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NEW YORK HOCKEY

August 2018



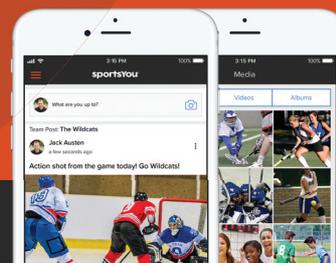
UNDRAFTED UNDAUNTED

**Son of a Devils
Stanley Cup champ,
Kyle MacLean (Basking
Ridge, N.J.) opens eyes
at Isles development
camp as he continues
his ascent in the OHL**

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NEW YORK HOCKEY JOURNAL

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Founded 2011

Volume VIII, Number 8

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FREQUENCY

New York Hockey Journal is published 12 times per year by Seamans Media, Inc. It is distributed free of charge to select ice rinks, training facilities and hockey shops throughout New York, New Jersey and eastern Pennsylvania. Subscription rates: \$44.99 (one year), \$65.99 (two years); Canadian subscription rates (U.S. funds): \$64.99 (one year), \$119.99 (two years). All rights reserved. No part of this publication may be reprinted or otherwise reproduced without the written permission of Seamans Media, Inc.

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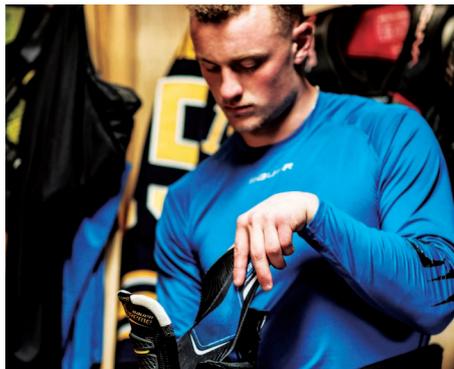
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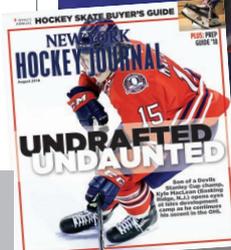
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AROUND THE REGION

Ray Emery, Stanley Cup champ, former B-Sens star, mourned

Former National Hockey League goaltender **Ray Emery**, a two-time AHL All-Star with Binghamton and later a Stanley Cup champion, died on July 15 in a drowning accident. He was 35.

A 2001 draft choice by the Ottawa Senators, Emery spent his first three pro seasons with their AHL affiliate in Binghamton, backstopping the B-Sens to two East Division titles and three consecutive appearances in the Calder Cup playoffs.

Emery earned a spot on the AHL All-Rookie Team in 2002-03 and participated in the AHL All-Star Classic in 2003 and '04. Over 156 games with the B-Sens, he became the franchise's all-time leader in wins (77), shutouts (10) and goals-against average (2.51).

He was inducted into the Binghamton Hockey Hall of Fame in 2017.

Emery also suited up in the AHL with the Adirondack Phantoms (2009-10), Syracuse Crunch (2010-11), Ontario Reign (2015-16) and Toronto Marlies (2015-16), posting a record of 84-63-19 with 10 shutouts in his 168 career AHL appearances.

Emery played 287 games in the NHL with Ottawa, Anaheim, Chicago and Philadelphia, earning 145 victories. He also won a Stanley Cup championship with the Blackhawks in 2013.

Two charged in Lohan beating

A New Jersey police officer and another man were charged last month in connection with a fight at a Boston pizzeria that landed Boston College hockey player **Kevin Lohan** (Cold Spring Harbor, N.Y.) in the hospital with a serious jaw injury, according to the Associated Press.

Massachusetts prosecutors say 27-year-old **Daniel Hunt** of Barrington, N.J., and 29-year-old **Ian Salerno** of Philadelphia face assault and battery charges.

The confrontation, which Boston College has called an "unprovoked assault," occurred in the early morning hours on Jan. 19. Both suspects were scheduled to face arraignment on Aug. 1.

Kowalsky promoted to Devils

The New Jersey Devils named **Rick Kowalsky** as an assistant coach last month.

Kowalsky, 46, had spent the past eight seasons as head coach of the Devils' AHL affiliates in Albany (2010-17) and Binghamton (2017-18), posting a record of 281-286-45 in 612 regular-season games.

He also guided those teams to three Calder Cup playoffs appearances, in 2014, '16 and '17. In 2015-16, Kowalsky earned the Louis A.R. Pieri Award as the AHL's outstanding coach.

Kowalsky will join assistant coaches **Alain Nasreddine** and **Mike Grier** and goaltending coach **Roland Melanson** on New Jersey Devils head coach **John Hynes'** staff.

Humboldt crash driver arrested

The Royal Canadian Mounted Police announced last month that they have arrested the driver of a truck that collided with a bus carrying the Humboldt Broncos junior hockey team in April, which resulted in 16 deaths and injury to 13 others.

Jaskirat Sidhu, 29, faces 16 counts of "dangerous operation of a motor vehicle causing death" and 13 counts of "dangerous operation of a motor vehicle causing bodily harm."

The April accident occurred at an intersection in rural Saskatchewan. There were 29 players and people associated with the team on board the bus as the Broncos were making their way to a playoff game.

New York approves replay

The use of video replay in boys hockey postseason play was approved last month by the New York State Public High School Athletic Association at the meeting of its Central Committee in Lake Placid, according to the Rochester Democrat & Chronicle.

The committee approved the use of video replay to determine whether a goal was scored and assure the correct time on the game clock. The need for accuracy was the central factor in the committee opting for the change, it said.



▶ Ray Emery

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■ Having a Stanley Cup-winning dad does not guarantee your ticket to the pros. Undrafted OHL forward Kyle MacLean took advantage of an Isles development camp invite to bolster his résumé.

'SOAK EVERYTHING IN'

By Leo Scaglione Jr.

STANDING in the New York Islanders locker room after an offseason scrimmage on June 30, Kyle MacLean's upper lip swelled with each passing second. Despite the stitches attempting to close the cut, his wound continued to leak blood.

Being on the receiving end of an errant high stick isn't a pleasurable feeling. But scoring on the ensuing penalty shot — which was delayed a minute since MacLean had to first apply a towel to his face to temporarily halt the bleeding — sure was fun.

It was a highlight-reel goal, too, as MacLean, after briefly losing control of the puck as he crossed the blue line, recovered and made a nifty deke before burying the biscuit. But the goal will never show up in a box score. And the 19-year-old center is fine with that.

All that matters to MacLean is that his team of prospects won the scrimmage on the closing day of this year's Islanders development camp, which he attended as an invitee, and that he was able to leave it a smarter hockey player than when he started.

"There were a lot of coaches and

players there who've played pro," said MacLean, a 6-feet, 181-pounder. "I was just trying to learn and soak everything in."

MacLean has been doing just that since he was a kid growing up in suburban New Jersey.

A Basking Ridge native, he'll be starting his fourth season with the Ontario Hockey League's Oshawa Generals next month, and, in some ways, is following in the footsteps of his father, John.

His dad, a right wing, played three seasons with the Generals in the early 1980s before embarking on an 18-year National Hockey League career, winning the Stanley Cup in 1995 with the New Jersey Devils. Johnny Mac then enjoyed a post-playing career as an assistant coach and head coach in the NHL, not to mention head coach in the American Hockey League, as well as a broadcaster with MSG Networks and NHL Network. He's currently an assistant coach with the Arizona Coyotes.

"Having my dad as a role model and a coach was awesome, and he taught me everything I know about the game," Kyle said. "I owe a lot to him."

One of Kyle's earliest memories centers on the celebration following the Devils' victory in Game 7 of the 2003 Stanley Cup Finals at the Meadowlands when they captured their third champi-

onship. John, who was in his first season behind the bench, was an assistant to head coach Pat Burns.

"I was on the ice after the Devils won, and then there was the party we had after with the Cup," remembered Kyle, who was 4 years old. "I've seen pictures and stuff as well. I was young, but that was really cool."

MacLean's dad isn't the only person who influenced him when he was a kid. His brother, John Carter, a forward two years his senior and entering his sophomore season at Clarkson, also played a significant role. At the least, they brought out each other's competitive spirit.

"Mini sticks and knee hockey in the basement used to get heated," said MacLean, who has a left-handed shot, unlike his father and brother. "Some fights ended that, but it was all fun. It was great having him, as an older brother, paving the way. He taught me a lot as well."

MacLean admits that J.C. won those fights.

"I always lost," he chuckled. "I'm not afraid to say it. He was always bigger than me. I tried, tried a lot, but he came out on top."

Inspired by his father and brother, MacLean set out to carve his own hockey-playing path. His first stop was with the Montclair Blues, with whom he learned

how to skate, play organized hockey and be part of a team.

MacLean's next club was the New Jersey Colonials. Just thinking about his playing days with them brings a smile to his face.

"Those were some of my best times playing hockey," he recalled. "We had a great group. I was playing with kids I grew up with, kids from New Jersey. We went all over North America, winning tournaments and beating top teams."

"We were just a team from New Jersey, and we'd be playing a team from Toronto, which always had the best teams, and we'd beat them or hang in there. Our coach (Jerry Brophy) taught us how to play the right way, and we could compete with the best of them."

At age 14, MacLean left his comfort zone in the Garden State and went south to skate for the Carolina Junior Hurricanes. It was a valuable learning experience, not only as a player, but also as a person.

"I grew up playing in New Jersey, knowing everyone I was playing with, and I was good friends with them," he explained. "Then I go to Carolina, and I was the new guy on the team, for the first time ever."

Continued on Page 6

‘Being drafted is out of my control. I’m just worrying about things that I can control, which is what I need to do to get better. I play a good 200-foot game and I work hard on the ice.’



Continued from Page 5

MacLean played just one season with the Hurricanes, but he still feels its impact to this day. “I had great coaches (head coach Colin Muldoon and assistant Rod Brind’Amour),” he said. “I still hang out with a lot of those guys, too. We weren’t the best team, but we had a great group of guys. I really enjoyed my time there.”

After that campaign, he returned

home to play for the New Jersey Rockets. It was with them, and under the tutelage of bench boss Bob Thornton, that MacLean really matured as a player.

“I took that step from minor hockey to juniors,” MacLean said. “He taught me a lot about being professional. Even though we were young, he ran it like a professional and a junior organization.”

Taking those lessons to heart, MacLean realized one of his dreams when he joined

the Generals, who drafted him 78th overall in the 2015 OHL Priority Selection.

“I always wanted to play junior,” he said, “and Oshawa was the best option for me. I felt really comfortable going and living there since my dad has family up there.”

Some of those family members head to the arena to watch him play, just as they did over 30 years ago, when his dad roamed the rink.

“My grandparents still go to a lot of

games,” MacLean said. “That’s special for me.”

What’s also special is that he dons the same jersey number his dad did for most of his playing career — No. 15.

“There’s a lot of time in between,” he chuckled. “But it’s definitely a cool thing.”

More important, though, is what MacLean does on the ice in that jersey. And his hard work came to fruition this past season, following what he called a

► DIGITAL BONUS: SARLO GALLERY



‘MUTUAL RESPECT’ UNITES

By Jeff Cox

CHRIStIAN SARLO knew what he had to work on if he was going to earn a college commitment. He kept hearing it over and over. His skating needed to improve in order to play college hockey.

“My skating comes up a lot in discussion with coaches. My skating needs to improve and I need to have quicker feet. It’s what I’ve realized will help push me to the next level,” said Sarlo, who works with Long Island skating coach Jackie Munzel.

While his skating is still a work in progress, it has made strides to the point that he finally received an offer from a Division 1 program following the

USA Hockey Select 17 Player Development Camp in Amherst, N.Y.

RPI assistant coach Dan Jewell had been tracking Sarlo’s development and head coach Dave Smith had a chance to watch him compete against many of the top 2001-born prospects in the country at national camp.

“They were kind of lukewarm for most of the year. After national camp, talks really heated up. I visited after that and Coach Smith made the offer a few days later,” said Sarlo on how his commitment to RPI came about.

Sarlo, who plays for the North Jersey Avalanche program, is from Lynbrook, N.Y., about a three-hour drive from RPI’s campus in Troy, N.Y.



'I think I have to bear down and put pucks in the net. I have to start producing points. That's a big thing for me to take the next step in my career.'

"feeling-out process" during his first two junior campaigns.

After recording nine points (4-5-9) in 47 regular-season games and going scoreless in five playoff games as a rookie, and registering 13 points (6-7-13) in 68 regular-season contests with two goals in 11 playoff matches in his second season, a more comfortable and confident MacLean totaled 28 points (10-18-28) in 44 regular-season contests in 2017-18 before adding

three goals in five postseason games.

And although he missed a chunk of the season with a right shoulder separation he suffered in a tussle with an opponent, he doesn't view that as a negative. It just adds another element to his development.

"When you sit in the stands for that long, you see the game from a different perspective," he explained. "That definitely helped when I came back. You see a lot of things watching from up top that you

might not see when you're on the bench."

Unfortunately for MacLean, he wasn't selected in the 2018 NHL draft in his second year of eligibility. But instead of being down or deterred, he's determined to keep fine-tuning his craft.

"Being drafted is out of my control," MacLean concluded. "I'm just worrying about things that I can control, which is what I need to do to get better. I play a good 200-foot game and I work hard on

the ice. I think I have to bear down and put pucks in the net. I have to start producing points. That's a big thing for me to take the next step in my career. But I can't think it's all about that, and I won't. I'm going to do it the right way."

And perhaps, one day, MacLean will play in the NHL wearing a jersey with the No. 15. Just like dad. **H**

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RPI AND NORTH JERSEY AVALANCHE PRODUCT SARLO

"I wanted a school with a good balance of hockey and academics. RPI has a great reputation academically. Hockey-wise, they struggled last year, but I think they're on the verge of doing something special," he said.

"It's something I want to be a part of. I think when I talked to Coach Smith, he had a lot of faith in me. I have a lot of faith in him. It's a mutual respect that I think will benefit both of us," Sarlo continued.

At national camp, Sarlo scored three goals in five games. It was his third consecutive summer attending a USA Hockey Player Development Camp at the Northtown Center.

"It went well. It's always fun to get to play with and against the best kids in the country. It gives you a

measuring line on where you are and what you need to improve on," Sarlo commented.

Sarlo will begin his fourth season with the North Jersey Avalanche program later this summer when the Midget hockey season commences. This time he'll be with the 18-U team after playing on the 16-U team last winter.

