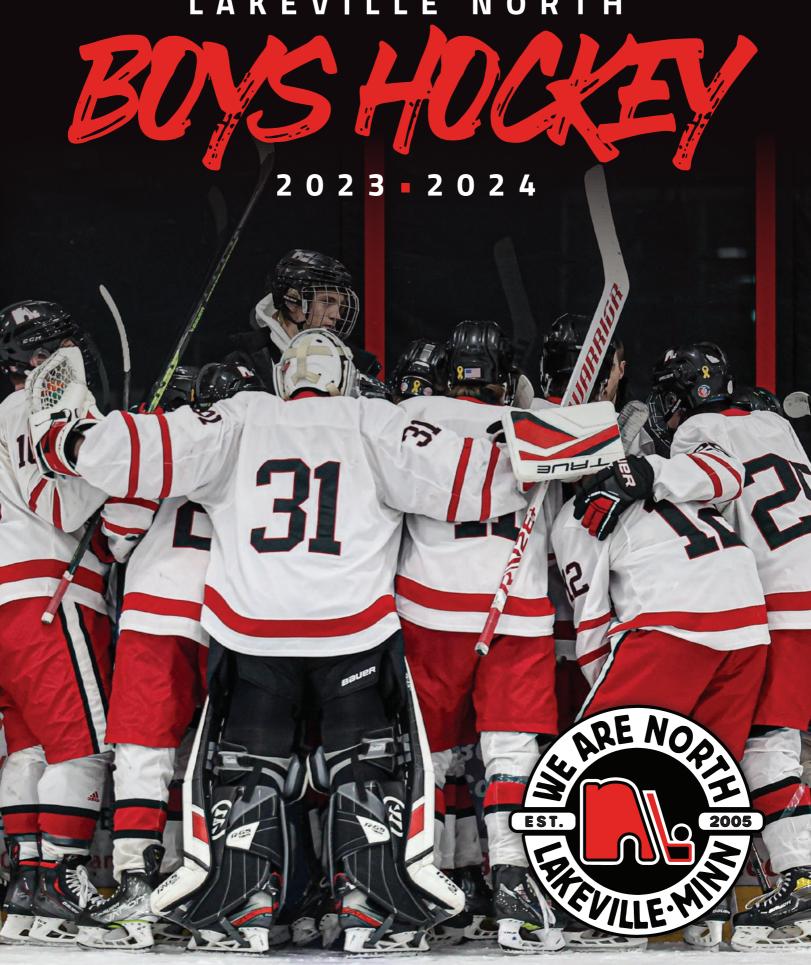
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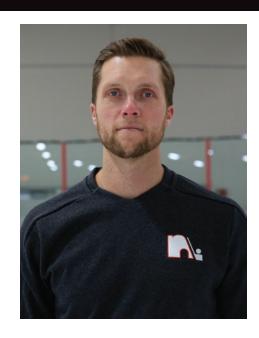
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# MEICONE

As the head coach for Lakeville North Boys Hockey, I am looking forward to harnessing a hockey culture built upon the pursuit of EXCELLENCE, from the Mite level of play through our High School Hockey program!

Lakeville North Hockey will evolve to become a strong and vibrant hockey community, with consistent messaging to players, coaches and parents throughout our youth and high school programs. As a part



of this Culture, we will also be introducing a new way of communicating to our players and coaches, with words like Identity, Reputation, Standard of Play and Excellence as cornerstones for our hockey program, BOTH on and off the ice! These words will be consistently communicated and discussed on a regular basis throughout our hockey community, a vernacular that will serve as the cultural foundation of our hockey program and true measure of our success.

Further, I am committed to a Vision where North Hockey Game Days are embraced and celebrated by our entire hockey community! It's my goal that we collectively create a culture that drives a wave of enthusiasm throughout the North Hockey fan base, attracting significant crowds on game days in creating an "over the top hockey experience!" That said, I hope to reignite a strong passion and desire in our youth that leads them to dream of someday wearing a North Hockey sweater, never wanting to miss a home game and desperately wanting to someday become a part of the North Boys Hockey tradition. In the end, my ultimate goal is to develop a strong and vibrant hockey community, joining together and rallying around the one thing we all have in common: "WE ARE NORTH".

I look forward to partnering with our hockey community in the years to come creating a hockey experience like no other, joining us all together in the pursuit of EXCELLENCE for our student-athletes!

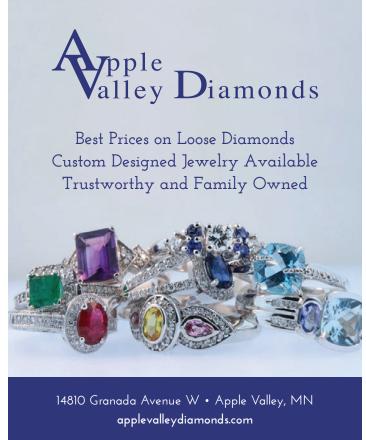
See you at the rink!

### **Jake Taylor**

Varsity Head Hockey Coach Lakeville North Boys Hockey

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### **WE ARE NORTH**





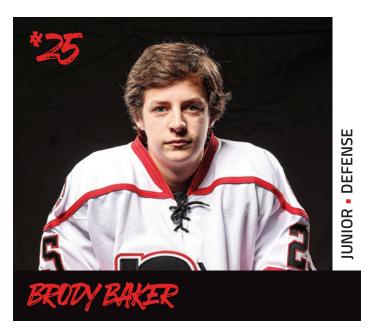
PREGAME SONG: ALL OF THE LIGHTS. PREGAME MEAL: CHIPOTLE. BEST SPORTS ADVICE GIVEN TO ME: HARD WORK BEATS TALENT WHEN TALENT DOESN'T WORK HARD. MY HERO: MY DAD. IN 10 YEARS I SEE MYSELF: WORKING FOR A BUSINESS. ADVICE FOR YOUNG PLAYERS: AWAYS WORK AS HARD AS YOU CAN. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: GUNNER CONBOY. GOAL FOR THIS SEASON: PLAY 1ST LINE JV. PREGAME RITUAL: LISTEN TO MUSIC. 3 WORDS THAT DESCRIBE ME: ENERGETIC, CARING, WILLING. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: HANGOUT WITH FRIENDS. NICKNAMES: BEEF.



