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Empire Junior Report: Friday, November 18, 2011

Volume 1 Issue 11 Week ending Sunday, November 13, 2011

Upcoming Weekend Games:

There are 31 Empire Junior Hockey League games on tap for this weekend: November 18-19-20

A complete schedule of league games can be found on line at:

<http://www.pointstreak.com/stats/pro/leagueschedule.html?leagueid=362&seasonid=7391>

Visit the Empire Junior Hockey League at:

www.empirehockey.com

PLAYERS OF THE WEEK

This section will be used to promote our **Players of the Week**. Each week the League will select a Forward, Defense and Goaltender as Players of the Week.

Teams are to make nominations no later than Tuesday of each week by 6pm. Players of the Week will be announced on Friday's.

This week's Players are:

Forward: Teddy McCarrin - NH Monarchs

Goalie: Alex Willis - Buffalo Stars

Defense: Sam Kent - Boston Bandits

See their write up's next page.

Congratulations to these fine players.

Make submissions, along with picture to Pete Preteroti at: SportsNiag@aol.com

PLAYERS OF THE WEEK (Week ending November 13, 2011)



Forward - Teddy McCarran - New Hampshire - 93 (Derry, NH)

Teddy McCarran has had a blistering start to the season averaging over 2 points a game and over a goal a game through 14 games this season. Teddy had his 3rd hat trick of the season and an assist vs the East Coast Eagles on Friday, 2 goals and an assist vs Palm Beach on Saturday and one assist vs Tampa on Sunday.



Goaltender - Alex Willis - Buffalo Stars - 94 (Lancaster, NY)

Alex Willis stopped all 36 Frederick Freeze shots en-route to a 4-0 Buffalo victory. Alex was stellar during 3 different shorthanded situations where the Stars were down 2 men for durations of 1:43, 2:00 and 1:44. Alex also stopped 2 clean breakaways in this same game.



Defense - Sam Kent - Boston Bandits - 93 (Sandwich, MA)

Sam help the Bandits take three out of four points at the Valley Showcase. In the 7-4 win over Tampa Bay and the 3-2 shootout loss, he was a +2. Sam played great defense all weekend and help kill some big penalties.

ROSS KOVACS NAMED ALTERNATE CAPTAIN



Estero, Fla.—**The Florida Jr. Blades** and general manager/ head coach Tad O’Had are proud to announce Ross Kovacs as alternate captain.



Kovacs comes to the Jr. Blades after being drafted in 2010 by Motor City of the North American Hockey League (NAHL). The six-foot-three defender from Dickenson, North Dakota anchors the Jr. Blades blue line and is known for his composure on and off the ice.

“Ross Kovacs is a physical player with great strength and a tremendous work ethic,” says O’Had. “He is very coachable and leads through his actions while being an incredible teammate.”

This is Kovacs first year with the Jr. Blades and he has brought a levelheaded maturity to the locker room.

“There is a lot of North Dakota in Ross,” says O’Had. “He is a tough-nosed kid who appreciates getting his hands dirty and being the best teammate he can be.”

Kovacs is known for his dependability and his defensive style of play.

“Part of being a good teammate is being accountable for your play,” says Kovacs. “I hold myself to a high standard and continue to push myself and my team. “

Kovacs has been integral to the Jr. Blades early season success. “Ross is arguably the best defensive defenseman in the league,” says O’Had.

Boston Bandits take 3 out of 4 points at Valley Showcase



The **Boston Bandits** returned to action this week after having last weekend off. All the hard work the players put into practice seemed to pay off. Participating in the Valley Showcase the Bandits first played Tampa Bay.

The Bandits came out hard and took the lead early on a Dylan Santos 92' (Dartmouth, MA) goal, assisted by Harry Connelly 93' (Medfield, MA) and Aharon Lara 94' (Saugus, CA) Tampa would score the next two but then Connor Callow 93' (Braintree, MA) would tie the score. Tampa would score right away. At the end of the period Paul Fregeau 93' (Sylmar, CA) would even the score again. Despite out playing Tampa and out shooting them 22-9 in the first half, the score was tied 3-3. The Bandits came out even harder and would score three straight goals to put the game away. Multiple point scorers were Connelly a goal and two assists, Fregeau two goals, with a goal and an assist Santos, Mike McGovern 92' (Wheeling, WV), Evan Jackson 94' (Duxbury, MA), with two assists Will Platt 94' (Pleasanton, CA) and Tyler Drevitch 95' (Middleboro, MA) Final Score BANDITS 7 Tampa Bay 4.

