



# Game Day

Fall 2014

A Publication of the Buffalo Bison Hockey Association

## Welcome to Game Day

We are focusing on our Girls Program in this edition of the newsletter. Bison Hockey, which began in 1959, formed our first girls' team in 1989. We won our first New York State Championship in 1993. Since then, our teams have appeared in 42 state finals and won the Championship 29 times. Today, Bison Hockey has become one of the premier girls' programs nationally. On the insert page of **Game Day** we have included the names of over 120 women from our program who have gone on

to play college hockey at over 48 colleges and universities in the US and Canada. This season, Bison Hockey has five girls teams, ranging from 10 & Under up to 19 & Under. Our teams compete locally in the Lower Lakes Female Hockey League in Southern Ontario as well as against the strongest girls programs in New York, New England and the Midwest. Included in this newsletter are articles on a variety of topics, including women's college hockey, Bison Hockey's Skill Development

Model, our new hockey director, Shelley Looney, and how one player's Bison Hockey experience set the foundation for success. If you have a daughter who is interested in joining our program or learning more about us, please visit our website [www.bisonhockey.net](http://www.bisonhockey.net) for more information. Or feel free to contact Michael Beecher (716-536-2355) or Amy Kneer (716-465-5522). We welcome your interest. Enjoy reading our newsletter.

## Yesterday's Bison Hockey Players, Today's College Hockey Coaches

**Colleen Harris**  
Head Women's  
Ice Hockey Coach,  
University of  
Massachusetts,  
Boston, MA



*Two former Bison Hockey players have risen up the ranks to become respected college hockey coaches. Below, they share Bison Hockey memories, as well as what women's ice hockey is like at the college level.*

### What was your experience with Bison Hockey like?

**Colleen:** I started when I was 12 and played until I was 19. I didn't want to go at first, so my parents had to drag me kicking and screaming. I didn't think it would be as competitive as the teams I played on before, where I was typically the only girl. Coach Mike Walsh was running the first practice; to my surprise, I just loved it.

During my years there, we went to four state championships and to nationals four times. We also placed third in the 16 & Under division. It was really a great time in my life. And honestly, the success I have today is based on my experience at Bison Hockey.

**Jaime:** I played for three years, from 1992 to 1995. I had always played on all-boys teams before. I went to the USA Hockey youth tryouts in Whitesboro and was recruited by Warren Gelman. I didn't even know then that

there were girls' teams out there, but I loved Bison Hockey from the start.

One of my favorite memories is when we went to New Hartford to the state championships in the spring of 1993 and won. Someone had brought non-alcoholic champagne and we sprayed it all over Mr. Gelman. He was such a good sport. All the people at Bison Hockey were fabulous.

### How does Bison Hockey compare nationally?

**Colleen:** They are a phenomenal organization. They are always one of the top contenders in championships and tournaments. I love seeing that when I'm recruiting.

**Jaime:** If you look at where players are coming from in college hockey and even on other college sports teams, you will see so many faces coming from Bison Hockey.

**Jaime Totten**  
Head Coach,  
Hobart William  
Smith College,  
Geneva, NY



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## Bison Hockey Welcomes New Director, Shelley Looney

Shelley Looney's love of hockey began at the age of six thanks to her younger brother, Kelly. Her parents got him involved in the sport and Shelley had to tag along to games and practices, watching from the stands. When he no longer wanted to play, Shelley expressed an interest in taking his place.

Back then her parents weren't even sure if the team would allow girls to play. Fast forward to today, when Shelley is one of only 20 American women to earn an Olympic gold medal in the sport. And, as of May 2014, she officially became Buffalo Bison Hockey's new hockey director.

### A Record of Success

Born in Michigan and trained at Northeastern University, Looney was part of two U.S. teams that won Olympic medals. In the 1998 Winter Olympic Games in Nagano, Japan, she was one of the American team's top scorers, scoring what proved to be the game-winning goal against Canada in a 3-1 victory. In 2002, she was a key member of the silver medal-winning team in Salt Lake City, Utah.