He had 16 goals and 37 assists in 48 games last year, not including Beast Series and other showcase games. While Sarlo's feet are questioned, his ability to impact the game below the dots and shoot a puck hard has never been in doubt.

"I'm a really cerebral player. I like to use my hockey IQ. I try to use my vision and I think have a good shot,"

said Sarlo when asked to describe his style of play.

Another positive in Sarlo's repertoire is his character. Sarlo's competitive drive and team-first attitude has shone brightly as the North Jersey Avalanche program has risen from newbies to national contender.

"The one thing I like to bring to the table is the intangibles. I like to be a leader and be vocal," Sarlo explained.

"When I got to the North Jersey Avs, the organization was up and coming. It's special that we've turned it into the best program in the country. Winning is everything to them and I like that. It's crazy how close everyone is," he continued.

Sarlo's relentless work ethic to become better was

motivated in part by his older brother, Tufts freshman goaltender Josh Sarlo, four years his elder.

"He's been super helpful. He's a big inspiration to me. He showed me you have to work for everything and hard work pays off. I saw him pushing the envelope and it made me realize I had to buckle down and get to work. I wouldn't be anywhere near where I am on or off the ice without him," said Christian.

Sarlo is still a few years away from joining his older brother as a college hockey player, but he's well on his way to accomplishing that goal thanks to his improved skating. **H**

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CHRISTIAN SARLO





▶ Christian Sarlo of the North Jersey Avalanche had 16 goals and 37 assists in 48 games last year, not including Beast Series and other showcase games. He's bound for RPI in a few seasons.

Dorene Gratton/North Jersey Avalanche

By Jeff Cox

When John Farinacci barely missed out on making the USA Hockey National Team Development Program last March, he didn't sulk. Instead he used it as incentive to get better and prove the naysayers wrong.

"That was always a lifelong dream of mine to make the NTDP. Coming up short hurt at the time, but you can't sit back and think about what could have been. You just have to move forward. I still use that as motivation," said Farinacci.

As he continues his hockey development, the Chatham, N.J., native is well on his way to earning respect on the national stage and hearing his name called in next June's 2019 NHL Entry Draft.

Farinacci took a major step forward with his impressive performance at this summer's USA Hockey Select 17 Player Development Camp at Northtown Center in Amherst, N.Y. He had a camp-leading six goals and two assists in six games at the camp, which showcases the best 2001-born prospects in the country, sans players on the NTDP.

"I had a lot of fun. It's always a good time. You get to meet new kids and kids you used to play with. I just go out there, have fun and play my best," said Farinacci of his experience at the camp.

Not unexpectedly, Farinacci was selected to represent the United States in this month's Hlinka-Gretzky Cup in Edmonton, Alberta. The showcase is the first major international scouting event of the 2019 NHL draft season.

"It's a huge honor. It's something that every American-born kid dreams of doing. It's a privilege to do that on such a big stage," said Farinacci.

NHL scouts will be watching Farinacci closely. The 6-foot center isn't the fastest player on the ice, but his hockey sense and puck skills shine through in almost every situation in the attacking zone.

"The biggest strength of my game is my hockey IQ and my ability to see the ice," Farinacci explained, when asked to

■ Chatham, N.J.'s John Farinacci, bound for Harvard, dazzles at USA Hockey Select 17 camp to lock down a roster berth for the prestigious Hlinka-Gretzky Cup



► John Farinacci (No. 9) celebrates a goal for Dexter.



AMPED FOR HLINKA

describe his style of play. "I try to see what's going on out there and slow the pace down. I have good hands, good scoring touch and finishing ability."

His prep school coach, Dan Donato, has seen a lot of skilled players come through his program at Dexter and at Salisbury, where he worked previously. He's thoroughly impressed with Farinacci's skill-set.

"John is a great talent. He's a prolific goal scorer. He makes plays and he makes everyone better," said Donato, a former collegiate player at Boston University.

While Farinacci gets credited mostly for his ability to put the puck in the net and produce offensively, his compete

level on the ice is often overlooked. While he has the brain and athletic ability to know where to go and what to do with the puck on his stick, he's successful because he isn't afraid to go into the dirty areas.

"I'm a really competitive player. I love to compete and hate to lose," said Farinacci.

"What makes him the player he is his drive. He's a really driven kid. He's one of those kids that does everything right. He shows up early and he's a team guy," Donato concurred. "John is a great kid and a really good student. He comes from a great family."

After the Hlinka-Gretzky Cup, Farinacci will be back for his second and final season at Dexter, a prep school in

Brookline, Mass. The program has been one of the top ones in New England for the past several years.

Last season, Dexter fell short of a title when it lost to Salisbury, 3-1, in the NEPSAC Elite 8 tournament semifinals. Farinacci was the fifth-leading scorer in prep hockey with 26 goals and 27 assists for 53 points in 27 games played.

"I had a blast. It was one of the most fun years I've had playing hockey. I became really close with a lot of the guys. I couldn't have had a better time there. Unfortunately we didn't get the job done at the end, but it was a good learning experience," he said.

After next season, Farinacci will be off to Harvard, where he is slated to be a freshman in 2019-2020. He's excited to be joining a program that has had quite a bit of success as of late. "You see what they've done the past few years hockey-wise. The program has taken off. You look at a guy like (Boston Bruins left wing) Ryan Donato and what he's done. They're on the upswing. It's the best place for me and my development. I'm really looking forward to it," said Farinacci.

Kaliyev, Mastro Simone make roster

Farinacci won't be the only player from the region wearing the red, white and blue at the Hlinka-Gretzky Cup. East Islip, N.Y., native Robert Mastro Simone and Staten Island, N.Y., native Arthur Kaliyev also made the U.S. roster for the tournament.

Mastro Simone, who plays for the USHL's Chicago Steel, had three goals and an assist at the USA Hockey Select 17 Player Development Camp, which helped him be selected for the prestigious tournament.

Committed to Boston University, Mastro Simone doesn't have quite the hype in terms of NHL draft stock, but he's a talented offensive producer who plays with an edge. He'll be a key component for the Steel when the USHL season opens in September.

Kaliyev torched the Ontario Hockey League as a rookie, amassing 34 goals and 25 assists while playing in 89 games for the Hamilton Bulldogs. Kaliyev, who played for Compuware in the HPHL last season, is known for his explosive shot. While not the best skater nor most complete player, Kaliyev can take over a game in the blink of an eye with his pro release.

Also on the All-Star rosters from national camp was goaltender Jacob Zacharewicz, a Riverhead, N.Y., native who plays for the PAL Islanders in the USPHL.

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NHL NEW YORK/NEW JERSEY

By Wayne Fish

You could come up with all sorts of reasons why James van Riemsdyk chose the Flyers over other NHL free agent suitors on July 1.

The money? Sure. Five years, \$35 million.

The proximity to home? Naturally. His native Middletown, N.J., is less than a 90-minute drive to Wells Fargo Center.

The prospect of playing with former teammates Claude Giroux, Jake Voracek, Wayne Simmonds and Sean Couturier? That probably goes without saying.

But the biggest motive of all?

Some very significant “unfinished business” back in Philadelphia.

You see, the No. 2 overall pick in the 2007 NHL Entry Draft never really captured the hearts and minds of Philly fans during his first go-round in the City of Brotherly Love.

There was the team’s initial disappointment of losing the lottery to Chicago and watching the Blackhawks take Patrick Kane (Buffalo, N.Y.), who has gone on to win three Stanley Cups with Chicago.

Then there was JVR’s decision to return to the University of New Hampshire for a second season of college hockey rather than take a timely shot at the pros.

Van Riemsdyk had his moments in his initial three seasons with the Flyers but never really established himself as a top liner, peaking at 21 goals and a total of 40 points in the 2010-11 season.

By the time he was traded to Toronto after the 2011-12 campaign in exchange for defenseman Luke Schenn, there were few tears shed at Wells Fargo Center.

So, there’s a part of van Riemsdyk that wants to come back and sort of vindicate himself in the Delaware Valley. He made himself into a 36-goal scorer with the Leafs and now he hopes to prove he can make an impact with the orange, black and white as well.

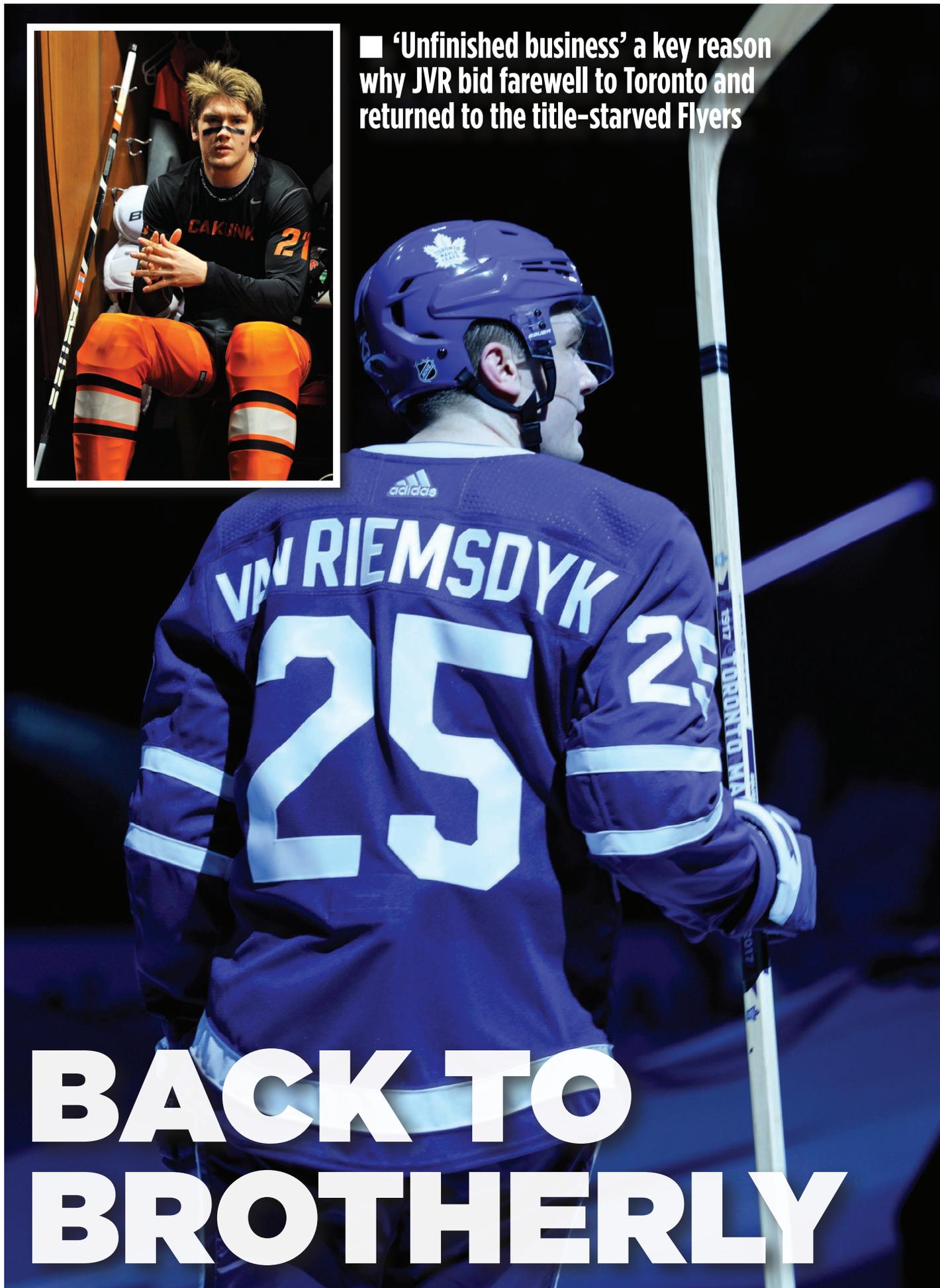
“It (the 2012 trade) is certainly an eye-opening experience the first time you go through something like that, getting traded,” van Riemsdyk recalled on July 1 after signing that five-year, \$35-million contract.

“You’re a little naïve, thinking you’re going to be in one place your whole career and hopefully win championships. There’s a sense of wanting to come back and be part of a group that’s there and hopefully do great things with that.”

That said, it looks on paper like an easy fit.

He can look around the locker room and still see faces he recognizes — Giroux, Voracek, Simmonds and Couturier.

And the Flyers needed a proven scorer on the left side, plus a little more



■ ‘Unfinished business’ a key reason why JVR bid farewell to Toronto and returned to the title-starved Flyers

BACK TO BROTHERLY

depth on their power play.

It should be noted Flyers current general manager Ron Hextall was an assistant manager with the Los Angeles Kings when the van Riemsdyk-Schenn deal went down, so there was no first-hand emotional attachment to the player. “When you look at our needs,

we needed a left winger with size,” Hextall said, mindful of the 29-year-old van Riemsdyk’s 6-foot-3, 217-pound frame.

“He’s obviously got soft hands and goal scoring is a premium, so he’s a good fit for us. Probably the fact he was here before came into his decision.”

The aforementioned Flyers’ outlook

factored into the van Riemsdyk’s decision as well. The Flyers have five players — Ivan Provorov, Travis Konecny, Oskar Lindblom, Nolan Patrick and Travis Sanheim — who are 21 and under on their roster, plus a development system rated

Continued on Page 10

Julian Avram/Icon Sportswire via Getty Images (Toronto); Brian Babineau/NHLI via Getty Images

RIT women's hockey head coach **Scott McDonald** stepped down from his position last month after a 12-year tenure. A national search for a new head coach began immediately, the school said.

McDonald departs as RIT's all-time leader in women's hockey coaching victories, compiling a 205-154-29 record in 12 seasons. He also spent three seasons as an assistant coach with the men's team.

"It has been an honor and a privilege to be a part of both the RIT men's and women's hockey programs over the last 15 years," said McDonald. "My 12-year tenure as head coach with the women has been nothing short of amazing. I feel it's the right time to step away and focus on life outside of hockey."

Just three days after winning the Division 3 national championship in 2012, RIT announced its intention to move to the Division 1 level. McDonald and the Tigers made the transition to the Division 1 ranks in 2012-13, as the team won 16 games.