PREGAME SONG: POKERFACE. PREGAME MEAL: CHIPOTLE. BEST SPORTS ADVICE GIVEN TO ME: HAVE FUN. MY HERO: MOM. IN 10 YEARS I SEE MYSELF: WORKING A GOOD JOB AND HAVING A FAMILY. ADVICE FOR YOUNG PLAYERS: ENJOY EVERY PRACTICE AND GAME. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: MARCUS. GOAL FOR THIS SEASON: STATE. PREGAME RITUAL: TAPE STICK, LISTEN TO MUSIC. 3 WORDS THAT DESCRIBE ME: HARDWORKING, NICE, POSITIVE. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: HANG WITH FRIENDS AND GOLF. NICKNAMES: ARNY.



PREGAME SONG: FREESTYLE- LIL BABY. PREGAME MEAL: SPAGHETTI. BEST SPORTS ADVICE GIVEN TO ME: HARD WORK BEATS TALENT WHEN TALENT DOESN'T WORK HARD. MY HERO: MY DAD. IN 10 YEARS I SEE MYSELF: HAVING A GOOD JOB. ADVICE FOR YOUNG PLAYERS: PRACTICE LIKE A GAME. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: NHL. GOAL FOR THIS SEASON: MAKE STATE. PREGAME RITUAL: TAPE STICK, WARM UP. 3 WORDS THAT DESCRIBE ME: NICE, COMPETITIVE, QUIET. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: HANG OUT WITH FRIENDS, PLAY VIDEO GAMES. NICKNAMES: BACHEY.



PREGAME SONG: I BELIEVE BY PHIL WICKHAM. PREGAME MEAL: SUBWAY. BEST SPORTS ADVICE GIVEN TO ME: HARD WORK BEATS TALENT WHEN TALENT DOESN'T WORK HARD. MY HERO: MY PARENTS. IN 10 YEARS I SEE MYSELF: GRADUATED FROM COLLEGE AND. ADVICE FOR YOUNG PLAYERS: ENJOY EVERY MOMENT BECAUSE IT GOES FAST. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: TIM TEBOW. GOAL FOR THIS SEASON: MAKE IT TO STATE. PREGAME RITUAL: TIE MY LEFT SKATE FIRST. 3 WORDS THAT DESCRIBE ME: THANKFUL, RESPECTFUL, HARDWORKING. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: HANG OUT WITH FRIENDS. NICKNAMES: BAKES.







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## WE ARE NORTH



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PREGAME SONG: SILLY WATCH LIL UZI VERT. PREGAME MEAL: CHICKEN WRAP. BEST SPORTS ADVICE GIVEN TO ME: TRY MY HARDEST, NEVER GIVE UP AND LET GOD DO THE REST. MY HERO: MY DAD. IN 10 YEARS I SEE MYSELF: FLYING IN THE AIRFORCE. ADVICE FOR YOUNG PLAYERS: YOU ARE GOOD ENOUGH IF YOU TRY YOUR BEST. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: F22DEMOTEAM. GOAL FOR THIS SEASON: SUIT UP FOR MULTIPLE VARSITY GAMES. PREGAME RITUAL: STRETCH, SIT BY ICE AND VISUALIZE, ALL WHILE LISTENING TO MUSIC. 3 WORDS THAT DESCRIBE ME: MOTIVATED, SMART, PERSISTENT. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: GO FLYING OR HANG OUT WITH FRIENDS. NICKNAMES: BUCK.



PREGAME SONG: POWER. PREGAME MEAL: CHICKEN AND RICE. BEST SPORTS ADVICE GIVEN TO ME: HARD WORK BEATS TALENT WHEN TALENT DOESN'T WORK HARD. MY HERO: MY DAD. IN 10 YEARS I SEE MYSELF: HAVE A FULL TIME JOB AND TRYING TO BUILD A FAMILY. ADVICE FOR YOUNG PLAYERS: IT'S ABOUT THE HOURS THEY DON'T KNOW ABOUT THAT COUNT. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: GUNNAR CONBOY. GOAL FOR THIS SEASON: HAVE AT LEAST 20 POINTS. PREGAME RITUAL: STICK HANDLE AND SHOOT PUCKS BEFORE GOING TO THE RINK AND WATCH GAME FILM. 3 WORDS THAT DESCRIBE ME: FUNNY, HARDWORKING, DETERMINED,. WHEN I AM NOT PLAYING HOCKEY ILOVE TO: HANGOUT WITH FRIENDS. NICKNAMES: JB, JBUTTS.



PREGAME SONG: TRANSPORTIN -KODAK BLACK. PREGAME MEAL: CHICKEN AND PASTA. BEST SPORTS ADVICE GIVEN TO ME: HARD WORK BEATS TALENT WHEN TALENT FAILS TO WORK HARD. MY HERO: MY DAD. IN 10 YEARS I SEE MYSELF: PLAYING HOCKEY. ADVICE FOR YOUNG PLAYERS: SHOOT PUCKS, LISTEN TO YOUR COACHES, AND GO HARD IN PRACTICE. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: JACK BUTLER. GOAL FOR THIS SEASON: MAKE THE STATE TOURNAMENT. PREGAME RITUAL: LISTEN TO MUSIC. 3 WORDS THAT DESCRIBE ME: TALL, DRIVEN, HARDWORKING. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: GOLF WITH MY FRIENDS. NICKNAMES: GUNSY, GUNNA.