In the second game of the showcase, the Bandits would take on a strong Apple Core team. The game was very exciting as both teams played a hard fought, discipline and clean game. With the Bandits down 2-0, Will Platt would score a PP goal, from Paul Fregeau and Niall Caparon 92' (Chesterfield, MO) Both teams would trade chances but it was the Bandits that would score next as Aharon Lara would finish off a nice passing play from JB Sweeney 94' (Bridgewater, MA) and Tyler Drevitch. That would be it for the scoring as both teams goalies would stand tall. The game would go to a shootout with Apple Core prevailing. Final Score BANDITS 2 Apple Core 3 in a shootout.

Empire Bandit Called up to EJ Bandits team: Tyler Drevitch was called up to the Boston Bandits EJ team during the week to face the Baystate Breakers EJ team. Drevitch currently leads the Empire team in assists, points and plus minus. This is the second time Drevitch has been called up to the EJ, having getting the call last season as well.

Stars sweep at home for first time since February



The **Buffalo Stars Empire Junior** hockey team swept a weekend series at home for the first time since last February as they defeated the visiting Frederick Freeze 4-0 and 7-3.

On Saturday the game started out with both teams playing cautious. Buffalo scored first as Robert Finn walked around 3 Freeze players and top shelled one home to put the Stars in the lead. The rest of the period was played pretty even and ended 1-0 in favor of Buffalo.

The second period was all Buffalo as Brian Ruff and Tom Leistner put Buffalo up 3-0. In the third the Stars got into a bit of sloppy penalty trouble and found themselves on the short end of two 2 man disadvantages. Buffalo was successful in killing off those penalties and managed to score as well with Brian Ruff netting his second of the game and sealing a 4-0 Buffalo victory. Alex Willis was strong with 36 saves for the win.

On Sunday, Buffalo came storming out quickly getting goals from Jimmy Ford and Brian Ruff just 5 minutes into the game. Frederick quickly came back to make a game of it and the period ended at 2-1 in favor of the Stars.

A sloppy start to the second period found the Stars looking rather than playing and Frederick managed to tie the game half way in on the power play. The Stars woke up as Cody Selbert put Buffalo into the lead for good at 14:06 and Brad Jones scored on the power play at 17:15. Frederick came back at 17:55 with a shorthanded score to once again make the game interesting, but Robert Finn scored off the power play at 19:14 to put Buffalo up for good.

The 3rd period was all Buffalo as the Stars scored twice on the power play off the stick of Brian Ruff and Brad Jones and the Stars went on the a 7-3 victory. Buffalo outshot Frederick 54-28. The Stars now improve to 6-7-3 in league play and 8-9-3 overall. Next up for the Stars is the **Annual Rochester Maksymum Showcase** this weekend as the Stars will face off against the Syracuse Stars twice and singles against Potomac and the Florida Blades. Although just under .500 in the standings, the Stars still find themselves in 9th place in the Conference. This weekend will be huge for Buffalo if they hope to move into playoff contention as they find themselves battling for that final spot with Brewster, Maksymum and Potomac.

For more information about the Buffalo Stars visit us on line at: www.buffalostars.com

Jr Blades put player performance first with Athletic Republic



How well do you know your body? How does athletic development really benefit your hockey game? Do you know *how* to train, or *why* you train? The Florida Jr. Blades and Athletic Republic are the difference between the “how” and the “why.”

The focus of junior hockey programs is development, and providing young men the ability to transition from junior hockey to collegiate or professional leagues. They teach the “why” of athletic training and help develop the innate ability for players to better understand their bodies. The Athletic Republic master trainers integrate speed, strength, quickness and plyometrics as a lifestyle – not a redundant routine.

The Jr. Blades organization provides players with the finest way to develop to their highest potential. Players are trained by master trainer and associate coach Jake Laime, as well as head coach Tad O’Had, the Vice President of Hockey at Athletic Republic. Full-time strength and conditioning coach Nick Westcott holds a degree in exercise science and has co-authored many articles on athletic training. The training staff holds special events for the players, such as the pre-season Strong Man competition and awards a monthly Athletic Republic Strength and Conditioning Player of the Month. They implement nutritional guidance, testing both on and off the ice, and have players keep an updated training journal. The expert staff, professional facilities and years of knowledge of the sport allows Jr. Blades players to gain strength, speed and help prevent against injuries during the season. The staff’s elite training and focused mindset is the foundation of the program, emphasizing player development.