The Tigers made history in just their second season as a Division 1 program in the 2013-14 season, winning the CHA championship while finishing with 20 victories. RIT moved into the 4,300-seat Gene Polissen Center in 2014-15 and won its second consecutive CHA title.

Colgate's Point turns pro

Colgate goalie **Colton Point** chose to forego his final two collegiate seasons and signed a professional contract with the Dallas Stars last month.

The Stars drafted Point in the 2016 NHL Entry Draft, selecting him in the fifth round.

Last season, the North Bay, Ont., native shattered program records with a .944 save percentage that ranked first nationally, and a 1.74 goals-against average.

"Colton was a premier goalie at the college level," Colgate coach **Don Vaughan** said. "He gave us a chance to win every night. He worked extremely hard with our staff and as a result, his development was accelerated."



McDONALD EXITS RIT AFTER 12 YEARS

"Colton is a character person who has a bright future in the game, and we wish him nothing but the best."

Norris hired at Colorado College

Logan Norris (Massena, N.Y.) has been named director of hockey operations for the Colorado College hockey program, according to head coach **Mike Haviland**.

Norris comes to Colorado Springs from Clarkson, where he served in the same capacity for the men's hockey team since October of 2016. He was the team's video coordinator for three seasons prior to that.

Norris will coordinate video operations, travel and practice scheduling for the program. He received a bachelor's degree in psychology from Clarkson in 2016 and an MBA from the school in May of 2018.

ECAC Hockey appoints Bobarakis

ECAC Hockey announced last month the appointment of **Steve Bobarakis** (Niskayuna, N.Y.) as assistant commissioner. He began his duties July 25.

Bobarakis spent the 2017-18 academic year serving as the interim director of athletic communications at the College at Brockport, where he also earned his master's degree in athletic administration. Prior to serving in the interim director's role, he served as assistant director of athletic communications.

In addition to his time at Brockport, Bobarakis spent four years as an athletic communications assistant at SUNY Oswego, where he also earned his bachelor's degree.

Campus notes

Clarkson will be one of four teams competing in the Desert Hockey Classic in Glendale, Ariz., on Dec. 28-29.

Arizona State will host the event for the third time in four years. Also in the four-team field are reigning national champion Minnesota Duluth and Minnesota. Clarkson and Arizona State will play in the late game on Friday night. ...

Nick Carpenito has been elevated to the position of associate head coach of the Northeastern women's hockey program. He previously had served as an assistant coach on the staff since his appointment in June 2014. Prior to Northeastern, he served as an assistant coach at Union College in 2013-14 and served a two-year stint at Elmira College. ...

Rensselaer Polytechnic Institute men's hockey equipment manager, **Dana McGuane** has been named to the staff of the USA Under-17 Select team that will be traveling to Five Nations Tournament in Piastany, Slovakia, from Aug. 15-19. **H**

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Van Riemsdyk

Continued from Page 9

No. 2 by The Hockey News.

"First and foremost, I looked at the team that they have," JVR said. "The players they have, the guys that they have coming up, too. I'm really excited about that."

"They have some guys I'm familiar with from when I played there from my last stint. ... I can't say enough good things about their organization."

Van Riemsdyk could have gone somewhere else.

"There were others (interested teams) to varying de-

grees," he said. "Probably 10 to 12, somewhere in there."

"There was a sense of comfort (with the Flyers) and what that organization is all about. I remember how badly they want to win and how they're willing to put resources into that."

"That passion and commitment was a big thing for me."

Van Riemsdyk enjoyed his first stay here, even if it didn't end all that well from a production standpoint.

"They (the Flyers) treated me very well the last time I was there," he said. "I remember even getting a call after I got traded (in 2012) from (late owner) Mr. (Ed) Snider and that meant a lot to me. It showed me what a classy organization they are."

Coming back to Philadelphia, JVR will be in familiar

surroundings.

"You want to be a homer," van Riemsdyk said. "You talk to different guys that had experience playing there and aren't playing there anymore. Just feel them out a bit. Pick their brain about what they're thinking and go from there."

Once again, his family won't have to travel far to see him play. "I think my parents are doing backflips right now," said JVR. "It's an exciting day for sure to share this with them."

And it promises to get even more exciting if van Riemsdyk can make amends for that first tour of duty in Philadelphia. **H**

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CLUB SPOTLIGHT

By Roman J. Uschak

William Paterson University hockey is moving up to the big stage.

The Pioneers, a perennial American Collegiate Hockey Association Division 2 power for the past decade, will be ascending to ACHA Division 1 this fall. That's the same level that the likes of Penn State and Arizona State ruled as club powerhouses before eventually moving up to the NCAA.

The Pioneers finished their 2017-18 campaign ranked fifth in ACHA Division 2 with a 31-3-0 overall record. WPU fell to eventual national champion Florida Gulf Coast University at the national tournament in Troy, Mich., after defeating Adrian College and Northern Colorado. Prior to nationals, WPU had claimed its sixth and final Super East Collegiate Hockey League crown after topping Rensselaer Polytechnic Institute, 6-2, in Danbury, Conn.

The move to ACHA Division 1 was finalized in December. The Pioneers will now compete in the Eastern Collegiate Hockey Association along with Drexel, Navy, Villanova, Towson, Penn State Berks, Temple and Lehigh, with Drexel having won the past two ECHA titles.

The move to Division 1 is just part of a long, pioneering 45-year trek that began when WPU first iced a team in 1973. According to current WPU general manager Don Bennett and former player, coach and GM Bob Carnathan, the Pioneers first took to the ice at the old Branch Brook Park in Newark, before shifting to Ice World in Totowa — the original practice home of the New Jersey Devils, after they relocated from Colorado.

From there it was off to Clary Anderson Arena in Montclair, several miles from campus, before the Pioneers embarked on a 150-mile round trip to the Ocean Ice Palace in Brick for home games for one season.

WPU eventually moved back closer to home at McKay Park in Englewood, and the Ice House in Hackensack, before shifting briefly across the border to Sport-O-Rama in Monsey, N.Y. Things really took off, though, when the brand-new multi-sheet Ice Vault opened in



Wayne, N.J., in 2003.

"It's less than a mile from campus, and we have our own locker room," explained WPU head coach Joe Ballance, who's been on staff since the 2009-10 season and is assisted by Ian Michaelchuck. "Bobby Reiss and the owners are first-class and accommodating. It's great ice, a great pro shop and a great atmosphere, and it's a good experience for our opponents, too."

The schedule will undergo reconstruction with the move

to Division 1. Showing up next season, besides WPU's aforementioned ECHA foes, will be the likes of West Chester, Delaware and Rhode Island.

"They're proven, well-established opponents," said Ballance. "They'll test us, and we'll see how far we have to go to be successful at the next level."

Off the docket are likely such longtime opponents as Marist, Montclair State, Rensselaer and Rowan. MSU, where Ballance himself tended goal as a collegian, is located less

than 10 miles away, although WPU topped MSU by 9-1 and 13-2 scores in their most recent and final head-to-head Super East meetings. The two schools might scrimmage each other in September to keep their old rivalry going in some fashion.

"We'll get our feet wet, with line combinations," said Ballance of a possible preseason match-up. "It'll be more informal, if we do it."

Regarding returning WPU players this fall, Ballance pointed out sophomore defenseman

Walt Kieper (Rockaway, N.J.), who tallied 12 goals and 18 assists for 30 points a year ago.

"He did more than we expected," said Ballance. "He's a great two-way player, and he's expected to be a leader both on and off the ice."

Also expected to bolster the back end next season will be senior defenseman Shawn Lacorte (Pompton Plains, N.J.), who posted a line of 16-21-37 last year.

"He's a dynamic defenseman as well," said Ballance. "They can both drive the puck, on both sides of the blue line."

WPU lost three of its top five scorers from 2017-18, although Collin Edwards led the Pioneers with 67 points last season as a sophomore forward. Also expected to return up front will be Scott Huber (Belford, N.J.), who put up 12 goals and 25 points.

In goal, the Pioneers have a platoon of possible choices to succeed Jordan Hulahan, who graduated after attaining the 20-win mark last year. Coming to WPU from the Florida Eels junior program will be Jeremy Hamerquist, who posted a 3.16 goals-against average and a .912 save percentage in 20 games of USPHL Elite play last season. Nathan Leo and Evan Barghout will return in net, after seeing backup minutes behind Hulahan.

According to the Pioneers' 2017-18 roster at wpuhockey.com, all but five players hailed from New Jersey.

"Both (Ballance and Michaelchuck) have spent countless hours networking and traveling to arenas up and down the East Coast and as far as Canada," said Bennett.

"We're exposed to more players out-of-state," added Ballance. "We've done a good job recruiting in New York, New Jersey, Pennsylvania, Connecticut and Massachusetts, plus the occasional import from Canada or Sweden."

Yes, Sweden.

"At WPU, the coaches and the captains and Scott (Huber) really helped me settle in," said Pioneers forward and Sweden

Continued on Page 13



By Dave Ricci

Andrew Case doesn't waste his life thinking about what fate has taken away from him. He is too busy being thankful for all of the good things, and people, in his world.

Case, 52, is a Buffalo native who laced up his skates to play in the 11 Day Power Play Community Shift at HarborCenter in Buffalo July 5-15. The Community Shift is the sequel to last summer's 11 Day Power Play that saw 40 men raise \$1.2 million for Roswell Park Cancer Institute as they attempted to break the record for the world's longest continuous hockey game.

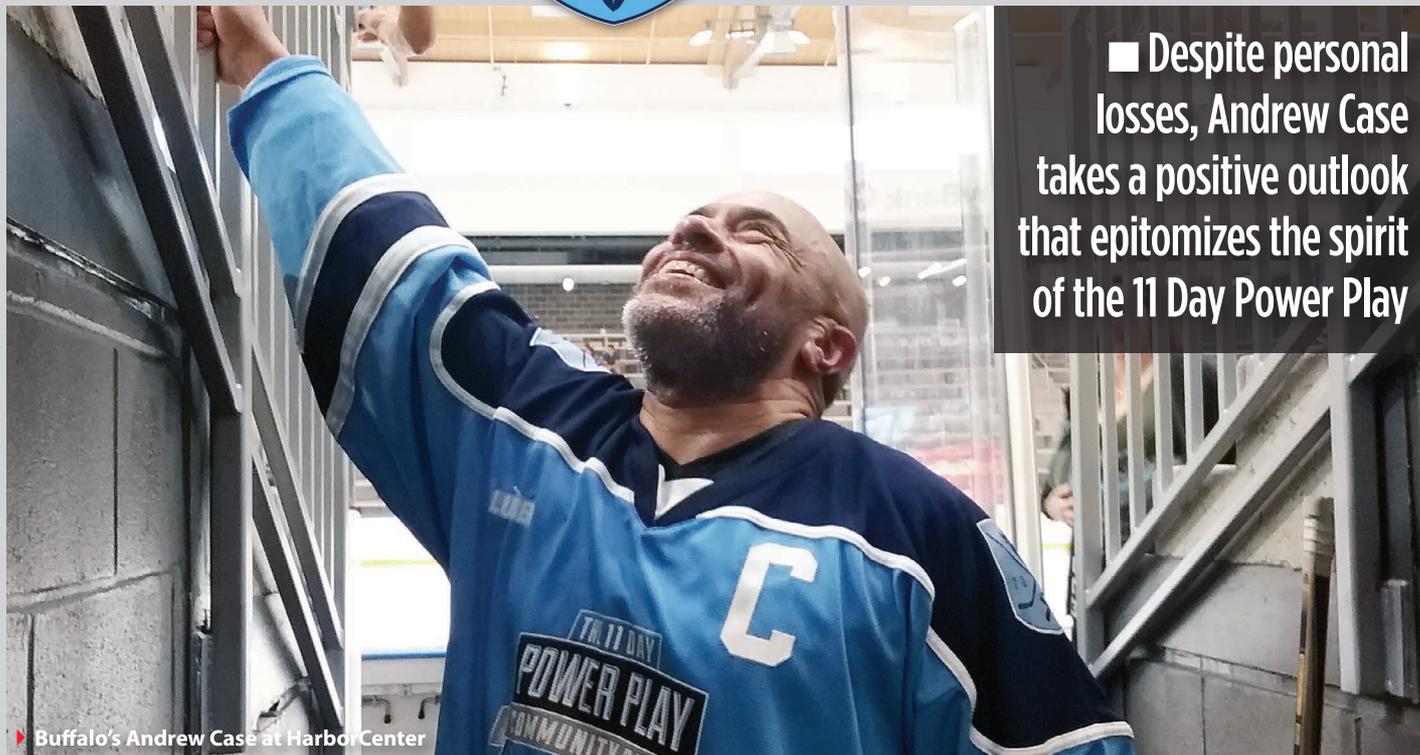
The Community Shift opened the game to the public and welcomed more than 1,500 new skaters into the war on cancer.

Case takes a great deal of pride and humility in being one of the original 40 who pioneered this game plus the honor of taking the ceremonial opening faceoff in both games.

"It touches me deeply to be asked to do the opening faceoff for the second year in a row," Case said. "To have Emmett Jakubowski, our ambassador, drop the puck and my good buddy Pete Merlo on the other side (again), those are memorable moments that you cherish. Good memories. Coming around with a second year in a row, different format, different concept, builds on the 11 Day Power Play brand. I'm very happy for the (11 Day founders) Lesakowskis, Mike and Amy, the board of directors. They're going in such a good direction with this by opening it up to the community. I think every player that's part of this is getting great enjoyment out of this and they're planting seeds for future yearly events. And I think it's a great idea to do it this way."

This July, Case played in the opening night game that featured the original 40 as well as a Saturday afternoon shift with a team comprised of old friends from the Buffalo Public School's Explorer League.

Since day one, the primary mission of the 11 Day Power Play has been to raise money for Roswell Park, one of the world's leading cancer treatment centers. As of



▶ Buffalo's Andrew Case at HarborCenter

■ Despite personal losses, Andrew Case takes a positive outlook that epitomizes the spirit of the 11 Day Power Play

'MAKING A DIFFERENCE' ... ONE SHIFT AT A TIME

press time, the 11 Day Power Play has raised a combined \$2.5 million in two years.

"It goes to show you what you can do when you keep yourself striving for making a difference," Case said. "I know that's a cliché, but I think it comes down to life can be very rewarding and it doesn't take a lot of money to do so — if you just try to be useful to others. And you can be so useful to others by helping out in many ways. This is one way, fighting cancer by generating funds for cancer research. That builds character. That builds meaning in your life by taking your energy and putting it toward something that makes a difference for people."