### Sports injury?

## (Start at Summit.)

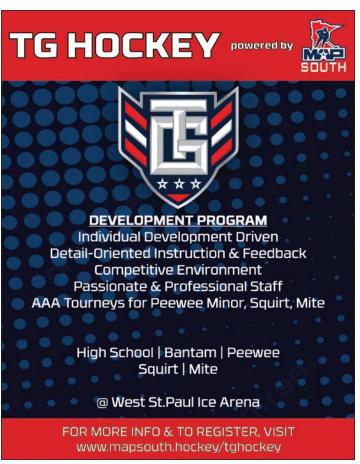








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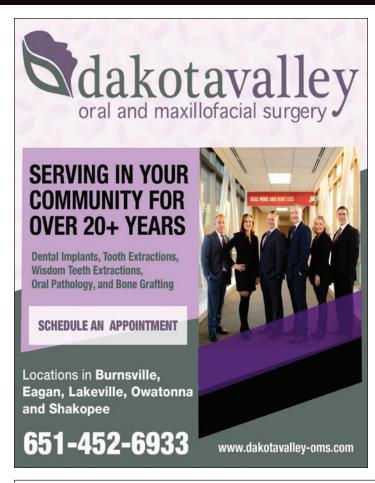


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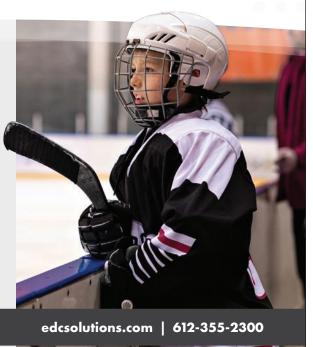
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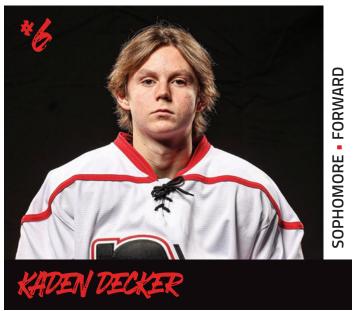


### **WE ARE NORTH**

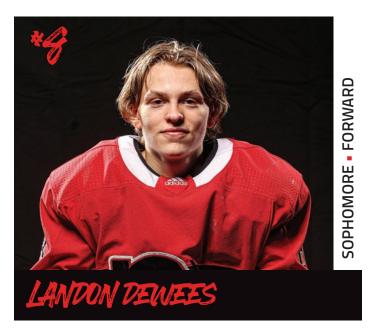




PREGAME SONG: LEMONADE FREESTYLE. PREGAME MEAL: JIMMY JOHNS. BEST SPORTS ADVICE GIVEN TO ME: YOU HAVE TO FORGOT THE BAD PLAYS AND MOVE ON TO THE NEXT ONE. MY HERO: MY PARENTS. IN 10 YEARS I SEE MYSELF: GETTING MONEY. ADVICE FOR YOUNG PLAYERS: PUT THE TEAM BEFORE YOURSELF. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: RYAN KURTZ. GOAL FOR THIS SEASON: PLAY MORE PHYSICAL. PREGAME RITUAL: TAPE MY STICK AND LISTEN TO MUSIC. 3 WORDS THAT DESCRIBE ME: DEDICATED, KIND, RELIABLE. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: GOLF. NICKNAMES: COXY.



PREGAME SONG: TELEKINESIS BY DRAKE. PREGAME MEAL: PASTA, BANANA. BEST SPORTS ADVICE GIVEN TO ME: PLAY EVERY GAME LIKE IT'S YOUR LAST. MY HERO: MY PARENTS. IN 10 YEARS I SEE MYSELF: RICH. ADVICE FOR YOUNG PLAYERS: LEAVE NO REGRETS. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: @TREVORZEGRAS. GOAL FOR THIS SEASON: WIN THE STATE TOURNAMENT. PREGAME RITUAL: STRETCH, ROLL OUT. 3 WORDS THAT DESCRIBE ME: KIND, HARDWORKING, CHILL. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: GOLF, WAKESURF, FANTASY FOOTBALL. NICKNAMES: DECKY.



PREGAME SONG: LOSE YOURSELF. PREGAME MEAL: ALFREDO. BEST SPORTS ADVICE GIVEN TO ME: IT'S NOT ABOUT THE SIZE OF THE DOG IN THE FIGHT, IT'S ABOUT THE SIZE OF THE FIGHT IN THE DOG. MY HERO: MATHEW TKACHUCK. IN 10 YEARS I SEE MYSELF: BUSINESS MAN. ADVICE FOR YOUNG PLAYERS: WORK HARD AND IT WILL PAY OFF. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: NHL. GOAL FOR THIS SEASON: GET BETTER AND MAKE A PLAY EVERY SHIFT. PREGAME RITUAL: WARMUP, STRETCH, PREPARE MENTALLY. 3 WORDS THAT DESCRIBE ME: HARD WORKER, GRINDER, FORECHECKER. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: HANG OUT WITH FRIENDS. NICKNAMES: LANDO.



PREGAME SONG: UNSTOPPABLE BY THE SCORE. PREGAME MEAL: CHICKEN ALFREDO. BEST SPORTS ADVICE GIVEN TO ME: HARD WORK BEATS TALENT WHEN TALENT DOESN'T WORK HARD. MY HERO: RYAN MCDONAGH. IN 10 YEARS I SEE MYSELF: DOING SOMETHING HOCKEY RELATED. ADVICE FOR YOUNG PLAYERS: THE WORK THAT YOU PUT IN WILL BE THE RESULTS YOU GET OUT. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: NHL. GOAL FOR THIS SEASON: LEARN NEW THINGS. PREGAME RITUAL: REST, EAT, STICK HANDLE, WARMUP, STRETCH. 3 WORDS THAT DESCRIBE ME: COMPETITIVE, ENERGETIC,. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: HANG OUT WITH FRIENDS. NICKNAMES: MAC.



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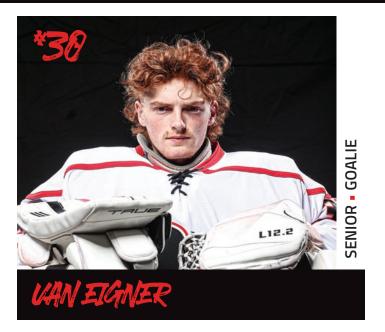
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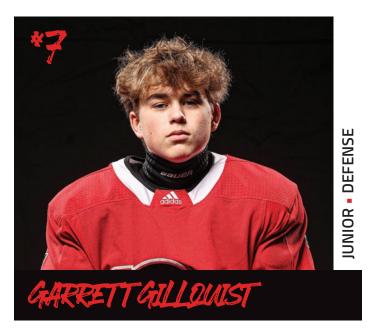
# WE ARE NORTH



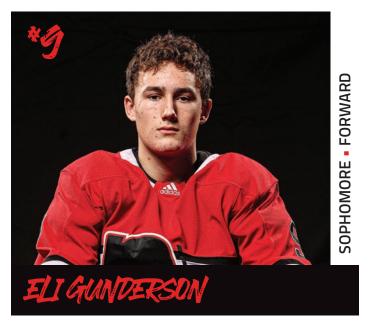
PREGAME SONG: LONG TIME- PLAYBOI CARTI. PREGAME MEAL: HYVEE HIBACHI. BEST SPORTS ADVICE GIVEN TO ME: "FALL SEVEN TIMES, RISE EIGHT". MY HERO: MY DAD. IN 10 YEARS I SEE MYSELF: ON A GOLF COURSE. ADVICE FOR YOUNG PLAYERS: "BE BETTER THAN YOURSELF ONE WEEK AGO". FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: JYNXSI. GOAL FOR THIS SEASON: GO TO THE TOURNEY. PREGAME RITUAL: JUGGLING. 3 WORDS THAT DESCRIBE ME: COMPETITIVE, LAID BACK, AUTHENTIC. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: PLAY 18 WITH THE BOYS. NICKNAMES: FATUGET.