The facilities are top-notch, giving the players access to professional-level equipment. From stride work on the hockey treadmill, to special tools such as Power Cords and vision training with NHL-caliber tools like the Nike Vapor Strobes. Jr. Blades players have the ability to see elite level players train at Athletic Republic during the summer – like KHL Stars Ryan Vecse.

The Jr. Blades and Athletic Republic are rooted in the fact that their success is weighted by player development. They teach players what the difference in training means to their game. Athletic Republic is where athletes who give 110% get the extra 10%.

Maksymum and Stars Split Weekend



Maksymum (Rochester) Selects traveled over to the Cicero Twin Rinks this past weekend for a series with the **Syracuse Stars**. This was the first meeting between the two teams this season.

Saturday's game was a back and forth game with 3 lead changes as the Stars got on the board 55 seconds into the game on an Alex Brink goal. Maksymum tied the game 5 minutes later with a goal from Tyler Gmerek. The Stars took the lead midway in the period on Jeremy Marginsky's goal to take a 2-1 lead into the first intermission. The Selects then tied the game early into the 2nd period on a power play goal from Ashton Laird. The Stars then took the lead again midway in the period on a goal from Alex Tuch. Then with about 5 minutes remaining in the 2nd the Selects tied the game again at 3-3 on a goal from Mikel Williams. Maksymum's Chris Morgan's goal at 7:47 of the third period proved to be the game winner as the Selects edged the Syracuse Stars 4-3.

In Sunday's game the Stars exploded with 4 goals in the third period, 3 of them in the last 6:39 to defeat the Maksymum Selects 7-3. Leading the offensive attack for the Stars were Alex Tuch and Jeremy Marginsky each with a pair of goals and single tallies by Trent Yule, Josh Sova, and Anthony Angello. Goaltender Tyler Kraft made 17 saves in picking up his 4th win on the season. With the victory the Stars split the weekend series against Maksymum and improve their record to 14-8-0 and remain in second place in the Western Conference; two points behind the Jersey Wildcats and New York Applecore.

The Stars will travel down the road to Rochester to the Sports Center at MCC this weekend for the "Battle of the Stars" as they play two games against the Buffalo Stars.



Philadelphia Revolution - vs - NJ Hitmen



Just 2 points behind in the standings the Revolution were nipping at the heels of the Hitmen. Big gun for the Hitmen, John Redgate, fired first as he scored a pair of special team goals in the 1st period. The Hitmen had the Revolution down 3 -1 until the explosive scoring power of Kyle Jennings was once again released. Jennings was responsible for the next 3 Revolution tallies which tied the game at 4 aside. Then on a 2 on 2 rush, winger “Manny Manvil Billones” sauced a net front pass to line mate Ben Orłowski who was driving the middle lane of the ice. Orłowski fought through the traffic as he drove to the net and was able to free up his stick enough to redirect the puck passed the sliding pads of the NJ netminder, for his first goal of the season. Captain Ryan O’Malley hammered the nail into the coffin as he blasted a 1 timer on the power play into the back of the net, to give the Revolution a 6 - 4 victory, and the 2 points needed to tie NJ for the 4th place position.

With high energy goal scorer Kyle Jennings serving a suspension, Philadelphia would look for other players to step up and fill the void. The Revolution had to look no further then to recent addition to the team, Pete Malamud. After a strong 1st period which resulted in a 2 - 1 lead for Philly, thanks to goals from Frank Lanni and Sean Fleming, the Pete Malamud show began. He opened with 2 goals in the second with the assists going to line mates Fleming and Wallace. After a gutsy comeback from NJ to tie the game at 4, Defenseman Jon Houck cycled the puck behind the net to Fleming who found Malamud in the slot. Pete gave the Revolution a late lead as he snuck his shot through the five-hole of NJ’s goalie with only 2 minutes and change remaining in the game. Once again it was Pete Malamud lighting the lamp on the empty net to seal the Revolution victory at 6 to 4.



Kings Get Back on Track



After dropping two games in a row for the first time this season the **South Shore Kings** Empire hit the road for Springfield to take on the always tough Springfield Pics. In a game that saw limited even strength play the Kings killed off 10 of 11 Pic power plays to come out with a 5-3 victory. Brian Jacobs stopped 42 of 45 shots including some key saves during a 3rd period 5 on 3.