For Case, the war on cancer has been a very personal one. His adopted dad, Raymond Case, passed away from cancer when Drew was less than 2 years old. Cancer made a devastating return into Case's world when mesothelioma claimed the life of his stepfather, Hubert "Herb" Peace, in 2015.

"I don't want other families to go through loss of parents like I did, my dad and stepdad," he said. "To see your mom experience two great men being taken from her, those are the hardest moments, when you realize your mom is going to go through it again."

Though fate has dealt Case two heartbreaking losses, he refuses to let those losses defeat him in life, because he knows nothing good comes from bitterness. Regretting what you have lost is simply no way to life.

Chris Evancho, who grew up on the same street as Drew, said Case always has been the kind of person to see the good in the world. From playing in sand-

boxes to playing together in both 11 Day Power Play formats, Drew and Chris have always been there for each other.

"Andrew is always on the side of goodness," Evancho said. "It was unfortunate that his dad (Herb) was sick with mesothelioma, but I think he would have done (11 Day) anyways. He's on the right side of everything that I can think of."

Case and Evancho are products of growing up on a tight-knit street in a sort of extended family where father and mother figures were everywhere they looked. The youngest of four, Drew said he and his siblings John, Carol and Christine had the blessing of being raised by a strong woman in their mom Rhoda Peace, who taught her children that no loss can beat you down if you refuse to let it.

"I think it's amazing what you can do as a human being when you have a good mom who loves you and sets you up to survive and make it," Case said. "She, in a way, insulated us from the heartache she was feeling from the loss of her first husband. A kid who has a good childhood, that sets them up for a good chance to make it in life. She's iconic to me because she gave me so much love and the rest of my brother and sisters, too. We had a normal life, and not something that was based on loss."

Drew Case has definitely embraced life to the fullest. Not only passionate about the game of hockey, he is an accomplished musician who is the lead singer of a local band called the Outer Circle Orchestra. Case is also a college professor and practices medicine as a

physician's assistant.

"I experienced a great 40 years with my stepdad (Herb), a great provider. Very rock solid, stable. Loved my mom. You can tell they had a great relationship, and that set me up to see a great example of what marriage is," Case said. "I love my wife, Hilary Lochet, very much. One of the reasons, I think, why we have such a good relationship is we had a model. We had example from our parents, her parents too. That's how you do it."

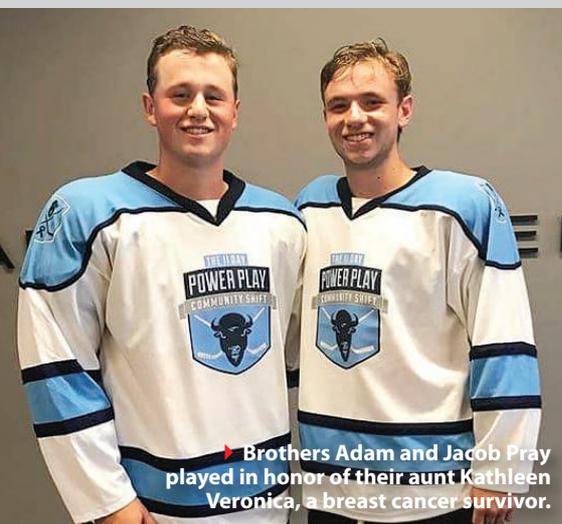
Rhoda, watching from the stands during Drew's shift with his old high school pals, beamed with pride as she talked about the kind of man Drew has become, and how deeply the 11 Day Power Play cause means to him.

"He took (the first 11 Day) very seriously," Rhoda said. "That's why his jersey number is 67. That was the year his father died."

Case was among a handful of players who told their stories during a powerful PSA video about the first 11 Day Power Play. Case said he has always had a strong, loving support network that kept him from collapsing into a world of darkness and self-pity.

"Despite loss in life I'm extremely fortunate to have a great life," Case said. "You gotta keep going. You gotta keep moving. You can't hang your head down and say, 'Oh I wish he was alive.' They don't want you to live like that. They want you to know I'm with you. Keep going. I'll always be with you. Chase your dreams. Do things for people and make life meaningful." **H**

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▶ Brothers Adam and Jacob Pray played in honor of their aunt Kathleen Veronica, a breast cancer survivor.

‘POWER PLAY’ YEAR 2 (\$1.25 M) RAISES THE BAR FOR CHARITY

For the second year in a row, Mike and Amy Lesakowski were simply in awe of the city of Buffalo’s generosity.

The second version of the 11 Day Power Play, dubbed the Community Shift, held at HarborCenter July 5-15, raised an astonishing \$1.25 million.

That number is sure to be even higher as additional donations and merchandise

sales were still being compiled as of press time. The amount surpassed the \$1.2 million raised last summer by the first 11 Day Power Play, in which 40 men from Buffalo attempted

to break the record for the longest continuous hockey game. “It speaks volumes about the city of Buffalo and the surrounding area, how generous people are,” said co-founder Mike Lesakowski.

Without the allure of the same 40 men trying to break a world record, the Community Shift didn’t draw the same number of spectators. But the Community Shift put up the numbers where it mattered most — in the fundraising department. The proceeds will be split between Roswell Park Cancer Institute (80 percent), Make-A-Wish of WNY (10 percent) and Camp Good Days & Special Times (10 percent).

The Community Shift opened the game to the general public as more than 1,500 players from ages 11 to 72 laced up their skates to play for loved ones.

Fittingly, opening night featured all but one of the original 40 players plus some additional players who had made the original 40 roster but were unable to play last summer. One of those was former Buffalo Sabre Michael Peca, whose doctor told him playing for 11 consecutive days without proper rest would be too much strain on his surgically repaired knee. For Peca, who played opening night and on two Sabre alumni teams, the Community Shift represented a second chance to say thank you to Roswell for the care it gave his wife, Kristen, after she was diagnosed with melanoma.

“It’s pretty cool,” Peca said. “Obviously nobody was more disappointed than myself that last year, with my previous medical experiences, I just couldn’t get through it.”

The final day of action featured an exhibition game between members of the Team USA sled hockey team. The last three shifts were one-hour games pitting the three top fundraising teams against teams comprised of Sabres alumni and members of the NWHL’s Buffalo Beauts.

The Lesakowskis said that 11 Day will return in 2019.

— DAVE RICCI

HIGH SCHOOLS Girls Hockey

EXPANSION ON HORIZON FOR WNY GIRLS FED

By Dave Ricci

Amanda Jackson has a simple goal. She just wants to suit up for a varsity ice hockey game with her older sister, Sarah.

It looks like Amanda, and countless other girls, will get that varsity hockey wish.

After months of hard work and hope, it appears that the WNY Girls Varsity Ice Hockey Federation, located in Section VI, officially will be expanding to an eighth team for the 2018-19 season.

“Playing with my older sister would mean everything to me,” said Amanda Jackson, who will be entering her sophomore year at Niagara-Wheatfield High School. “I’ve always looked up to her. We both have a strong passion for the game and would love to play for our school.”

The Starpoint, Niagara-Wheatfield and North Tonawanda districts, all located in Niagara County, have an agreement in principle to form a merged team.

It’s just a matter of the school superintendents from each district formally putting pen to paper.

This will be a huge step forward, for multiple reasons, for the WNY Girls Fed, which began in 2010-11. The obvious reason is this with eight teams, the league will now have a more balanced schedule. But it goes deeper than just making it easier on the schedule makers. Until now all of the Girls Fed teams were located in Erie County. This marks the first time a team will be located in neighboring Niagara County, which lies to the north of Erie County.

It’s also the first true expansion team that started from scratch and not a case of a new school joining an existing team upon entering the league.

“This is the first addition of a public school team we’ve had since the league was founded nine years ago,” said Wil-



► Sisters Amanda and Sarah Jackson of Niagara Wheatfield High School

liamsville head coach Rick Hopkins. “All the teams that have joined since its inception have joined existing teams, which is great for the growth and stability of the league. But this is our first expansion where we’ve added our seventh public school team, which is huge. Niagara County was kind of the missing piece of the puzzle.”

Hopkins credited Bill Pavone, who was part of the parents group that campaigned to get the league started, as being very

instrumental in this process. It was Pavone who circulated a survey in Niagara County to gauge interest in a Girls Fed team.

Initially it was Starpoint and Wheatfield that got the ball rolling. Parents and their daughters, who were decked out in their travel team jerseys, attended board of education meetings and made passionate appeals for a team. They wanted their chance to wear their school colors on the ice, just like boys had, and they weren’t go-

ing to go away quietly. They wanted their fair chance to wear their schools colors.

“Having a the opportunity to play for my school would be amazing,” said Sarah Jackson, who is entering her senior year at Niagara-Wheatfield. “Ever since I found out there was a hockey team for the boys, I’ve always dreamed of there being a girls team. I’m looking forward to being able to represent my school.”

Early on, North Tonawanda was thought to be a longshot, as its athletic director, Jeff Alger, didn’t think there would be enough interest. But when nearly two dozen girls put their name on the sign-up sheet outside his office, the message was clear: NT girls want to play hockey.

“I remember when it was first announced,” said NT rising senior Lauren Painter. “I got a text while I was in study hall saying let’s join girls hockey. And I was like, ‘No way!’ Then I went downstairs to the athletic office and saw a sign that said girls hockey. I was like, ‘Oh, my god!’”

Painter and close friends Bella Finley and Katie Cipolla canvassed the school looking for players.

In the eyes of the WNY Girls Fed, Niagara County is a prime untapped hockey market. There is a strong pool of travel hockey talent and the region has four venues that could serve as a home rink.

The main issue left to discuss is how the estimated \$24,000 price tag for the team will be divided between the three districts. Will it be divided evenly, or by percentage based on the number of players each school will have on the team?

With puck drop inching closer, this whole experience has taught every girl a lesson.

“It really did show us that if you really do want something, fight for it,” said Natalie O’Brien of Starpoint High School. “Just go for it. Don’t wait. Just go.”

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Pioneers

Continued from Page 11

native Christoffer Jakobsson, who will be a junior this season, to WPU’s Pioneer Times newspaper. Jakobsson played junior hockey with Huber on the New Jersey Junior Titans.

The Garden State itself still figures most heavily in recruiting efforts.

“It’s (WPU’s) a good price for the cost of tuition for New Jersey players, although we’ve started getting out-of-state players,” said Ballance. “Tuition is a consideration, and will help

with the higher level of play as well, we assume.”

That extends to New Jersey natives who might have started their college careers elsewhere.

“They look at the option of coming home,” said Ballance. “We’re an avenue for them to come back and play in-state.”

According to wpunj.edu, tuition for the fall 2017 and spring 2018 semesters at WPU was \$6,340 per semester for in-state students, and \$10,359 for out-of-state students.

The makeup of this year’s WPU roster will consist of a number of new skaters, according to Ballance, and will allow the possibility for growth after

the Pioneers dominated the local ACHA Division 2 ranks.

“Year one will be a learning experience in the ECHA,” admitted Ballance. “We’d like to compete for a league title, which is our goal every year, and for nationals one or two years away.

“If you win your league, you go to nationals, and you go from there, year after year.”

One day that might include the Pioneer hockey program shifting to NCAA Division 3, the same level that WPU competes at in baseball, basketball, football, soccer, softball and other varsity sports.

“It’s a lot more than our decision,” cautioned Ballance.

“We put a good product on and off the ice, we graduate our players, and we have a good presence in the community,” he added, ticking off boxes the NCAA might find attractive.

He hoped school officials might see WPU hockey moving up to the NCAA ranks in possibly the next three, five or even 10 years.

“It’s an avenue to explore, and (we) see it as beneficial,” said Ballance.

For now, though, there’s a new league — and a new level — for the Pioneers to conquer. Again.

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IT'S ALL ABOUT ME



▶ Jack Eichel of the Buffalo Sabres is a Bauer athlete.

By Leo Scaglione Jr.

When a book is written years from now about the evolution of ice hockey player skates, the chapter devoted to 2018 will be highlighted by one word: customization. That's the hot trend, and it's not cooling any time soon.

On July 14, 2017, Bauer introduced its 3D Skate Lab, a scanning device that analyzes a consumer's foot profile and recommends which line of Bauer skates — Vapor, Supreme and Nexus — provides the optimal fit. Since then, it has accumulated over 200,000 scans in its system. The 3D Skate Lab also is in about 175 stores throughout North America, up from around 100 when it was released. Clearly, it's been a hit. But Bauer isn't stopping there.

Next on its agenda is customizing a skate based off of a 3D scan. Allow John

Davidson, senior brand manager of skates at Bauer, to explain.

"We've invested in numerous backend technologies," he said. "There's the scanner on the front end, but we will also have 3D printing, new ways of manufacturing and a process in which we'll be hiring more people in our facility in Blainville, Quebec, to bring customization to every elite-level player around the globe. A lot of data is coming in, and we are having a better understanding of the unique requirements out in the marketplace to produce a better-performing product."

With that in mind, the skate company is launching a program called My Bauer, which is solely dedicated to the customization of skates using 3D scanning and 3D printing.

The process goes like this: Prospective skate purchasers go to a 3D Skate Lab retailer — remember, there's more now than a year ago — and in a whopping five seconds will get both of their feet scanned. After an analysis of the scan, the retailer will add notes regarding specific things Bauer will need to take care of when configuring the skate, such as larger bones or sensitivities. Then the consumer can select a tongue, liner, skate blade and other attributes that will boost the performance of the skate.

"From there, the order is submitted," Davidson said. "It'll take roughly four weeks to complete. And all skates will come with your name and number 3D printed onto your skates as well."

One of Bauer's latest advancements, which remains in line with the cus-

tomization trend, is Speed Plate 2.0, its second-generation aftermarket foot bed. New for 2018, it replaces Speed Plate, which was introduced in 2015.

"We learned a lot from Speed Plate and now deliver a custom fit that is very similar but better than the first generation," Davidson said. "We worked with a podiatrist near our Blainville facility, and he showed us the areas of the foot that need to be supported better to generate more power. The Speed Plate 2.0 has a unique foam and support system that keeps your foot in a much more natural position throughout the entire skating stride. By going to this unique support system underneath your foot, a player is able to get roughly 20 percent better power output in each and every stride.