PREGAME SONG: GOOD DAYS BY SZA. PREGAME MEAL: NAUTICAL BOWLS. BEST SPORTS ADVICE GIVEN TO ME: 110% AT ALL TIMES. MY HERO: MY MOM - SHE'S MADE IT THROUGH SOME STUFF. IN 10 YEARS I SEE MYSELF: PLAYING GOLF AND WORKING. ADVICE FOR YOUNG PLAYERS: ENJOY IT WHILE IT LASTS. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: JYNXI. GOAL FOR THIS SEASON: GO TO STATE. PREGAME RITUAL: SHOOT PUCKS. 3 WORDS THAT DESCRIBE ME: ENTERTAINING, DRIVEN, UNFORGETTABLE. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: GOLF AND HANGOUT IWTH FRIENDS AND FAMILY. NICKNAMES: FOLES, FOLEY.



PREGAME SONG: WALKIN. PREGAME MEAL: PASTA. BEST SPORTS ADVICE GIVEN TO ME: DON'T LET YOUR ATTITUDE GET IN THE WAY OF YOUR GOALS. MY HERO: JESUS CHRIST. IN 10 YEARS I SEE MYSELF: GETTING MONEY. ADVICE FOR YOUNG PLAYERS: TRY YOUR BEST. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: RYAN KURTZ. GOAL FOR THIS SEASON: PLAY SMARTER. PREGAME RITUAL: TAPE STICK. 3 WORDS THAT DESCRIBE ME: KIND DETERMINED SMART. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: GOLF. NICKNAMES: GILLY.



PREGAME SONG: WELCOME TO THE JUNGLE. PREGAME MEAL: PASTA. BEST SPORTS ADVICE GIVEN TO ME: PLAY TO WIN, DON'T PLAY NOT TO LOSE. MY HERO: MY YOUTH HOCKEY COACHES. IN 10 YEARS I SEE MYSELF: LIVING IN MINNESOTA AND WORKING IN THE STEM FIELD. ADVICE FOR YOUNG PLAYERS: DON'T BE AFRAID OF FAILURE AND LEARN FROM YOUR MISTAKES. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: NEIL DEGRASSE TYSON. GOAL FOR THIS SEASON: I WANT TO GET BETTER FROM PLAYING AGAINST A HIGHER LEVEL OF COMPETITION AS WELL AS DEVELOP FRIENDSHIPS WITH OTHER PLAYERS. PREGAME RITUAL: I ALWAYS TIE MY LEFT SKATE FIRST BEFORE I GO ON THE ICE. 3 WORDS THAT DESCRIBE ME: FUNNY, SMART, HELPFUL. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: HANG OUT WITH MY FRIENDS, PLAY VIDEO GAMES, LIFT WEIGHTS, REFEREE SOCCER GAMES, AND PRACTICE DRUMS. NICKNAMES: GUNDY.



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## WE ARENORTH!



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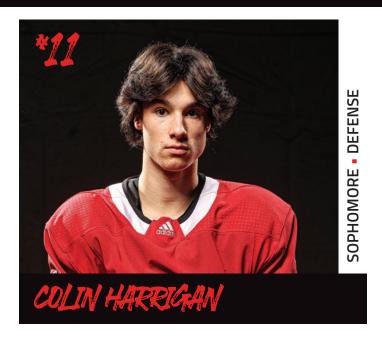
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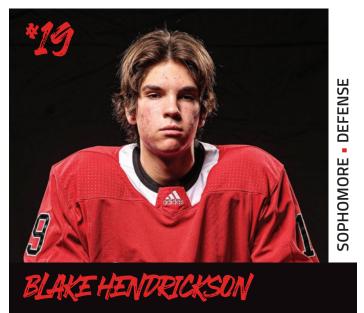
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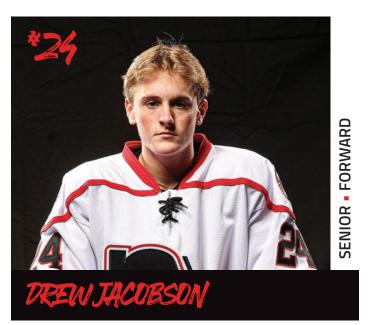
PREGAME SONG: I WROTE THE BOOK BY: MORGAN WALLEN. PREGAME MEAL: PB&J AND YOUGURT WITH GRANOLA. BEST SPORTS ADVICE GIVEN TO ME: GIVE 110% AND HAVE FUN. MY HERO: JESUS. IN 10 YEARS I SEE MYSELF: BEING OLD. ADVICE FOR YOUNG PLAYERS: GIVE IT YOUR ALL BECAUSE HARD WORK CAN GET YOU ANYWHERE YOU WANT TO BE. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: COLE CAUFIELD. GOAL FOR THIS SEASON: BE THE BEST 2-WAY PLAYER I CAN BE. PREGAME RITUAL: STRETCH, STICKHANDLE, PLAY TIPS. 3 WORDS THAT DESCRIBE ME: ENERGETIC, FUNNY, AND HARDWORKING. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: HANGING WITH FRIENDS, OR PLAY SOCCER. NICKNAMES: CHARRY, HARRY.