The Kings returned home on Sunday to take on the first place Jr Bruins. In a very entertaining game, the Kings came away with a

4-1 victory.

Looking Ahead

The Kings will take on the Bay State Breakers Friday at Rockland before returning home on Sunday to take on the Bridgewater Bandits. The team will enjoy a week off for the Thanksgiving holiday before starting the second half of the season in December.

Empire South News & Notes

Friday, November 11th

East Coast Eagles 7, Valley Jr Warriors 3

Trevor Berman and Graff Richards scored 2 goals each and Spencer Braswell was in goal in the Eagles' win. Three different players scored for the Warriors.

Boston Bandits 7, Tampa Bay Juniors 4

Paul Fregeau scored twice for Boston. Nick Reed, Ryan Odgers, Davis Cross and Jeff Meyer scored goals for Tampa Bay. Kyle gertz made 28 saves for the Juniors.

New England Huskies 6, Tampa Bay Juniors 3

Zach D'Errico scored 3 times for New England. Ryan Odgers, Brendan Nicholson and Dustin Disbro scored for Tampa Bay, which got 27 saves from Aaron Wise.

New Hampshire Jr Monarchs 10, East Coast Eagles 2

Kevin Mullaney and Trevor Berman scored for the Eagles, Corey Smargiassi and Scott Jackson combined for 28 saves. Teddy McCarren tallied 3 goals and 1 assist for New Hampshire.

Brewster Bulldogs 4, Palm Beach Hawks 0

Louis Sanchez stopped all 18 shots faced and four different players scored goals for Brewster. Nikita Chubukin made 32 saves for Palm beach.

Saturday, November 12th

New England Huskies 3, East Coast Eagles 2

Jason Dicey scored late to win it for New England. Kevin Mullaney and Joshua Martinez scored for East Coast. Scott Jackson made 30 saves.

NY Apple Core 5, Palm Beach Hawks 1

Five different players scored for Apple Core. Brett Yochum scored and Nikita Chubukin made 23 saves for Palm Beach.

Brewster Bulldogs 6, East Coast Eagles 2

Jake Garay scored 3 goals for Brewster, which went 2-for-8 on the power play. Matthew Burleson and Joshua Martinez scored goals and Cody Smargiassi made 43 saves for East Coast.

Tampa Bay Juniors 5, Valley Jr Warriors 3

Nick Reed, Ryan Odgers and Dustin Disbro had a goal and assist each, with Chad Page and Brendan Nicholson scoring once each for Tampa Bay, which got a 19 save performance from Aaron Wise. Scott Morrison scored twice for the Warriors.

New Hampshire Junior Monarchs 12, Palm Beach Hawks 0

Paul Pirozzo had 3 goals and 2 assists for the Monarchs, which got 8 saves from Dylan Palmer while going 2-for-5 on the power play. Nikita Chubukin and Sean Shriner combined for 16 saves for Palm Beach.

Sunday, November 13th

Atlanta Knights 7, Florida Eels 1

Cole Stallard had a goal and assist for Atlanta. Sean Davis had 11 saves for the Knights. Erik Allard scored, while Travus McDonald and Dylan Knox combined to make 19 saves for the Eagles.

New Hampshire Jr Monarchs 4, Tampa Bay Juniors 0

Four different players scored goals, Sam Daley made 22 saves for New Hampshire. Kyle Gertz made 35 saves for Tampa Bay.

New England Huskies 6, Palm Beach Hawks 1

Shane Tracy scored 3 goals, Matthew Pate 2 for New Hampshire, Brian Tomczyk had 8 saves. Vince Cook scored the Palm Beach goal, Stephen Sundberg made 25 saves for the Hawks.



Here are some good Junior Blogs to follow:

USA Junior Hockey: <http://www.usacollegehockey.com/cgi-bin/UBBCGI/ultimatebb.cgi>

A great board for Junior Hockey discussion. I post in here all the time and am a moderator.

American Junior Hockey: <http://www.americanjuniorhockey.com/>

Another good site I always post in.

Wrist Shot Hockey: <http://www.wristshot Hockey.net/>

and of course our own blog at: <http://juniorhockeytalk.proboards.com/>

Please give us your feedback on this Newsletter and make sure to get it into the hands of your players and parents. This is only our first issue. It will only be as good as you make it. Make sure to keep news flowing in. sportsniag@aol.com

Pete Preteroti

AMERICA IS GREAT



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