"Another thing that we worked on with Speed Plate 2.0 is the durability of the part itself. We re-engineered it and have gone with a new way of manufac-

Continued on Page 20



'A lot of data is coming in, and we are having a better understanding of the unique requirements out in the marketplace to produce a better-performing product.'

— John Davidson, senior brand manager of skates at Bauer

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Continued from Page 16

turing it to ensure that durability meets the needs of the consumer.”

Bauer also has changed the material it uses for the boot of its latest Supreme model, using Carbon Curv Composite.

“The reason behind that is to maintain the same weight properties of the Supreme from past years, but also make them more thermoformable,” Davidson explained. “So, when you go through the final fitting stage, when you heat up the material, you can see that it really shapes to the foot much better than previous generation materials.”

Meanwhile, True Hockey, the company at the forefront of custom skates, continues to perfect the performance of its products.

True builds a skate from the inside out, starting with a 3D foot scan, which produces a 3D image of the consumer’s foot. Most important, the scan is taken in a weight-bearing position.

“That’s your natural skating position, and the optimal position that you should be taking a foot scan to be able to build a skate that is perfected and custom to your foot,” True Hockey senior marketing and business development manager Dave McNally said.



‘(A weight-bearing position is) your natural skating position, and the optimal position that you should be taking a foot scan to be able to build a skate that is perfected and custom to your foot.’

— Dave McNally, True Hockey

The data then transfers into True’s manufacturing stage. The end product is a perfectly fitting skate, which means a better-performing skate.

“We truly believe the process by which we build a custom skate is unique,” McNally asserted. “It’s patented and protected from an intellectual properties standpoint. That’s really our secret sauce — the process we use to build a skate.”

What isn’t a secret is the success True has experienced at the National Hockey League level in terms of players using its skates.

When True acquired VH in No-



vember 2016, around 68 players in the game's top circuit were wearing its product. Now, over 130 players are roaming NHL rinks in True skates.

"We are seeing a major uptick in our business at all the major and top-tier amateur ranks," McNally said. "The same thing is true on the retail side. We have 200 custom-fit centers open in North America with select retail partners. We continue to post record weeks. Every week that we think we've topped out, the next week is better than the last. The response has been amazing."

CCM is expecting a similar response to its new 3D Fit Scanner, which is designed to give the company an extremely accurate measurement of a consumer's foot to determine which of its skate models will provide the best fit.

On top of that, after the foot is scanned, CCM creates a 3D custom mold of it at its skate factory to help it create a perfect custom-fitting, one-piece boot skate featuring lightweight technology.

It's that one-piece boot technology that CCM product manager Frederick Beaunoyer calls "one of the greatest technologies that we've developed."

CCM first used the one-piece boot on its Super Tacks line in 2016. It then used it when it created its JetSpeed FT1 line last year.

"By removing the outsole of the boot, you save weight," Beaunoyer said. "Also, since you have a nice, round boot shape that adjusts to your foot, it gives you a better fit and better energy transfer, because you don't lose energy into the outsole. That's very important for players."

CCM already has received glowing responses to its RibCor 70K skate, launched last year. This skate didn't include the pump, a mechanism that creates a heel lock. Instead, the boot shape creates its own heel lock, which not only has an end result of a lighter skate, but also a more comfortable skate.

"Whenever you're stepping into a RibCor, you're sure to love it," Beaunoyer said. "If you don't like the fit of our Super Tacks or JetSpeed FT1, you can just slip your foot into a RibCor and you'll love it. That's for sure. The materials, the foams at the ankle, are flexible and adapt to your foot. The RibCor has been appreciated because of its comfort, flexibility and adaptability."

CCM also upgraded its Super Tacks line by partnering with Orthomove to develop insoles. Previously, CCM's skate insoles were more suited for runners. Now, its insoles benefit hockey players.

"The Orthomove insoles can be customized for the arch and sole of a player's foot," Beaunoyer explained. "When you're buying insoles at the store, you have the choice of a high-arch insole, medium-arch insole or low-arch insole. With the Orthomove, it all comes in the



▶ Former Edmonton Oilers defenseman Johann Auvitu wears Graf skates.

same package. You have two inserts that you can put under the arch area in the insole. If you have a high arch, you put the bigger insert. If you have a medium arch, you put the medium insert. If you have a low arch, you remove them altogether."

Having that option especially benefits players who have different arch types on each foot. Most important, it's another layer of the customization process to get the best-fitting, and thus best-performing, skate.

"You can customize your own fit with those inserts and test to see what fits the best and is most comfortable," Beaunoyer said.

In addition to upgrading the foot bed of its newest Super Tacks, the AS1, with the Orthomove insoles, CCM also made a change to the boot. While the company still uses carbon composite material, CCM has adapted the construction of it, changing the carbon pattern and adding or removing carbon in certain spots to improve the skate's performance.

Graf, owned by Vaughn Hockey, is also doing its part to create the best-fitting skate.

It starts with the way its skates are made.

"One of the keys of the way a Graf skate is made is the inside and the outside — the quarter panel — is two pieces," explained Mike Vaughn, owner of Vaughn Hockey. "The reason it's two pieces is the three-dimensional shape of your foot isn't flat in the back. As you go down your Achilles, you go out on the top of your heel, and then back in on the bottom of your heel. If the skate is straight in the back, there's no top to the heel pocket, so no matter what you do and how tight you get the skate, as you lean forward your heel lifts up."

Vaughn acknowledges that the process of joining the two pieces together, especially when dealing with higher-tech materials that are stiffer and stronger, requires a lot of work. But the benefit makes it worth the while.

"What we do makes the skate more difficult to manufacture, but we put more definition into that heel pocket," Vaughn stated.

Some of the specialty foams used in the construction of a Graf skate are actually designed for ballistic purposes. But by incorporating these foams, Graf skates provide protection without increasing thickness.

"You don't want a skate to get bulky," Vaughn said. "You want the skate to fit tight and close. Materials now are expensive, but they give great protection without increasing weight or thickness."

For the consumer, the process begins at the retailer, where each foot is measured, from the ball, to the instep, to the heel.

"Usually, four pictures of each foot are taken — one each of the inside, outside, front and back of the foot," Vaughn said. "Then any abnormalities are noted, such as bunions or previously broken toes that are rather large now."

The boot needs to be made to accommodate each of these things.

"Usually on smaller things, they can be heated and punched out with the construction we use to fit the foot, right at the dealer," Vaughn said.

If the issues require a skate to be made, Graf is prepared for that, too.

"We still use a traditional last, which is what the mold of the skate is made around," Vaughn explained. "What we would do in that case is we would replicate that bunion on the last while the skate is being built. We'll pick the last — high volume, mid volume or low volume — that fits your foot, determine the width of the forefoot and the heel, and then we'll modify that last to accommodate your foot. We then build the boot around the last. The skate truly can be individually made to match your foot. It's more of a handcrafted process than a pressing process."

One of the models that Graf is currently working on has a new type of composite quarter panel that has lateral stiffness and also forward flexibility for stride.

"We spent a lot of time working on the weave in the composite," Vaughn said. "The whole nature of composite materials is they are real stiff, which doesn't make them very good to mold to get your ankle bumps out and your arch shape. We had to work with this a lot to get the material correct to be able to take the proper shape rather than be flat."

The end goal is to release to market the best fitting and performing skate.

And, without a doubt, that's the bottom line for every chapter in that future book about the evolution of ice hockey player skates.

H

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COMFORT ZONE

■ For BU's Bobo Carpenter, father doesn't always know best, even if he steered his son clear of double runners. Here's one player's insight into hockey skate selection.

By Leo Scaglione Jr.

After the first team meeting of the New Jersey Devils' 2018 development camp, Bobo Carpenter, who attended it as an invitee, had some time to burn.

So, he decided to walk around Prudential Center. "Being a player, you don't really get to see what the fans see up there," said Carpenter, a center who'll be entering his senior season with the Boston University Terriers this fall.

During his travels around the arena, he stopped for a few minutes when he saw a picture of the Devils' 1995 Stanley Cup championship club, taken during the team's 20th anniversary celebration in March 2015, and studied all of the players' skates.

Carpenter then took a closer look at the skates of his father, Bobby, who played 18 National Hockey League seasons and was a center on that team.

"I saw my dad had these old skates with no design," he said. "All of his old teammates have the new designs, like the players have now."

Carpenter chuckled.

"That's my dad right there," he continued. "Never changing. They might not be the same pair he has now, but he always has the same brand, design, all of that. He never changes that. Ever."

For the most part, Carpenter, who

turns 22 years old on Aug. 16, has followed in his dad's footsteps in that regard, ever since he started skating at age 4 on his family's backyard rink in Albany, N.Y.

Back then, the North Reading, Mass., native wore double-runner skates.

"They were flat metal, and on the bottom each one had two rows of blades, so I could just stand on them," Carpenter explained. "Each one had a blue plastic zip-tie type of thing so you could tie each foot up real tight. That's what I wore growing up."

If given the opportunity, he would've never gotten rid of them. "My dad had to hide them from me," Carpenter remembered. "I always wanted to go back to them from regular skates."

Bobby made sure to dispose of them after about two years.

"He urged me to get into regular skates," Carpenter said before smiling and adding, "which was probably for a good cause."

From that point on, Carpenter has been a loyal wearer of CCM skates, excluding one brief uncomfortable moment when he tried on skates of a different brand. "I've never changed," he asserted. "I've always been a CCM person. I break them in easily, and I feel most comfortable on the ice skating in them."

Carpenter remembers when he first obtained a brand-new pair like it was yesterday. "My dad bought them for me

in Reading (Mass.) when I was a sophomore in high school," he said. "They were CCM U+, blue. They were nice. I was pumped about that because I finally stopped growing!"

Every year since then, Carpenter has tested CCM's newest model at that respective time. For the most part, he opts to upgrade. However, one particular time he didn't switch stands out above the others. "I stayed with the pair I wore as a freshman at BU my sophomore year," he said. "I had some foot problems and I didn't want to go through another phase of switching. I focus on being comfortable more than anything."

But after chatting with CCM prior to his junior season, Carpenter made his latest leap, to the JetSpeed.

"CCM said it would make the boot a little less stiff," the 5-foot-11, 185-pounder said. "I like the softness."

Carpenter's also had some other alterations made to his skates, which he didn't know was possible at first. Naturally, he's now nothing short of ecstatic.

For starters, since his feet have a high arch, CCM raises the eyelets of each skate up a quarter inch, so the top of his feet aren't crushed by the laces. Also, each skate has a wide boot to accommodate his wide feet.

"I never knew they could make these changes," Carpenter said, beaming from ear to ear. "When I heard that, I was in heaven. I didn't have to worry about those

things anymore. Those two changes have really helped."

After receiving advice from his father, Carpenter has made another adjustment, switching to a felt tongue.

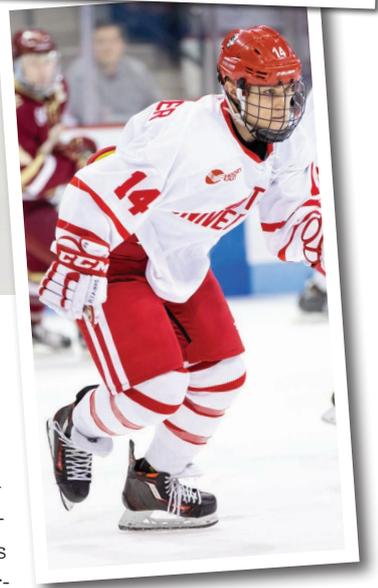
"It's really comfortable for me, because of the way the laces bite down on my foot," he said. "I really like it and ask for that every time."

This past Christmas break, Carpenter made one final alteration when he changed the radius of his skate blades' hollow from 5/8 inches to 3/4.

"My coaches told me I have a lot of power, and I didn't need the 5/8," he explained. "I'd still be able to get into the ice after the switch. I didn't really notice a big difference, but it's there. I felt a little lighter on the ice and didn't feel as though I was digging in as much. The change didn't really give me that traction like the first one. It helped and I felt less fatigued."

Then, going against nearly everything his dad believes in when it comes to skates, Carpenter concluded, "The change was good. I'm glad I did it." **H**

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Rich Graessle/Icom Sportswire via Getty Images (Islanders); Andy Marlin/New Jersey Devils/NHL Images (Devils); Fred Kloury III/Icom Sportswire via Getty Images (inset, top); Richard T. Gagnon/Getty Images

Even with high-tech, the expertise of your local skate shop is crucial

By Leo Scaglione Jr.

Ice hockey skate retailers across North America are being invaded.

In many of them, consumers will now find at least one of Bauer's 3D Skate Lab, CCM's 3D Fit Scanner or True's 3D Foot Scan. In True's case, the skate is customized and built inside out from the scan. With CCM and Bauer, the scans analyze the consumer's feet so the respective company can determine which of its models will be the best fitting — and thus, best performing — skate.

The technology has been received favorably. However, experienced pro skate shops don't want consumers to rush to wear what the scans recommend. They ask that the consumers simply take the scans into account and use them as a guide to find the perfect skate.

The bottom line: Always try on the skates to make sure they fit to your liking. "When it comes to the scans, you're going to get a skate the company believes is correct on your foot, not necessarily what feels best for you," said Wayne Zwicker, owner of H.A. Zwicker skate shop in Bedford, Mass.

Zwicker used two examples, one fictitious but with a point, and the other real with a painful result.

"Let's say I have a twin and we are exactly the same," he said. "He likes a tight-fitting



▶ A Sports Etc. staff member fits a customer with Bauer 3D scanner technology, which assists in determining proper fit of the foot, taking into consideration a player's last, arch and instep.



skate. I like a loose-fitting skate. We are going to end up in different skates and sizes.

"One longtime customer of mine was always in a Bauer Supreme. The scan said that since his foot was narrower, he should be in a Vapor, so he switched. It's been nothing but trouble. He was in a Supreme for 20 years

and never had a problem, and wishes he just stayed with what worked."

Zwicker's main critique with the scans is that behind every scan is software, written with certain parameters. While helpful, it's not gospel. The best move for consumers, even after taking the scans into consideration, is to test the skates out to determine if they are comfortable and fit correctly.

Stated Zwicker: "There's nothing like trying on a skate."

Paul Stanton, owner of Sports Etc. in Arlington, Mass., said one positive is the scans help put worried or confused consumers at ease.