PREGAME SONG: RUN THIS TOWN - JAY Z. PREGAME MEAL: CHICKEN AND RICE. BEST SPORTS ADVICE GIVEN TO ME: LEARN FROM YOUR MISTAKES, CELEBRATE YOUR WINS, AND ALWAYS LOVE THE GAME AND YOUR TEAM. MY HERO: MY PARENTS. IN 10 YEARS I SEE MYSELF: IN A SUCCESSFUL CAREER. ADVICE FOR YOUNG PLAYERS: ALWAYS GIVE 110%. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: NHL. GOAL FOR THIS SEASON: WIN 15+ GAMES. PREGAME RITUAL: TIE LEFT SKATE FIRST. 3 WORDS THAT DESCRIBE ME: RESILIENT, COURAGEOUS, LEADER. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: PLAY FOOTBALL. NICKNAMES: BLAZE, HENDY.



PREGAME SONG: PUMP IT UP (ENDOR). PREGAME MEAL: PB&J. BEST SPORTS ADVICE GIVEN TO ME: PLAY EVERY GAME LIKE IT'S YOUR LAST. MY HERO: MY BROTHER. IN 10 YEARS I SEE MYSELF: LIVING A GOOD LIFE. ADVICE FOR YOUNG PLAYERS: ENJOY YOUR YOUNGER YEARS YOU'LL MISS IT. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: DANNY DUNCAN. GOAL FOR THIS SEASON: PLAY AT THE X. PREGAME RITUAL: PRE GAME NAP. 3 WORDS THAT DESCRIBE ME: ENERGETIC, FUNNY, LOUD. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: BE WITH THE GUYS. NICKNAMES: MARK, MARKY, JACKIE.



PREGAME SONG: LOVE ME BY LIL WAYNE. PREGAME MEAL: JIMMY JOHNS. BEST SPORTS ADVICE GIVEN TO ME: NO MATTER HOW MANY PEOPLE SAY YOU CAN'T DO ANYTHING NEVER GIVE UP AND WORK EVEN HARDER. MY HERO: MY DAD. IN 10 YEARS I SEE MYSELF: HOPEFULLY I'LL HAVE A COLLEGE DEGREE AND A FULL TIME JOB. ADVICE FOR YOUNG PLAYERS: ALWAYS DO THE EXTRA WORK OUTSIDE OF PRACTICE AND GET INVOLVED WITH OTHER SPORTS TO HELP WITH ATHLETICISM. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: SULLYHOCKEY44. GOAL FOR THIS SEASON: GET TO THE STATE TOURNAMENT. PREGAME RITUAL: I HAVE TO SHOOT, TAPE MY STICK, AND HAVE SOME SORT OF ENERGY DRINK TO GET ME GOING. 3 WORDS THAT DESCRIBE ME: DETERMINED, HARDWORKING, AND MOTIVATED. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: PLAY GOLF AND BASEBALL. NICKNAMES: DREWSKI.

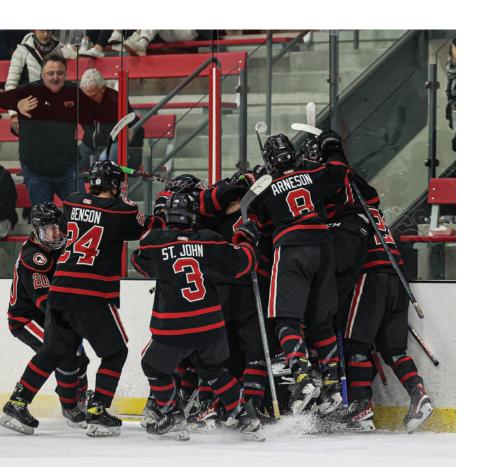
### **NORTH HOCKEY** WELCOMES

The genesis of the South Suburban Conference took place in the fall of 2009 as nine schools left the Lake Conference. The official start of the conference was July 1, 2010.

Apple Valley, Bloomington Jefferson, Bloomington Kennedy, Burnsville, Eagan, Eastview, Lakeville North, Lakeville South and Rosemount high schools departed the Lake Conference and added Prior Lake High School, from the Missota, to create a ten school conference based primarily on locations south and west of the Minnesota River.

In 2014, the Minnesota State High School League realigned the states conferences moving Bloomington Jefferson and Bloomington Kennedy to the Metro West Conference thereby making room for Farmington and Shakopee in the South Suburban Conference. The South Suburban Conference is one of the premier high school conferences in the state of Minnesota. Member schools field a full complement of 30 interscholastic sports and 14 Fine Arts activities.

The mission of the South Suburban Conference is to promote and recognize excellence by providing quality experiences for students in Fine Arts, Academics and Athletics.



























### 2023-2024 LNHS BOYS HOCKEY GAME SCHEDULE

DATE		JV GAME	VARSITY GAME	OPPONENT	LOCATION	EVENT	
Sat	11-25	TBD	TBD	Invitational	Bloomington Ice Garden	Hockey Night in MN	
Tue	11-28	5:00 PM	7:00 PM	Rochester Mayo	Lakeville Ames Arena		
Tues	12-5	5:00 PM	7:00 PM	Shakopee	Lakeville Ames Arena	<b>YOUTH NIGHT</b>	
Sat	12-9	5:00 PM	7:00 PM	Rosemount	Rosemount Ice Arena		
Tue	12-12	5:00 PM	7:00 PM	Lakeville South	Lakeville Hasse Arena		
Thurs	12-14	5:00 PM	7:00 PM	AV/Burnsville	Lakeville Ames Arena	We <b>Our Teachers</b>	
Thurs	12-19	4:45 PM	7:00 PM	Hastings	Hastings Civic Arena		
Thurs	12-21	5:00 PM	7:00 PM	Blaine	Fogerty Arena		
Wed	12-27	TBD	12:00 PM	Invitational	Dakotah! Ice Center	Tradition	
Thurs	12-28	TBD	TBD	Invitational	Dakotah! Ice Center	Holiday	
Fri	12-29	TBD	TBD	Invitational	Dakotah! Ice Center	Invitational	
Wed	1-3	5:00 PM	7:00 PM	<b>Holy Family</b>	Lakeville Ames Arena		
Thurs	1-4	5:00 PM	7:00 PM	AV/Burnsville	Burnsville Ice Center		
Tues	1-9	TBD	TBD	Eastview	Apple Valley Sports Arena		
Thurs	1-11	5:00 PM	7:00 PM	Gentry	Lakeville Ames Arena	SPONSOR RECOGNITION	
Sat	1-13	5:00 PM	7:00 PM	Eagan	Eagan Civic Arena		
Tues	1-16	5:00 PM	7:00 PM	Farmington	Lakeville Ames Arena		
Sat	1-20	1:30 PM	3:30 PM	Shakopee	Shakopee Ice Arena		
Tues	1-23	5:00 PM	7:00 PM	Rosemount	Lakeville Ames Arena		
Fri	1-26	5:00 PM	7:00 PM	Lakeville South	Lakeville Ames Arena FIRST RESPOND		
Sat	2-3	11:00 AM	1:00 PM	Prior Lake	Lakeville Ames Arena		
Tues	2-6	5:00 PM	7:00 PM	Northfield	Lakeville Ames Arena		
Sat	2-10	11:00 AM	1:00 PM	Eastview	Lakeville Ames Arena	SENIOR NIGHT	
Tues	2-13	5:00 PM	7:00 PM	Eagan	Lakeville Ames Arena		
Sat	2-17	5:00 PM	7:00 PM	Farmington	Schmitz-Maki Ice Arena		
SECTION 1AA TOURNAMENT							
Wed	2-21	5:00 PM	7:00 PM	TBD	Lakeville Ames Arena	Section Quarterfinals	
Sat	2-24	5:00 PM	7:00 PM	TBD	Lakeville Ames Arena	Section Semifinals	
Thurs	2-29	5:00 PM	7:00 PM	TBD	Rochester Recreation	Section Championship	
STATE AA TOURNAMENT							
MARCH	16-8			TBD	Xcel Energy Center	State Tournament	

