and offer skill levels for professionals, Division I collegiate, minor leagues, juniors and bantams.

In the Twin Cities Roller League, as is the case with most leagues, fans and players alike can expect a faster and wide-open game when the puck drops on the concrete. The absence of blue lines means no offside or icing calls, and the 4on4 format leaves acres of extra rink open.

Former Osseo standout **Jamie Steinert** logged 14 years of inline hockey to supplement his career on the ice at UW-River Falls and as a member of the St. Paul Vulcans. For Steinert, summers on concrete precipitated confidence with the puck and improved execution in odd-man offensive rushes.

"There is more time and space with the puck to help train your mind," he explained, "so eventually you can make those same plays without thinking."

Gary Thron, of Mahtomedi, competed nationally and abroad as a goalie for the US inline team. Thron touched on the benefits of braving the inline game from a net minder's viewpoint.

"The pucks are lighter than a regular hockey puck which makes each shot that much faster," he said. "My reaction time improved. There are more odd-man rushes in roller hockey, which helps goaltenders read plays quicker."

AAU hockey committee chairman **Keith Noll** said the organization's tentacles are far-reaching in the sport, citing 17 AAU-sanctioned high-school leagues across the country. The AAU also backs the **American Inline Hockey League (AIHL)**, a league with 77 teams total between its elite and minor league ranks.



Membership to the AAU costs \$12 annually per player, but with membership comes insurance covering up to \$50,000 of acci-

dent insurance. The league starts play in May of 2011 and will run through the summer. To register or for more information, call **Joe Dustin** at (651) 214-3723 or **Ray Fuerst** at (651) 276-1271; or go online at www.tconlinehockey.com.



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Twin Cities Roller Hockey Information!

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Spring, Summer & Fall Roller Hockey Leagues

The Twin Cities Roller Hockey league is taking team applications for its Spring & Summer Roller hockey leagues. Games are played at West Side, St. Paul & Schwann's Super Rink.

We would like to invite you to join us in our first year. Referees and Jerseys will be provided to all players.

Up to 8 Teams with 8 players per team plus 1 Goalie. Cost per player is \$100.00. Goalies play free. No minimum number of players per team with full team entry and each player signed as an AAU member. Individual applications welcome.

Referees and Jerseys Provided

1-651-487-0095

The AAU membership cost per player is \$12.00 per year. This allows you to play in all AAU sanctioned inline tournaments whether local, national or international. You have the availability to tryout for the USA team as a card member. Call for more information regarding the AAU at **1-651-487-0095**.

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Bantam & High School Roller Leagues

The Twin Cities Roller Hockey league is taking team applications and individuals for its Spring & Summer Roller hockey league. Games will be played at West Side, St. Paul & Schwan's Super Rinks. You can contact Ray or Joe at 651-487-0095 for further information about times and starting dates. Referees and Jerseys will be provided to all players.

Ray Fuerst
League Owner



www.rafproductions.com
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About The League Staff



Ray Fuerst

He has been instrumental on getting the Junior Leagues to Minnesota in the 70's. Ray has been a long time coach, trainer, promoter, recruiter and league owner. Ray is the founder and owner of the Minnesota 4on4 Pro Hockey League and now the Twin Cities Roller Hockey League. Ray is also the President of the Midwest Roller Hockey Association where with Joe are revitalizing the Roller Hockey sport in the Midwest.

Ray is a 47 year hockey guru from the Como Area of St. Paul and a fitness nut.

Playing in youth programs and then in men senior leagues. He has been with the Minnesota Fighting Saints, Minnesota North Stars and the 1980 Olympic Gold Medal Team. He has been recruiting and promoting players most of his life whether: Jr, Collegiate or Professional. He still plays the game today.



Joe Dustin

Joe has been playing Roller hockey for over 15 years, the last 10 being competitive in the Twin Cities and many National Tournaments, such as five USA National Tournaments in Las Vegas, NV (Champions in three of the years), State Wars in Chicago, IL and NARCH (North American Roller Hockey Championships) at the Excel Energy Center in St. Paul, MN. In 2007 and 2008 he also had the honor to attend the Team USA Inline tryout camps in Denver, CO.

Joe grew up in the White Bear Lake Area where he played his High School Hockey. Two seasons of Junior A hockey led him to University of Wisconsin - River Falls and competed in multiple National Tournaments as well as the Frozen Four. After College he continued to play hockey for 6 years professionally, which gave him the honor to play in many different parts of the United States as well as Europe.

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