"The scans help them comprehend what type of boot we are recommending for them," Stanton said. "It really explains specifically what type of arch they have, what the width of their forefoot is, and how much volume they have in their instep. They understand better why they are being guided toward a particular skate."

But Stanton is also quick to point out that the scans provide recommendations; it's not mandatory that a person goes with that particular skate.

"It's there as a fit guide," he noted, "and the companies will be the first to tell you that."

Zwicker and Stanton have decades of experience with fitting skates, so their words carry

a lot of weight. This is precisely why they want consumers to use the scans merely as suggestions and not automatically go with the results.

"For experienced pro shops like Sports Etc. and others in the Boston area, the scanner is not as important," Stanton explained. "I can see a person's foot, measure it on a Brannock Device, see their arch type, and identify a lot of problems and solve them. The scans gear the person to the proper-fitting skate and drive home why they would be in that particular skate. The scanner may recommend one thing over another, but we can tweak things. We can press boots out. The heating process will stretch a skate out. We can alter the boot to make it work for a person that needs a punch out where necessary. It's important to remember that the scanner isn't one hundred percent right."

That's where Zwicker and Stanton's expertise come in.

"The companies will strongly suggest what skate and size they should be in," Zwicker concluded. "But you still have to try on skates. And I'll guide the consumers and give them information. Even with scans and everything, the final determination is by the consumer — how it fits on your foot, that it's properly sized. Don't think for a second that because somebody pulls out a 3D scanner that you're getting the perfect fit. That is not true. A good fit is a good fit. That hasn't changed." **H**

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SPORTS EXCELLENCE is another prominent retailer with a large Northeast presence, offering four TSR Hockey Sports Excellence locations in New Hampshire and four in Massachusetts, as well as a robust online shopping portal.

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Another Sports Excellence exclusive model is the CCM Tacks Classic Pro + that features Rocketframe Composite quarter technology used by many professional players, including a composite midsole to reduce weight and a pro-grade Tri-Tech Tongue with extra felt for superior comfort.

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GRAF

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Graf PK 7700

The PK 7700 features ultra-light two-piece heat-moldable composite quarter panels, a Cobra 2.0 Ti titanium nano-coated runner with 10 ft radius, a Graf 5000 Holder with replaceable runner and a lined toe cap for protection on impacts.



Graf PK 4400

The Graf PK 4400 features light two-piece heat-moldable composite quarter panels, a Cobra 2.0 Ti titanium nano-coated runner with 10 ft radius, a Graf 3000 Holder with replaceable runner and FlexFit collar for unmatched agility in tight corners.



Graf DM 1080

The Graf DM 1080 features a FlexFit collar for comfort in mobility, a Pro Goalie 2.0 Ti titanium nano-coated mid-tall runner, Graf Pro Goalie Cowling with replaceable runner, heat-moldable stay-dry liner and lined toe cap for enhanced protection.

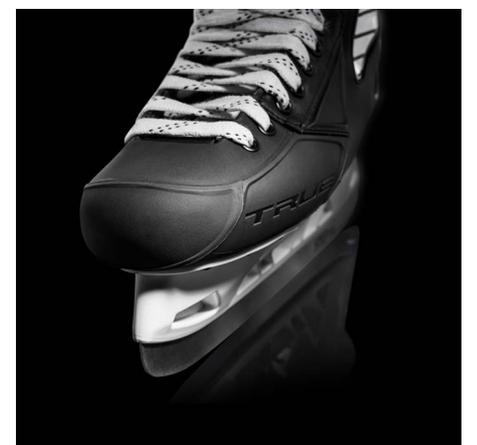


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OPPORTUNITY

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Trinity-Pawling School;
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TY KNOCKS



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In our 8th annual Prep School Guide, New York Hockey Journal caught up with some of the top prep schools and other educational institutions to reveal why the combination of athletics and academics is unmatched.

Cushing Academy

Penguins

Ashburnham, Mass.

cushing.org

9-12 and postgraduate

Coed | Day and boarding

Boys hockey coach: Steve Jacobs

Girls hockey coach: Val Bono

Why Cushing: "Cushing Academy has a rich tradition of excellence in hockey and has been widely recognized as a powerhouse both nationally and within NEPSAC. Our state-of-the-art rink and training facilities allow for year-round ice and offseason training, which complements our commitment to the total development and education of our student-athletes. Cushing has produced hundreds of collegiate players as well as many professional hockey players and several Olympians."



Governor's Academy

Governors

Byfield, Mass.

thegovernorsacademy.org

9-12

Coed

Day and boarding

Boys hockey coach: Brian McGuirk

Girls hockey coach: Claudia Barcomb

Why Governor's: "Governor's girls and boys ice hockey teams compete in one of the best rinks in New England, the Whiston-Bradgon Arena. We are part of the highly competitive ISL and have a tradition of graduates playing in college. Our coaches believe in education and life lessons beyond ice hockey."



Lake Forest Academy

Caxy

Lake Forest, Ill.

lfanet.org

9-12

Boys only

Day and boarding

Boys hockey coach: Darrin Madeley

Why Lake Forest Academy: "Lake Forest Academy strives to embody in its practices and to cultivate in its students excellence of character, scholarship, citizenship and responsibility. The school offers a transformative boarding school experience through a culture of participation characterized by rigorous academics, a global outlook and Midwestern values."



Trinity-Pawling School

The Pride

Pawling, N.Y.

trinitypawling.org

8-12

Boys only

Day and boarding

Boys hockey coach: Robert Ferraris

Why Trinity-Pawling School: "Active, engaged and out of their seats — this is how boys at Trinity-Pawling experience learning. Our distinctive programs bolster the way boys learn best: by doing. As experts in boys' education, we understand how to guide our students to become young men of integrity who can rise to the challenges of an ever-changing world."





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Vermont Academy

Wildcats

Saxtons River, Vt.

vermontacademy.org

9-12 and postgraduate

Coed | Day and boarding

Boys hockey coach: Sean Brazier

Girls hockey coach: Chris Ardito

Why Vermont Academy: "Vermont Academy embodies the values of the state of Vermont, including independence, ingenuity, resilience and a love of the outdoors. Our students are innovators and entrepreneurs. They are athletes, artists and scholars. Every student is known and cared for. Happy, spirited students and teachers make for dynamic academic and athletic experiences."



Wyoming Seminary

Blue Knights

Kingston, Pa.

wyomingseminary.org

9-12 and postgraduate

Boys hockey coach: Dustin Good

Why Wyoming Seminary: "Sem's hockey program is dedicated to developing student-athletes' full potential, on the ice and in the classroom. Designed around the academic calendar, Sem's hockey schedule exposes our student-athletes to the best competition while maintaining the academic integrity of the school. The school's college acceptance profile boasts every Ivy League and NESCAC school and the majority of the 'Top 30' colleges and universities in the country. The school is a place where academics and hockey are both done at a high level."



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Summer is shopping season for parents

It's August, which means most die-hard hockey players are getting the itch to hit the ice again, and goalie parents are saying a quiet prayer — or several — that their little puck-stoppers didn't grow a foot or several shoe sizes over the summer. Because there's nothing quite as sobering as having a goalie who needs a new set of gear.

So this column is for the parents and, to a lesser degree, youth hockey organizations. Hockey is expensive. Goaltending is crazy expensive. These are realities for most players and their parents. I completely sympathize with you. And empathize. My daughter Brynne just finished her high school hockey career last year, and it's no small stretch to say that the money my wife and I saved is helping put a dent in her college tuition (fortunately for us, St. Lawrence's club hockey program is laid back and a lot less expensive). And Brynne was a defenseman, not a goaltender.

Still, there are similarities. Even a positional player can run up quite a tab. First, there's the cost of the summer and

fall leagues, and in most cases, a user fee for high school teams (though I'm skeptical how one co-op program cost \$1,650, but when our school district switched co-ops the price dropped to \$325).

Brynne had teammates with \$400 skates, \$200 helmets (admittedly a critical piece of equipment where you don't want to cut corners), \$150 sticks. Add good protective gear — because you want your kids to be safe — and it's easy to spend close to \$2,000 to outfit a player. Fortunately for us, we were able to cut that cost in half (despite Brynne's late growth spurt to 5-foot-10) by shopping last-season specials and other discounts. But that's still a good chunk of change.

Now consider the poor goaltender. While a positional player can expect to pay between \$50 and \$100 for decent gloves, a decent catcher and blocker for a goalie will cost in the neighborhood of \$200 to \$500. A quality mask will run at least \$150, probably more, especially for anyone playing middle school or higher (and no, your child doesn't need a \$300

paint job, no matter how much he or she complains). Quality chest and arm protectors are going to run about \$300, while quality pants will go for \$150, minimum. Goalie-specific skates? At least \$200. Leg pads? Depending on your goalie's age and ability level, plan on shelling out \$500 to \$1,500 for a quality pair.

Notice I emphasized "quality." I did that for two very important reasons. The primary goal of protective equipment, as the name implies, is to protect your child. Less expensive gear often has seams where the puck can still do damage, or will break down quicker, leaving your young netminder susceptible to injury.

Furthermore, quality gear will enhance your child's ability to play the position. The techniques we teach these days, and which all good goaltenders need to master, are predicated on well-designed equipment. Better gear won't make all the difference, but it does make a difference.

So what's a parent to do? Long gone are the days when I could get a paper route in seventh grade and still afford to pay for all my gear (for reference, I'm talking about the early 1970s, when a top-quality set of leg pads cost me the princely sum of \$115). Even Mike Vaughn, the founder of one of the most respected and admired brands of goalie equipment in the world, tells a similar story.

"I still remember being 14 years old, washing dishes at a restaurant all summer to buy a pair of pads," he said. "That's the only way I was going to get them. And as expensive as things are, I still look back at that."

But Vaughn also has an interesting take on parents complaining that hockey is too expensive. In short, he said that despite the expenses associated with the sport, it's all relative. We expect young hockey players to be committed, and we should expect the same of their parents, he said.

"I can tell you this: Hockey is cheaper than skiing. It's cheaper than golf. It's cheaper than equestrian," said Vaughn. "If you look at a kid who is into video games, the parents will spend more on that than you'd ever believe, but they're spending only \$100 at a time. Hockey isn't really any more expensive than any other involved activity."

The difference, he said, is the perspective that many parents bring to the table.

"We're in a generation now, with parents with young kids — the 'Me Generation,'" he said. "I see the mom who says, 'Oh, my kid's not going to play hockey. It's too expensive.' Meanwhile, she's carrying a \$3,000 purse and wearing \$500 shoes."

What is expensive, and what we can't replace, said Vaughn, is time. And far too many parents, including those with the financial resources, aren't willing to relinquish the hours required for their kids to play organized sports.

"Team sports in general, and not just hockey, are down in participation because of the time. And a lot of parents won't spend that kind of time on their kids," said Vaughn. "You go to an ice rink, it's a four- or five-hour ordeal. You have to drive there in traffic, get ready, play your game, get undressed, come home. If you're doing that two, three, four times a week, it's very involved."

"But figure skating is the same way. The parents who won't spend the time with their kids are the ones who complain about the cost," he said. "My parents were factory workers. They couldn't afford for me to play hockey, but they found a way. And I had to work sometimes and buy some of my own stuff. But back in that generation, parents weren't afraid to spend that time with their kids. They enjoyed that. They wanted to do that."

That said, Vaughn is also a big fan of making sure young goalies are invested in the game, and the position.

"That is a difference," said Vaughn. "I look at a lot of the young kids now, and I say, 'Why don't you just get a summer job working at McDonald's?' And they say, 'I ain't doing that.' They think it's beneath them."

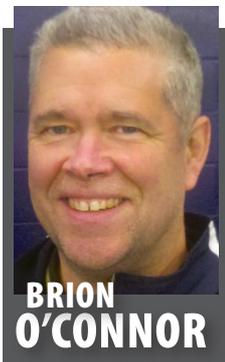
News flash: No job is beneath you. Expecting children to find a job (or even doing chores around the house) to help pay for their gear and ice time is a great way to find out how badly they want to play between the pipes.

"It's like going to play blackjack, but you're not playing with your money, but you get the winnings if you win," said Vaughn. "You're going to hit cards that you would never hit. You're going to play unconventionally. And you're going to take a lot of risks in general that you would never take."

Translation? Kids will take better care of equipment that they've worked for, and work harder when they've helped pay for the ice time. They'll take ownership, and that's a good thing.

Last, a quick suggestion for youth hockey organizations. Help out goalie parents. Don't make them ask. Too many parents are too proud to ask for help, even if their financial situation is less than robust. The bottom line is that teams need goalies, and youth organizations should be offering some assistance to mitigate the added financial burden of the position. Remember, not having enough goalies creates an unwanted and even more complicated set of headaches. Find a way to have everyone pitch in. My suggestion? Employ the economy of scale. Add \$10 or \$20 to the season's fee, and earmark that extra money to assist goalie families. Everyone will benefit. **H**

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There are fewer disappointments to a collegiate strength coach than an incoming freshman who arrives to late-summer workouts with the inability to squat proficiently. Proficiency is not to be confused with the ability to push weight. Proficiency is an elevated level of confidence through a skill-set or movement pattern that demands satisfactory results. Without proficiency, only one thing is certain — injury.

If you're preparing for collegiate advancement, there are three movements you will need to be proficient in. I can't say I agree they are the most beneficial for your development, but I assure you, you will be tested, measured and judged the most frequently based on your strength development, mobility, power output and movement pattern proficiency as you progress through your collegiate career.

These movements are:

- ▶ **BACK SQUAT**
- ▶ **FRONT SQUAT**
- ▶ **SINGLE LEG SQUAT**

I tell my athletes all the time, once you make it to the professional level, the conversation with your general manager your first day in the show is very similar to the conversation you have with him your last day in "The Show." It starts with, "You're here because you have the skill-set that every player in this league is going to need in three years." Then it ends with, "The league is changing. You just don't have the proficiencies to play at this level anymore."

The same philosophy starts, sticks and fades away in the weight room. Either you become great at back squatting, front squatting and single-leg squatting or the masses will pass you by. I say the masses because I'm speaking of the league, the general talent around you, the expectations, and the defined progress of the strength and conditioning industry. Fifteen years ago, veteran NHL players didn't lift heavy — they wanted to "keep their hips open," "work on flexibility" and "maintain tissue integrity" through massage. Guess what? Through proficiency, all of that exists in the presence of strengthening, stabilization and injury prevention. The same veterans who backed off on the weights and difficult movements lost their mobility, lost their movement patterns, and, in turn, lost their jobs.