For schedule changes and ticket information, boomark this page: www.lnhspanthers.com/boyshockey

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### **NORTH COACHING STAFF**



Mike Braasch, Jake Taylor, Tim Conboy, Jack Diercks (Not pictured Izaak Berglund and Jake Enebak)

### JAKE TAYLOR VARSITY HEAD COACH

Taylor is a graduate of Rochester Lourdes High School where he participated in two state hockey tournaments. From a successful high school career Jake went on to accomplish the following: From 2001-2003 played for the Green Bay Gamblers, of the USHL, where he was a team captain and awarded the USHL's Curt Hammer Award. In 2002 drafted by the New York Rangers. In 2004 played for the University of Minnesota Gophers. From 2005-2008 played in the AHL for the Hartford Wolfpack and was a team assistant captain. Finished his professional career in 2008 with the Edmonton Oilers as a free agent. From 2008-2010, went from playing for the Springfield Falcons to the Oklahoma City Barons, serving as assistant team captain for both teams. Named the AHL's Man of the Year while playing for the Barons in 2010. This is Taylor's fifth year as Lakeville North's varsity head coach, having served as the assistant varsity coach for the previous six years. Taylor and his wife Haley, have two children Jax and Dylan.

### JAKE ENEBAK VARSITY ASSISTANT COACH

Enebak graduated from Northfield High School where he played four years of varsity hockey as well as varsity football and baseball. Following high school, Jake played hockey for coach Woog at the University of Minnesota from 1987-1991. Enebak coached high school hockey as a varsity assistant coach for Wayzata from 1993-1995, for Rosemount from 1996-1999 and for all levels of LHA the past 16 years. Jake and his wife Becky have four children: Henry, Emma, Sam, and Zach.

### TIM CONBOY VARSITY ASSISTANT COACH

Tim grew up in Rosemount, MN. Following his high school career, he spent 2 seasons in the USHL with the Rochester Mustangs and Topeka Scarecrows. From there he went on to play 2 seasons at St. Cloud State University helping the Huskies to an NCAA tournament appearance in 2002-2003. After college, Tim enjoyed a 14-year pro career. He played 5 years AHL with Cleveland, Albany, Portland, and Binghamton; 3 years NHL with Carolina and 6 years Europe-DEL Ingolstadt, Dusseldorf. 11 of the 14 years Tim played professionally

he served as a Captain/Assistant Captain. This is Tim's second year as an assistant coach with the Boys Varsity team. Tim lives in Lakeville with his wife Sheena, and two sons Gunnar, and Crew. Tim is heavily involved with the Lakeville North Youth Hockey program and also helps coach the Lakeville Special Hockey team.

### IZAAK BERGLUND VARSITY ASSISTANT COACH

Berglund graduated from Little Falls Community High School and participated in three state hockey tournaments for the Flyers. Burglund went on to play three years of junior hockey with the West Kelowna Warriors and Lloydminster Bobcats. Berglund has coached in the North program since 2015.

### JACK DIERCKS JV COACH

Diercks graduated from Lakeville North in 2013, having played three years of varsity hockey for the Panthers. In his senior year he Co Captained the Panthers. Diercks went on to Minnesota State University, Mankato to pursue a degree in Communication Studies and minor in Athletic Coaching. During his time in Mankato, Diercks was heavily involved in ACHA Club Hockey program and what included playing, managing, and coaching for the Mavericks. He also was a varsity assistant coach for five years at Mankato East where he helped lead the Cougars to a Section 1A title and State Tournament trip in 2017-2018. This is Diercks fifth year coaching JV for the Panthers.

### MIKE BRAASCH JV ASSISTANT COACH

Mike Braasch is a graduate of Park Center High School where he was a 3 year letter winner in soccer and hockey. Braasch played hockey for 2 years at the University of Wisconsin at Eau Claire where he graduated with a degree in Economics. Mike has coached at all levels of girls and boys hockey for Lakeville North. Before joining the High School staff he coached the Lakeville North Bantam AA team for 5 years with legendary Lakeville North Coach Bill Schommer. Braasch is currently an Assistant Vice President of Technology at Travelers Insurance. He lives in Lakeville with his wife Tina and has two children: His daughter Mason, who lives in Boston and Spencer who is a student at the University of Wisconsin-Madison.