Looney also played in eight International Ice Hockey Federation Women's World Championships, winning seven silver medals and one gold, as well as eight 4 Nations Cup Tournaments, winning six silver medals and two gold. Shelley ended her playing career with 61 goals and 136 points in 151 games.

### A Passion for Youth Hockey

In 2004, Looney began her coaching career when she was hired to help coach the boys' 17 & Under team for USA Hockey's National Team Development Program. She then served as assistant coach at the University of Vermont, eventually becoming the coaching director for the New Jersey Colonials youth hockey organization, where she grew the program from two teams and 35 players to eight teams and 150 players.

"Youth can learn so much through sports; not only about the game, but lessons that will help them through life," said Looney. "Hockey has been a large part of my life. I really enjoy opportunities to give back to the game that gave me so much."

After leaving the Colonials, Looney went on to serve as Girls' Atlantic District Player Development Director at the Atlantic Amateur Hockey Association until 2013. When she got the call from Bison Hockey, she knew it was an opportunity she couldn't pass up.

"As I learned more about the organization and the history of the club, my interest was piqued even more," she said. "The vision to take the club to the next level and promote player development at every age is one that I believe in."

In her new role as hockey director, Looney will focus on overseeing the skill development of boys and girls youth hockey players from U6 to U19.

"Implementing USA Hockey's ADM program (see page 4 of this newsletter for more about ADM) will provide a starting point and the foundation for growth," she said. "I want to continue to grow and develop Bison Hockey's tradition by focusing on teamwork, and player and coach development – and growing the love of hockey."



## Bison Hockey: A Foundation for Success in Hockey – and Beyond



By Abby Cleary

I started playing for Buffalo Bison Hockey when I was six years old.

I first played in the Chucksters program and then with the Rising Stars on

the small ice at Nichols. When I was seven and eight, I was lucky enough to play on the U10 developing select team against some other Western New York organizations. It was a lot of fun and I enjoyed my first game experiences with both boys and girls.

My first full ice team was the girls U10. We played in the Lower Lakes League in Canada, traveling to towns like St. Catherine's, Stoney Creek and Oakville. I am still good friends with many of the girls I used to play against on those teams. Over the next six years, I played with the Bison's U10, U12, and U14 teams. During that time, we were very successful, winning states and competing twice at the U.S. Nationals in Green Bay and Boston.

Some of my favorite things about playing for Bison Hockey were the skills development program with Tom Iafallo and Kevin Orzechowski and meeting so many friends both on my team and on competing teams. Of course, I also have great memories of traveling to the tournaments and staying at the hotels.

Last year, I was fortunate enough to be able to attend Shattuck-St. Mary's School in Faribault, MN. Shattuck has one of the best girl's hockey programs in the country, allowing the players on ice sessions every day along with a full academic program. The setting is like a regular high school, only with boarding and a more intense hockey experience. The highlight of our 2013-2014 season was winning the Girls Tier I U16 Nationals in Boston this past April.

I hope to take my hockey and academic experience and attend a top university where I can further my course work and continue to play hockey. The Buffalo Bison program provided me the foundation for everything I have accomplished this far. Thank you Bisons!



## Keep Up To Date!

Check our website at [bisonhockey.net](http://bisonhockey.net).

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## College Hockey Coaches *continued from page 1*

### Where is women's college hockey today?

**Colleen:** I played college hockey from 2004 to 2009 and today it's more competitive than ever.

**Jaime:** There are a lot more teams today and more schools adding the sport. When I first started playing college hockey in 1995, there were no women's hockey programs in the Midwest. Now you have so many teams out of places like Minnesota, Wisconsin and Ohio.

### What's the difference today between Division I and Division III women's hockey?

**Colleen:** The mentality is different. In a Division III, you can enjoy a more well-rounded college experience. In Division I, you're basically focused on hockey and academics. That's it. But with Division III, you can have a social life, do an internship, or join a club. The commitment level of my players is the same as Division III, but they have a little more flexibility in their schedules.

**Jaime:** The rules are different — and less stringent — in Division III versus Division I. For instance, the NCAA (National Collegiate Athletic Association) sets a certain GPA that all Division I student-athletes must maintain; Division III colleges typically set their own standards.