In a perfect world, athletes should perform all three variations during any given phase of training. Back squatting is as important for your glutes, ham-

THREE SQUATS TO MASTER

■ Front, back, single-leg serve up variations to maximize your workout benefits

strings and quads as it is for your shoulder mobility, hip mobility and ankle mobility. It's not always about muscle development — in fact, in more cases than not, the mobility of the movement is equally as important as the strength and power development.

Front squats will be seen in every collegiate hockey program in America. College hockey coaches like loading up the quadriceps on already quad-dominant athletes, but there are other benefits to be had. When done correctly, the front squat promotes an upright torso, which helps to fire the spinal erectors through the entire motion. This group

of muscles stabilize the spine through linear and sometime rotational motion, so the front squat obviously has some additional carryover benefits to hockey.

Lastly, the single-leg squat is the single most important squat. Since speed and power are defined by distance covered over time, and we can only truly travel a distance by putting one front in front of the other, it is easy to comprehend that developing single-leg strength will increase distance covered per stride and rate of strides per second. Single-leg squats also allow the hockey athlete to achieve full unilateral range of motion. Full range of motion as defined by the NHL scouting combine is a full-depth squat allowing the athlete's hamstring to come in direct contact to their calf muscle without the involved heel coming off the ground. This movement illustrates strength of the quadriceps, hamstrings and glutes, as well as mobility of the hips, knees and ankles. Through ongoing repetition of the full movement pattern from upright to deep squat, muscle endurance values can be obtained, providing important levels of predictive injury prevention data for scouts, coaches and front office personnel.

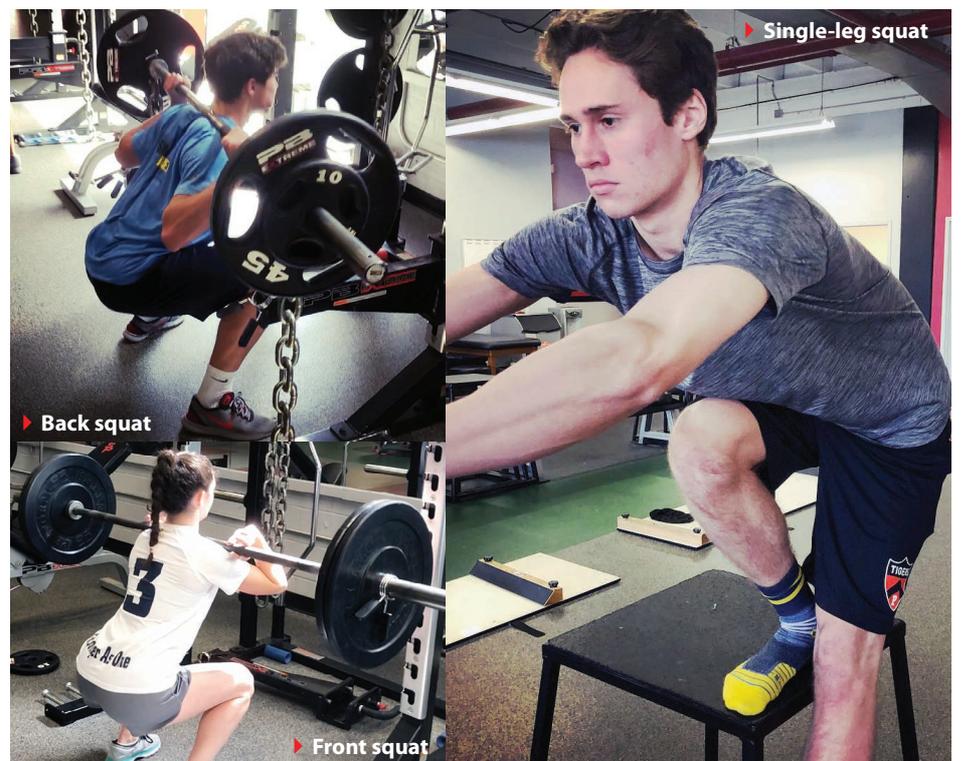
So, what can I leave you with here? Start squatting with multiple variations. Find a strength coach who will teach you the proficiency of each lift as it needs to be tailored to you. There are perfect movement patterns, but let's not assume that we are all built perfectly. Be open to newness, maintenance and advancement and there's a good chance the league won't pass you by.



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Your focus determines your reality

“Concentration and mental toughness are the margins of victory.”

— Bill Russell

In 1985, I attended a seminar, Journey to Center, at which I volunteered to demonstrate an exercise with Aikido master Tom Crum. Tom, who became a mentor, asked me to stand before a large group. Facing me, he gently pushed my shoulders, and as I fell back, I had to catch my balance by moving my feet. After highlighting the Aikido principles of a relaxed body and focused mind, Tom had me focus on my center, located about an inch above the navel. While I was in this focused state, Tom repeated the same shoulder push. I did not budge. This brief exercise enlightened me to the deep connection between our minds and bodies.

Athletes who utilize this connection by focusing their attention and concentration perform at higher levels than those who do not. Our bod-

ies perform at their peak when our minds are free from distraction. Conversely, when our minds wander to the score, the clock, a missed shot, a questionable call, et cetera, our concentration levels fall. Such a result can make the difference between whether an athlete saves a goal or earns a spot on a team or in a league.

What is concentration?

Concentration refers to people’s ability to focus their attention. It is critical to success in hockey, in other sports and in most every profession. Not only is it a skill that anyone can enhance, it is one that will make a difference with whatever path a person chooses in life.

Distraction is a common reason why players do not perform their best. When athletes are distracted, whether internally or externally, they have taken themselves out of the moment, out of the play. In fact, many of the athletes I work with identify it as a primary area where they

want to improve.

While it is impossible to remove all distractions, athletes can learn to control their performance by training their minds to steer clear of distractions. By becoming more aware of previous distractions and by choosing how to respond to potential distractions, athletes can direct their focus to areas that will help them excel.

Of course, direction and sustaining that focused attention might be easier said than done. Distractions are common. They can occur internally, such as when an athlete is focused on a distressing thought. For example, athletes might become preoccupied thinking of a nagging injury or berating themselves about a missed opportunity. Distractions also can be external, such as when an athlete’s attention is directed outwardly to the other team or to fans in the stands. The New Zealand rugby team, the All Blacks, is famous for trying to distract their opponents through their intimidating haka, a prematch choreographed team ritual.

How to strengthen concentration

With practice, athletes can strengthen their ability to control their attention. One strategy is for the athlete to gently refocus attention as soon as they become aware of the distraction. Imagine that you are driving a car or riding a bicycle and suddenly feel the sensation of the steering wheel drifting off-center. Then, imagine what you need to do to straighten the wheel so that the vehicle can follow the road ahead. That same gentle redirection is needed whenever your concentration wavers.

A leading prep school player I worked with frequently became distracted — and played poorly — during big games. Through our conversation, it became clear that the player was more focused on friends in the stands and that he made careless errors at the blue line. After making a concerted effort to develop his concentration skills through breathing exercises, this player went on to earn the MVP award in front of thousands of fans in the biggest game of the season.

Ability to refocus

Sometimes it is impossible to avoid distractions or not react to certain events. In those moments, the key is to refocus as soon as possible. With many clients, I discuss strategies for releasing emotions and tactics to refocus on the game.

Simple exercise

- ▶ Release: Let out your emotion in the way that works best for you.
- ▶ Breathe: Reconnect your mind and body.
- ▶ Refocus: Return your focus to your task and the game.

As successful goalies know, dwelling on a past goal is not going to help future performance. One of my clients and I came up with the strategy of reacting in the moment after the goal and then, with a clean start, refocusing as soon as the ref has retrieved the puck. Whether your position is goalie, defense or center, the principles of refocusing as soon as possible remain the same.

How to improve concentration

Like developing any skill, strategizing a game plan, setting SMART goals and drawing on motivation will lead to success. Learning numerous techniques, such as focused breathing, vision exercises, kinesthetic drills, mindfulness techniques, concentration grids and others will increase every athlete’s performance by improving their ability to focus their attention and concentration.

Focused breathing assignment:

1. Develop awareness: What most distracts you? Some people are more distracted internally and others are more distracted externally. Do you get more distracted thinking about the fans, the refs, your coach, the other team (external) or by thoughts in your head (internal)?

2. Choose, what I refer to as, a “personal logo” (an inspiring word, phrase or image): Think of a grounding word, phrase or image, something inspirational, comforting or fun. You might even think of your center, above your navel.

3. Connect your mind and body: Practice breathing so that as you breathe in you think of that word, phrase or image and as you breathe out you think of that — or another — word, phrase or image. It is a personal choice and there is no right or wrong. Remember, if you mind wanders (everyone’s does), just gently steer it back.

After you get the rhythm of the process, challenge yourself to sharpen your focus. Set a timer and hold yourself to sustaining your focus while breathing in and breathing out.

While it is normal to have your mind disconnect from your body and bounce around, with time and commitment, you will be able to extend the duration of your focus.

I tell my clients that if we were to take a brain scan at the start of this exercise and then again several weeks later, they would actually see physical differences in their brain function and the power of the mind-body connection. **H**

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DR. ELIZABETH WARD



Don't look for better teammates —
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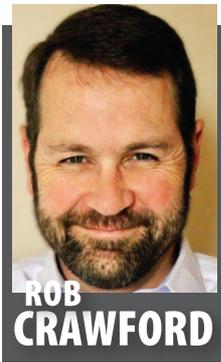


FIVE TRUTHS ABOUT YOUTH SPORTS: HOCKEY DAD'S ENLIGHTENED PERSPECTIVE

The numerous accounts of near-death experiences that I've read are all remarkably similar. While moving toward a bright light, there's an epiphany. Later, armed with a new, enlightened perspective, these individuals share profound, instructive wisdom they have gained about what's truly important in life.

I have never had a near-death experience, but every now and then I see a parent or coach say or do something that makes me wonder: If he/she could see or hear him/herself from that higher-level state of clarity, would he/she behave differently? (I think yes.) So for the purpose of this column, I've decided to pretend that I've just returned from a near-death experience — where I hovered above hockey rinks, baseball diamonds, basketball courts, soccer pitches and backyards around the world. Yup, I was in paradise for only a few moments, but that's all it took to illuminate several truths about youth sports. I know some of this is going to be hard to believe or accept. From my perspective in the infinite, however, all of the following was self-evident.

When the “fan side” or “coach side” of our personalities takes over, this makes us less capable of accessing the all-important “parent side” when it’s needed most.



ROB CRAWFORD

Truth No. 1: The pursuit of winning is what matters, not the wins themselves.

The pursuit of winning can lead to a journey filled with fun, friendships, teamwork and transformational mentorship; it can provide the sublime satisfaction that comes from individual and team improvement, overcoming obstacles and learning lessons about oneself that can only be learned by striving and failing; it can ignite a true love of the game, a passion for self-development and an appreciation of miracles.

Athletic competition was invented to enhance humans' lives in these ways, yet so many well-intentioned youth coaches are blind to these enormous benefits and believe that winning itself is the point of youth athletics. In their single-minded pursuit of winning, they say (or yell) things that make kids feel terrible; they over-coach (especially parents, during and

immediately after games); they favor (and even worship) the most talented kids, to the detriment of everyone else; and then they use the scoreboard (or the stat sheet, or the win-loss record, or the championship trophy) to justify all of this.

Fortunately, most parents and youth coaches are already enlightened; they get that childhood is a sacred period in every lifetime, and that playing on a team can be wonderful when the goal of winning is used solely as a prop to inspire the scaffolding of a fun, rewarding, nurturing childhood experience.

Truth No. 2: Saying “yes” when our children ask us to play is always the right answer.

Every day, dads and moms tell their kids, “Not right now, honey,” or “Maybe later,” or “No, I can’t” when they’re asked to pass the puck, play catch, shoot hoops or kick a ball together. And every day, some of these kids just stop asking ... forever. “Time flies” is the biggest understatement of all-time. Blink, and your child will be off to college. All you have is today. So play. Tired? Have work to do? I don’t care. There’s nothing more important than bonding with your child in an area of his/her interest. This is one of the most meaningful things humans can do while on earth! A few important caveats: play at your child’s level, make his/her enjoyment your

top priority and avoid turning your “playtime” into a clinic. When you say “Yes!” every time, you build not only your parent-child relationship, but also your child’s sport-specific skills, self-confidence and love of the game.

Truth No. 3: Kids need their parents to be parents — not fans or coaches.

Of course, being a fan of our children and their teams is a given, and it’s a fun part of the parenting experience. But when the “fan side” or “coach side” of our personalities takes over, this makes us less capable of accessing the all-important “parent side” when it’s needed most. It’s OK to hope that our children’s teams win and that our children make good plays every time they touch the puck. And it’s OK to suggest a tip now and then. But all our children really need from us is this: a) to deliver them to the rink well-fed, on time, with all of their equipment, and in a good frame of mind, and b) to love and support them during and after the game. They need us to say “Nice hustle!” not “Get back on D!” and to say “You played great!” not “Why didn’t you shoot that puck earlier?” and to say “Want to get some ice cream?” not “When we get home, let’s work on that slap shot.”

Truth No. 4: When kids are denied meaningful playing

time, sports loses its appeal.

Coaches, don’t let your hunger for the ‘W’ overwhelm your highest duty: to give your players a positive childhood experience.

Kids sign up to play sports because they want to play in games. Parents sign up their children to play sports for myriad reasons, none of which can be fulfilled if their sons and daughters are spending the majority of their time sitting on the bench. (That’s right, parents don’t care about the score if their child didn’t play much ... or at all.) When kids play a lot in games, they have fun, they improve and they sign up again the following season. When kids don’t play much in games, they become demoralized, their athletic development is stunted ... and their names disappear from future rosters. Remember, when a coach gives every player meaningful playing time in a game, he/she actually wins in two ways: on the scoreboard and in the hearts of all of his/her players. And when a coach gives every kid meaningful playing time and then loses the game, he/she can still point to a major victory: Today, everyone got to play!

Truth No. 5: The closest thing on earth to the feeling of “heaven” is skating on a backyard rink.