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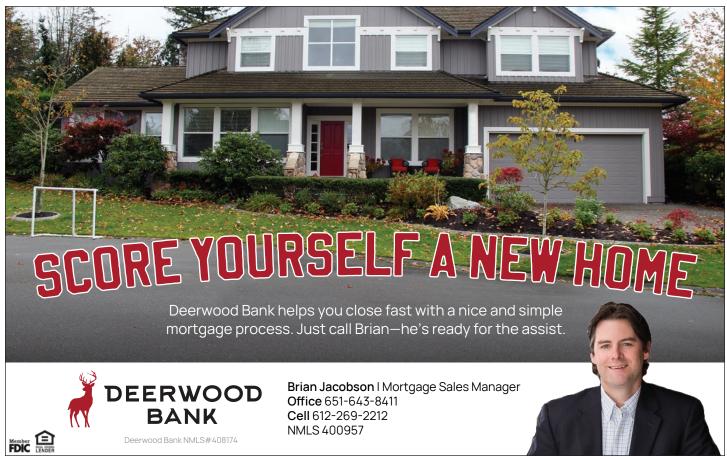


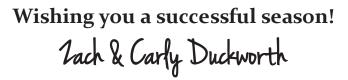
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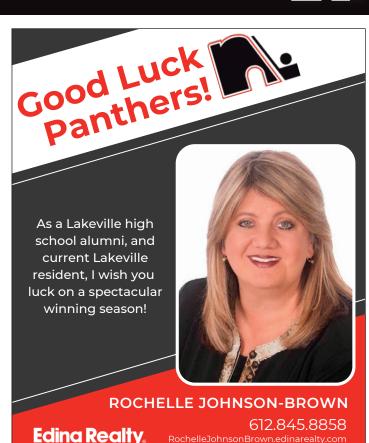






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### **NORTH BOYS** HOCKEY ROSTER

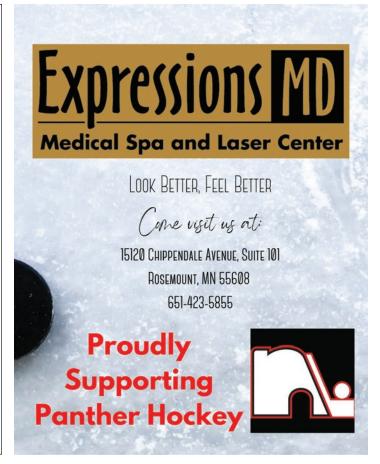
#	PLAYER NAME	GRADE	POSITION	HEIGHT	WEIGHT
1	Carter Mayfield	Junior	Goalie	6'3	175
2	Joseph Spark	Junior	Forward	5'11	150
2	Marcus Jackson	Senior	Defense	6'2	175
3	Caden St. John	Senior	Forward	5'8	155
3	Jack Butler	Sophomore	Forward	5'9	170
4	Soren Weiland	Junior	Defense	5'11	180
5	Max Melin	Senior	Forward	6'0	190
6	Kaden Decker	Sophomore	Forward	5'10	140
6	Max Neyfeld	Sophomore	Forward	5'10	180
7	Garrett Gillquist	Junior	Defense	5'11	160
7	Sam Foley	Junior	Forward	5'10	160
8	Tyler Arneson	Senior	Forward	5'11	170
8	Landon DeWees	Sophomore	Forward	5'6	145
9	Sam Moore	Junior	Forward	5'10	155
9	Eli Gunderson	Sophomore	Forward	6'0	175
10	Logan Nelson	Sophomore	Forward	5'8	135
11	Wyatt Brunello	Junior	Defense	5'7	155
11	Colin Harrigan	Sophomore	Defense	5'7	135
12	Maguire DeWees	Sophomore	Forward	5'5	128
14	Blake Bachmeier	Sophomore	Forward	5'8	160
14	Slade Leonetti	Sophomore	Forward	5'8	165
15	Cole Peterson	Junior	Forward	6'0	200
16	Parker Schultz	Junior	Forward	5'10	175
17	Gunnar Conboy	Freshman	Forward	6'0	155
17	Ethan Arneson	Sophomore	Forward	5'9	165
18	Brett Sullivan	Senior	Forward	6'0	175
19	Drew Thompson	Junior	Forward	6'4	175
19	Blake Hendrickson	Sophomore	Defense	6'3	175
20	Tanner Niggeling	Junior	Defense	6'0	180
21	Ben Schlukebier	Junior	Forward	5'8	170
21	JJ Cox	Senior	Defense	5'9	137
22	Willie Zwerdling	Sophomore	Defense	5'8	170
23	Mathias Buck	Sophomore	Forward	5'10	155
24	Drew Jacobson	Senior	Forward	5'9	165
25	Brody Baker	Junior	Defense	6'0	160
29	Evan Loftus	Sophomore	Goalie	5'11	155
30	Van Eigner	Senior	Goalie	6'2	155
31	Pacey Scherer	Sophomore	Goalie	6'2	170





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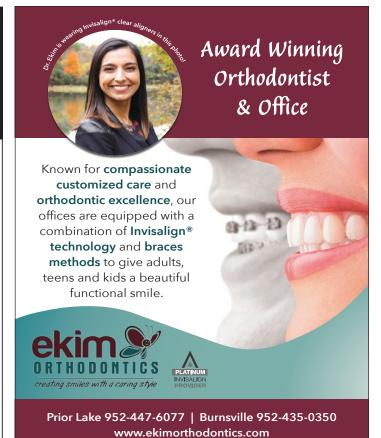
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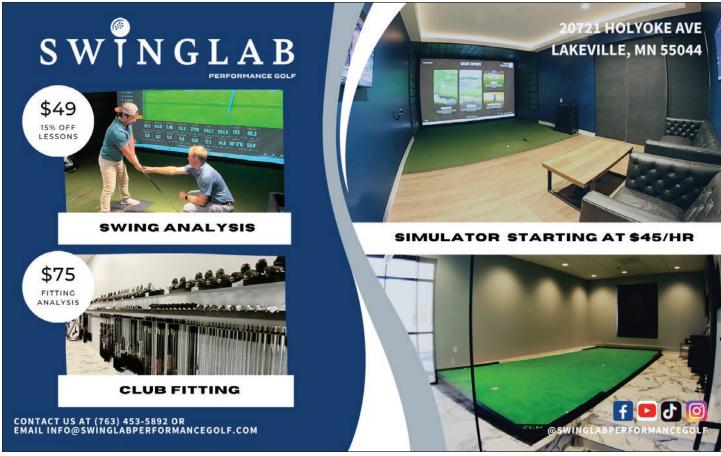


