



Roster



#	Name	Pos
1	Melanie Volpe	
3	Lucy Bellissimo	
7	Rylee Gee	
11	Alexandra Marcin	
20	Jade Iginla	
21	Katherine Powell	
24	Emily Gerrie	
32	Katherine Burcham	
40	Emme Coquet	
77	Madeline McDonald	
88	Macy Gehrke	
92	Lilli Bills	
99	Cassandra Troy	G
	Annalena Heuten	G

Upcoming Events

Watch for info this week on a breakfast get together next Saturday between games at Silver Sticks.



Hockey League

Saturday October 24, 2015 : Game 2

Select 12U C470

VS

Littleton White

With the tournament next week it's important to think about nutrition and how it affects the athlete. Below is some excerpted info from Coach Corey on the US Women's diet regimen in the Olympics.

— At 7 a.m. Saturday, five hours before the United States opened the Olympic women's hockey tournament with a [3-1 victory over Finland](#), the Americans ate a breakfast of scrambled eggs, chopped baked potatoes, oatmeal, cereal, strawberries and blueberries.

Two hours later, a pregame snack included bananas and more oatmeal fortified with peanut butter and almond butter.

Afterward, fresh fruit was available in the locker room, along with liquid yogurt, peanut butter and jelly sandwiches and shakes made of whey protein, pineapple, bananas and orange juice.

"You want to have a lot of gas in the tank so you can show how good you are," said Katey Stone, the American coach. "It's just one more piece of the puzzle so that you have an advantage, a little edge."

"We can do all the training in the world," Julie Chu said, "but if we don't fuel our bodies right, that training's not going to mean anything."

"If you want something as bad as you want to breathe, then you can do it."

— [Tyler Seguin](#)



Hockey Movies & TV Shows

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Silver Sticks
THU 10/29
@6:00PM
Vs
LRRs
See calendar for rest of games



The Tournament is a Canadian TV show. It filmed as a mockumentary and follows a PeeWee hockey team and their families. Mainly focused on one family it is a hilarious look at youth hockey and the parents that live it. It's hard to find but worth the look.

...Suggested by Daroah Powell



Lucy Bellissimo

Player Profile #3

Least Favorite Subject: Math
 Least Fav Pizza Topping: Cheese
 Fav Breakfast Food: Potatoes
 Fav Hockey Player: Melanie Volpe #1
 Fav Sport Besides Hockey: Volleyball

Hockey Superstitions: \$20 (lucky)
 If you could be any animal what would you be and why: Panda—
 Eat, sleep all day
 What is the nicest thing you have done for someone? Cooked
 food for people in need
 Who is the best cook in your family: My mom
 What is the newest word you learned: Cumpleanos—birthday



Lilli Bills

Player Profile #92



Least Favorite Subject: Math
 Least Fav Pizza Topping: Peppers
 Fav Breakfast Food: Eggs
 Fav Hockey Player: Foote
 Fav Sport Besides Hockey: Softball

Hockey Superstitions: No
 If you could be any animal what would you be and why: A bird,
 so I can fly
 What is the nicest thing you have done for someone? Pick up
 their books
 Who is the best cook in your family: My mom
 What is the newest word you learned: Superstitious

Littleton White Roster

#	Name	GP	G	A	PTS	SOG	SOG %
26	JACOB BERGER	1	1	0	1	1	100.0
23	COLE SAGE	1	0	0	0	0	0.0
50	MASSIMO ZAGNOLI	1	1	0	1	1	100.0
25	LOGAN BAESMAN	1	0	0	0	0	0.0
49	JAKE O'DONNELL	1	0	0	0	0	0.0
35	ANDREW DEBERARDINIS	1	0	1	1	0	0.0
38	ROBERT ALWELL	1	0	0	0	0	0.0
48	KEVIN BARRY	1	1	0	1	1	100.0
46	CALEB BENNETT	1	0	0	0	0	0.0
37	RACHEL PENZENSTADLER	1	0	1	1	0	0.0
22	TYLER SULLENBERGER	1	0	0	0	0	0.0
51	CONNOR GILMARTIN	1	0	0	0	0	0.0
47	RYAN JOHNSON	1	0	1	1	0	0.0
39	CALEB EPP	1	0	1	1	0	0.0
52	GUSTAV THORPE	1	0	0	0	0	0.0
53	JACOB JONES	1	0	0	0	0	0.0

#	Name	GP	MIN	W	L	T	SOL	SOG	SV	GA	GAA	SV %	SO
31	HUNTER ANDERSEN	1	45:00	1	0	0	0	3	3	0	0.00	1.000	1

C470 Standings

Team	PTS	GP	W	L	T	GF	GA
C470 CSGHA PW	2	1	1	0	0	8	0
C470 LHA PW Red	2	1	1	0	0	12	4
C470 LHA PW White	2	1	1	0	0	3	0
C470 AYHL PW Warrior Knights	0	0	0	0	0	0	0
C470 AYHL PW Warrior Titans	0	0	0	0	0	0	0
C470 AYHL PW Warrior Raiders	0	0	0	0	0	0	0
C470 AYHL PW Warrior Spartans	0	1	0	1	0	0	3
C470 LHA PW Black	0	1	0	1	0	0	8
C470 AYHL PW Warrior Gladiator	0	1	0	1	0	4	12

Hockey Facts

Before 1914, referees used to place the puck on the ice between the players' sticks for faceoffs. This led to many cuts, bruises and even broken hands for the referees. Starting in 1914, the referees were allowed to drop the puck between the players' sticks.