# Skills Development: The ABCs of ADM

*As the new season gets underway, much has been done behind the scenes to ensure this is a great year for every child playing hockey here. The team at Buffalo Bison Hockey has been working hard to identify, develop, and implement a curriculum that follows the American Development Model (ADM). As a result, things may look a little different; but we believe it's a positive change that will benefit our players.*

## Learn More About ADM Visit [admkids.com](http://admkids.com)

You'll find a variety of information and resources for parents and coaches, including:

- Age specific modules so coaches have many age appropriate resources at their fingertips.
- Skills development coaching apps and practice plans.
- Answers to questions parents frequently ask about ADM.
- A breakdown of ADM principles by age group.

### What is ADM – and What are the Principles Behind It?

Developed by USA Hockey, the ADM places an emphasis on teaching the skills and fundamentals of youth hockey at age appropriate levels – increasing the athlete's skill level, enjoyment and proficiency, as a result.

The ADM use long-term athlete development (LTAD) uses principles as its framework.

These principles are influenced by the following 10 key factors:

1. **FUNdamentals** – Learning basic movement and sports skills should be made fun.
2. **Specialization** – Well-rounded, multisport athletes have the highest potential to achieve.
3. **Trainability** – Missing optimum opportunities significantly affects a child's ability to reach his or her potential.
4. **Ten Year Rule** – Refers to the '10 year – 10,000 hour rule' relating to the need of practice for three hours a day for 10 years to become proficient.
5. **Physical/Mental/Cognitive/Emotional Development** – Focusing while remaining calm and confident is an essential skill to long-term performance.
6. **Biological Age vs. Chronological Age** – Chronological age is a poor guide to segregate adolescents for competition.
7. **Periodization** – Segmenting the calendar year into appropriate time intervals for preparation, competition, rest and recovery.
8. **System Alignment and Integration** – There needs to be a structure that is athlete-centered and looks at the individual player's development.
9. **Calendar Planning for Competition** – There needs to be a system for how to best use our kids' time on and off the ice.
10. **Continuous Improvement** – This ensures our sport is readily able to respond and implement new sports science innovations and observations.

It should be pointed out these LTAD principles are nothing new. They are widely accepted and followed in many other sports and other hockey cultures adhere to them, as well. As a result, while they have far fewer players than the U.S., countries like Sweden, Finland and the Czech Republic have created a reputation for developing elite players.

### How ADM Impacts Coaches & Parents

For coaches, the ADM helps make them more aware of what is most appropriate at each stage of a child's athletic development. With a limited amount of time with each player, coaches need to not only be efficient, but also give kids what they need most at each stage. According to USA Hockey, this approach can optimize player development and limit coaches' frustrations in attempting to teach what kids are least receptive to.

For parents, ADM gives children the best opportunity to be successful in hockey over the long run.

All that said, "The ADM is not a mandate by USA Hockey," said Bison Hockey Director, Shelley Looney. "It's simply guidelines and recommendations for incorporating skill development into fun activities in an age appropriate manner."

## Bison Hockey Girls Who Have Played Women's College Hockey

In 1998, women's hockey appeared in the Olympics for the first time ever — and the U.S. team won gold. After that, there was a 10-fold increase in the number of registered players in the country. Since then, there has been a growing interest in hockey, particularly among girls, with many female players going on to play college hockey. Here's a look at a few from Bison Hockey:

### Amherst College (3)

Leah Kaplan  
Annie Morrow  
Tori Salmon

### Boston College (2)

Emily Pfalzer  
Colleen Harris

### Boston University (1)

Maddie Elia

### Brown University (1)

Kim Insalaco

### Buffalo State (9)

Kim Costanzo  
Renee Hamm  
Mary Keddie  
Kelly Mendola  
Crissy Michalek  
Brianna Murphy  
Tara Ostempowski  
Jamie Overbeck  
Christina Williams

### Castleton State College (1)

Cassie Koehne

### Colby College (2)

Sarah Gelman  
Meaghan Sittler

### Colgate University (5)

Lindsay Barton  
Kristin Cirbus  
Charlotte Hennigar  
Kim Sass  
Annika Zalewski