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Hangin' out with ... Charlie Vasaturo

VASATURO



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You were a Philadelphia Flyers fan as a kid. What are some of your favorite memories from those days watching them? “The first one would be the Stanley Cup Final run in 2010. Seeing them go all the way there was really fun. When they acquired Chris Pronger, I loved watching him play.

“I loved going to the games as a kid; actually, I went to a lot of (then-Philadelphia) Phantoms games when I was real young. We were there when they won the Calder Cup in 2005; that was really cool. That was the first championship in the Philly area I’d ever seen, which was really cool as well.”

In addition to Pronger, who were some other players you enjoyed watching? “I’ve always loved watching Shea Weber play. He’s a meaner player, but he still puts up great numbers. Nowadays, there are so many great players, from the Suters to the Doughtys. Everyone is watching where Erik Karlsson is heading this offseason. But Weber has always been my favorite.”

What is your favorite memory from your two seasons (2005-07) playing at the Lawrenceville School? “My freshman year, Scott Stevens was our assistant coach. That was really cool, picking his brain and learning from him. It was a real eye-opening experience. Being a Flyers fan and him being on the New Jersey Devils, watching him always play against my team as I was growing up, and then he’s coaching me for one year, that was my highlight.”

What was your biggest takeaway from Stevens? “He was prepared every day, for practices or games. He was always available to offer knowledge. He was great in terms of that. He always had little tricks of the trade to provide you. He was always coaching, wanting you to get better, every day, which was awesome for me.”

You then played at Avon Old Farms School for two years (2007-09). What stands out from that experience? “There were so many great players on our team. My first year at Avon, my junior year, we were able to win the New England championship. We had Cam Atkinson on our team, and he’s gone on and done well. We had Parker Milner, who’s also done well. A lot of guys went to play at different colleges. Also, it was really fun playing all of those different schools in the New England prep league such as Taft, Berkshire and Salisbury.”

You then made the cross-continent trip to play in the British Columbia Hockey League with the Salmon Arm Silverbacks. What led to that decision? “I had a family friend (agent Steve Mountain) who had a few players out there who were moving on, and an opportunity arose to play junior out there. He was a really good family friend, and I trusted him a lot. He said I should go out there, and that I would have a blast. And I did. I absolutely loved my two years out there.”

What was the biggest thing you learned about yourself being so far away from home during those two seasons (2009-11)? “Not that you don’t live on your own in prep school, because you do, but you see your family a little more often when you’re in high school. Going to play junior, you mature, and you grow up quickly. The billets are great, and they take care of you as great as anyone can. But you still have to grow up and be independent when you live that far away, in a different country. I didn’t know anyone or anything, and met all the guys on the team for the first time. I still keep in touch with quite a few of those guys.”

>> DIGITAL BONUS: CONTINUED ON PAGE B3

— LEO SCAGLIONE JR.

Key facts

Teams: Reading Royals (ECHL), Union College, Avon Old Farms | **Hometown:** Sewell, N.J.

Pos.: D | **Shoots:** Right | **Size:** 6-2, 205 | **Age:** 27

Notable: In three ECHL seasons, has totaled 35 points (12-23-35) in 167 regular-season games and two goals in 16 Kelly Cup playoff contests with Kalamazoo and Reading. Scored in first pro game, as a member of the Wings, on Oct. 16, 2015, vs. Fort Wayne. Prior to turning pro, played four years (2011-15) at Union College, recording three goals and 13 assists in 112 games. Member of the Dutchmen’s 2014 NCAA national championship winning team. Captained the Dutchmen during his senior season. Before his college career, played two seasons each at the Lawrenceville School and Avon Old Farms School, and two seasons with Salmon Arm (BCHL).

Favorites

Food: Cheesesteak

Movie: “Old School”

TV show: “Entourage”

Actor: Vince Vaughn

Actress: Margot Robbie

Musician: Kenny Chesney

Vacation spot: “Down the (Jersey) Shore is always fun.”

College road rink: “We went to Yost Ice

Arena (University of Michigan). That was a lot of fun.”

Non-hockey athlete: Joel Embiid (Philadelphia 76ers)

Sport other than hockey: Golf

All-time hockey memory as a kid: “Playing for Team Philadelphia in the PeeWee Quebec tournament.”

Equipment

Helmet: CCM

Stick: CCM

Gloves: CCM

Skates: Bauer

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— **KEITH YANDLE**, *All-Star Ironman with the most consecutive NHL games played (715 and counting)*



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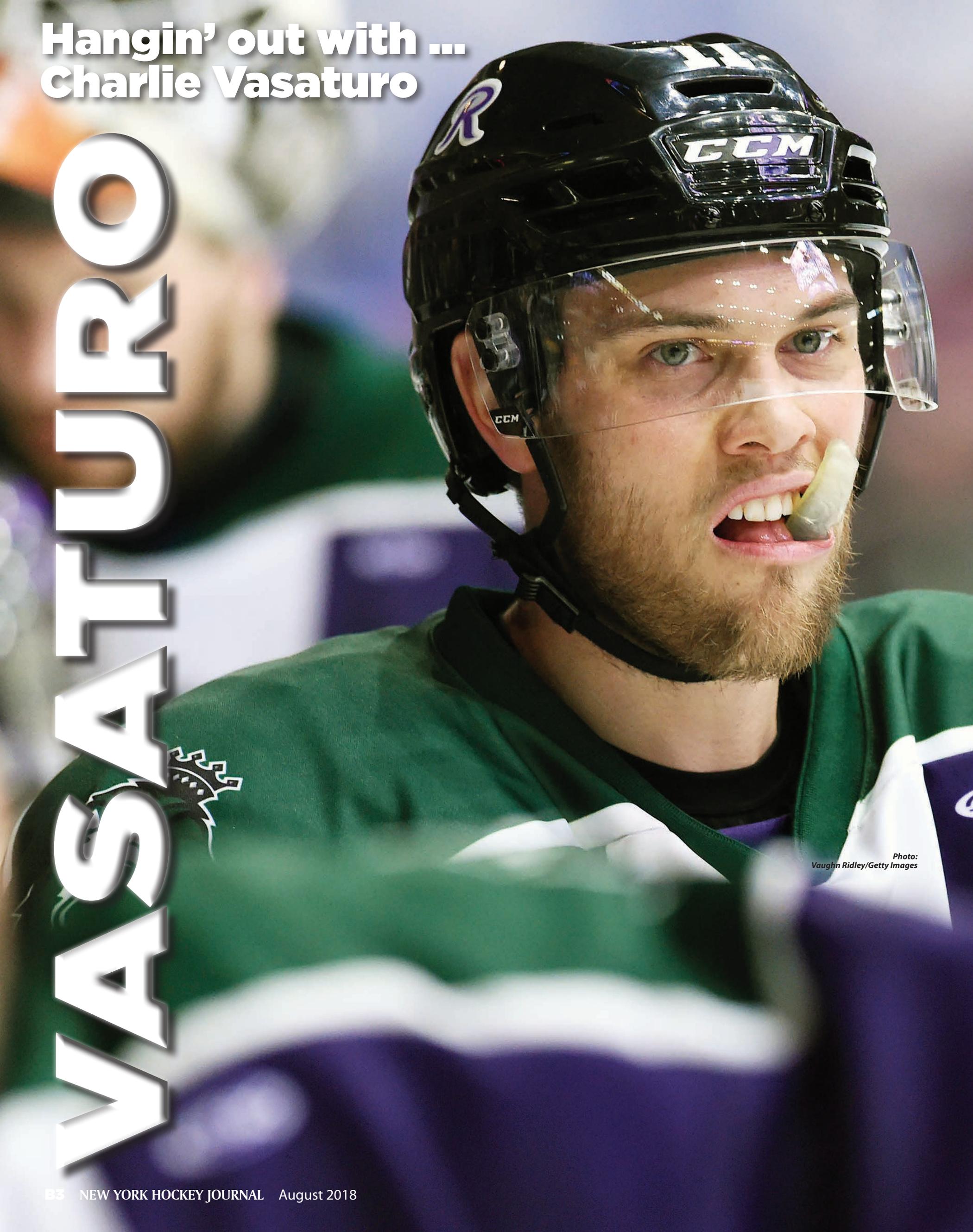
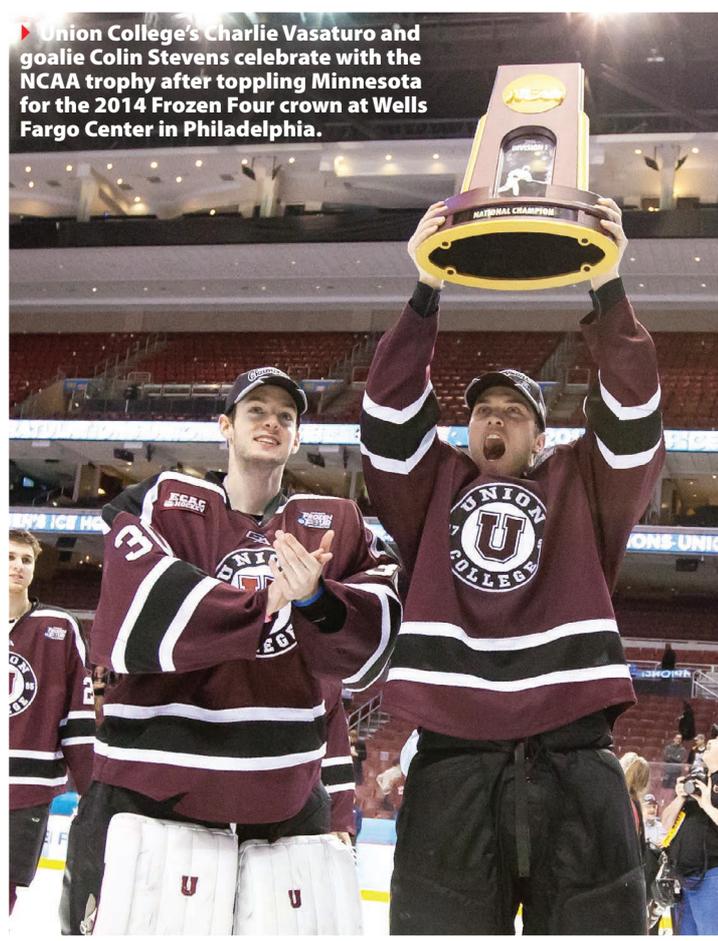


Photo:
Vaughn Ridley/Getty Images

Then you came back east, played four years (2011-15) at Union College, and as a junior won the 2014 NCAA national championship. Even better, you won it at Wells Fargo Center in Philadelphia. What did that experience mean to you?

▶ Union College's Charlie Vasaturo and goalie Colin Stevens celebrate with the NCAA trophy after toppling Minnesota for the 2014 Frozen Four crown at Wells Fargo Center in Philadelphia.



"That was probably the best championship I could ever ask for. I had gotten injured the last game of the regular season my sophomore year, and I remember watching the ECAC third-place game between Yale and Quinnipiac. Quinnipiac went on to win it, and I remember saying we are right there, we can definitely do it. And you circle the following year's (Frozen Four) when you see it's in Philadelphia. Everyone was looking forward to it.

"We got off to a slow start that season, actually; we won one of our first five games. Then we turned it on, and after February, it felt like it didn't matter who we were playing or where we were playing. You just had that feeling we were going to win those games no matter what; we were on a roll. Even if the other team scored first, we would say, 'Well, we will go back and score now.' It just seemed like it was meant to be that year.

"And doing it at home, in front of a bunch of family and friends, was a great experience."

What did it mean to you to wear the 'C' your senior season?

"It was a great honor. I loved all four years there. I loved the school, the community, the professors, my classmates and the university as a whole, so any time you get to wear a letter and not only be the captain of the team but the school as well, it's a great honor. I loved it. Each member of the class I graduated with was a leader, and we did it as a group. The captains before me — Brock Matheson, Nolan Julseth-White and Mat Bodie — you learned from them, and went out, worked hard and emulated what they did. When it became our turn to do it, we worked hard and everyone followed suit. Unfortunately, the senior year didn't go as well as we would've hoped, but it was still a lot of fun."

You were roommates with Shayne Gostisbehere, a teammate for your first three seasons at Union. What do you

remember about that experience?

"Oh, he's a great person, first and foremost, before being a great hockey player. He's a great friend. On the ice, he's very skilled; he loves to play, loves to compete and hates to lose, like all the great players do. He's a lot of fun and great to hang out with. He's been doing great so far, and he's going to keep getting better and better. If he's not already considered one of the best defensemen in the National Hockey League — which he should already be — he definitely will be very soon."

What was the biggest thing you learned at Union, as a person, and as a player?

"I realized how great the community is. Everyone supports each other and everyone wants you to do well, in the classroom and on the ice in practice or in games. And also the close relationships and friendships. I became very close, not only with my team — we'd see each other in class or walking from class or when we were hanging out at night in the apartment — but also my graduating class. All eight of us still keep in touch to this day, and we go on a golf trip every summer."

After graduating Union, you started your professional career, and have played three seasons in the ECHL, over two and a half with the Kalamazoo Wings before you were traded to the Reading Royals this past season. What has been your favorite moment in the ECHL so far?

"It was really cool to play a whole seven-game playoff series again. In college, it's do or die, and it's a different element. So it was fun to get back to playing a best-of-seven. My first year in Kalamazoo, we lost in five (to the South Carolina Stingrays). My second year, the Toledo Walleye was the top team in the league, and we took them to Game 7, which was at their place. Unfortunately, we lost 3-1, but that series could've went either way.

"The atmosphere of the whole seven-game playoff series, against that team, which has a sold-out barn every night, an unbelievable fan base that travels really well, was really cool.

"Then this past spring, it was really cool to come back home and play in a playoff series for Reading, pretty much my hometown team."

Although your Flyers fandom is in the past, is it special to be playing for their affiliate in Reading?

"Oh yeah. It's really cool to play professionally so close to home and be part of an organization you rooted for as a kid for so long. But the allegiance is in the past. My closest friend (Johnny Gaudreau, Carneys Point, N.J.) plays 3,000 miles away during the year in Calgary with the Flames. Shayne is in Philadelphia. You have best friends, close friends, who play all over in the NHL now. I'm more so rooting for them as opposed to different teams. But it's still really cool to play so close to home and come full circle."

— LEO SCAGLIONE JR.

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