### Connecticut College (2)

Brigid O'Gorman  
Jane Pagano

### Cornell University (6)

Alana Hayes  
Kristin Herman  
Paige Kromke  
Lindsay Pegler  
Kelvey Richards  
April Wall

### Cortland State (5)

Julia Fleming  
Maggie Giamo  
Chelsea Housburger  
Ashley Meyers  
Carolyn Wolcott

### Elmira College (3)

Jennelle Bauer  
Rachel Gramp  
Leah Pabst

### Guelph University (1)

Ashley Sittler

### Hamilton College (5)

Erica Colligan  
Emily Koren  
Katherine Manning  
Abby Runyon  
Jill Tokarzacak

### Harvard University (1)

Kyle Walsh

### Holy Cross University (1)

Vanessa Jones

### Lake Forest College (3)

Jill Fox  
Jenn Hill  
Theresa McDermott

### Mercyhurst College (4)

Julia Ditondo  
Kerry Ryan  
Kelsey Welch  
Pamela Zgoda

### Michigan State University (1)

Rebecca Wiseman

### University of Maine (1)

Carolyn Faust

### Manhattanville College (1)

Kristin Sahlem

### Middlebury College (4)

Jessica Brownschidle  
Ann Marie Cellino  
Mimi May  
Grace Waters

### University of New Hampshire (1)

Melissa McKenzie

### Niagara University (5)

Amanda Greer  
Linda Groff  
Margaret Kolodziejczyk  
Erica Owczarczak  
Jen Skalski

### Nichols College (1)

Stacy McGrath

### North Country Comm College (1)

Terri Reid

### Northeastern University (3)

Kim Beneduce  
Sarah Schwanz  
Jaime Totten

### Ohio State (2)

Julia Iafallo  
Allie Gazuik

### Oswego State (6)

Kendall Appelbaum  
Chelsey Hunt  
Mackenzie Lee  
Rachel Leonard  
Ashley Lyman  
Bridgitte Smith

### Penn State University (1)

Kelly Seward

### Plattsburgh State University (3)

Adrianna Riggio  
Julia Duquette  
Lizzy Viola

### Princeton University (4)

Laura Hays  
Dina McCumber  
Marykate Oakley  
Brittany Salmon



Marykate Oakley, Princeton '08  
Brittany Salmon, Princeton '08

### Providence College (1)

Madison Sansone

### Quinnipiac University (1)

Cara Costantini

### Rensselaer Polytechnic Institute (1)

Emily Donowick

### Robert Morris College (2)

Morgan Beikirch  
Jamie Ferrentino

### Rochester Institute of Technology (8)

Hannah Epstein  
Brittany Hennigar  
Merrick Jensen  
Jill Johnson  
Charlotte Mis  
Kristina Moss  
Kristine Pearce  
Lisa Sturm

### Salve Regina (1)

Chelsea Smith

### St Lawrence University (2)

Whitney Carbone  
Meghan Guckian

### St Michael's College (1)

Kristen Splecki

### Syracuse University (1)

Jacquie Greco

### Trinity College (2)

Brigitte Cellino  
Jill Roloff

### Union College (2)

Brandy Streeter  
Haley Welch

### University of Vermont (5)

Susan Gelman  
Kate Lesniak  
Jean Richards  
Karen Sentoff  
Shivaun Siegl

### Utica College (2)

Lindsay Norton  
Amanda Todd

### Wesleyan University (1)

Rachel Stemmerman

### Williams College (1)

Wendy Stone

### Yale University (1)

Emily Hyde



# Meet Shelley Looney

Director of Hockey  
Bison Hockey Association

*“It’s not about focusing on the best team or the best players. It’s not even about winning. It’s about developing. I believe when you develop, success will come.”*

*- Shelley Looney*



- Two-time USA Olympian
- Appointed to USA Hockey’s Board of Directors
- Played on the Women’s National Team for 14 years
- Formerly the Girls’ & Women’s Hockey Director for the New Jersey Colonials