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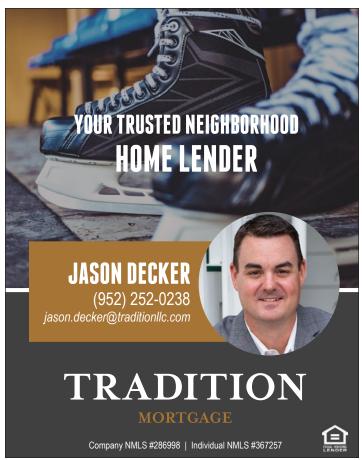
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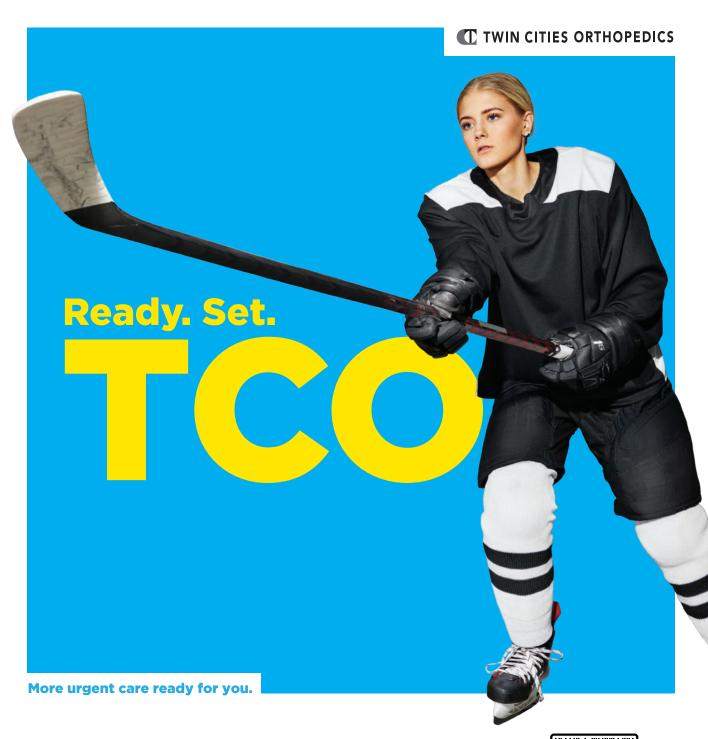
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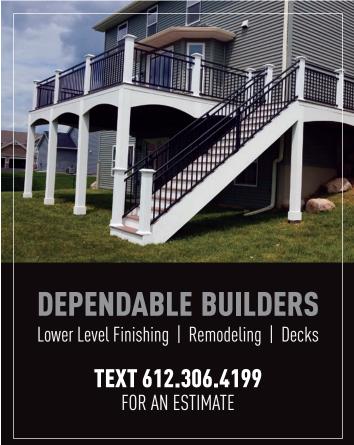


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# JUNIOR VARSITY TEAM

[LEFT TO RIGHT]

**FRONT ROW:** Evan Loftus, Landon DeWees, Colin Harrigan, Ethan Arneson, Ben Schlukebier, Jack Butler, Slade Leonetti, Pacey Scherer / **SECOND ROW:** Coach Braasch, Mcguire DeWees, Max Neyfeld, Joe Spark, Garrett Gillquist, Willie Zwerdling, Logan Nelson, Coach Dierks / **BACK ROW:** Mathias Buck, Cole Peterson, Blake Hendrickson, Eli Gunderson, Brody Baker

# 

BOYS HOCKEY 2023 • 2024



# UARSITYTEAM

[LEFT TO RIGHT]

FRONT ROW: Van Eigner, Wyatt Brunello, Drew Jacobson, Tyler Arneson, Marcus Jackson, Caden St. John, Willie Zwerdling, Mcguire DeWees, Carter Mayfield / SECOND ROW: Coach Braasch, Manager Sydney Coulliard, Coach Conboy, Logan Nelson, JJ Cox, Kaden Decker, Sam Moore, Soren Weiland, Tanner Niggeling, Sam Foley, Parker Schultz, Blake Bachmeier, Coach Taylor, Manager Daniella Gibbons, Coach Dierks / THIRD ROW: Brody Baker, Brett Sullivan, Max Melin, Drew Thompson, Gunnar Conboy, Cole Peterson

#### **NORTH** TEAM CAPTAINS

Tyler Arneson, Marcus Jackson, Caden St. John



#### **NORTH** TEAM MANAGERS

Sydney Coulliard, Daniella Gibbons



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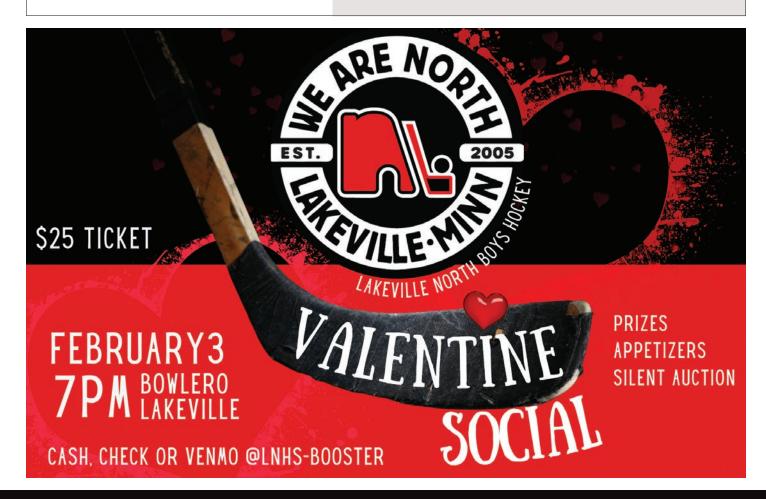
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#### **BANTAM AA**

Brody Hanson Cooper Olson David Isaacson Dvlan Baker Ethan Erickson Havden Buck Jackson Whalen Jacob Dittrich Jaxson Taylor Joshua Lindroth Lucas Ruppert Luke Jansky Max Thompson Nash Paine Owen Salomons Patrick Bruns Rylan Decker

#### **BANTAM B1**

Braden Safranski Bryson Klocke Cody Miller Colby Ake Colton Smith Connor Radcliff Hunter Peterson Jackson Schrick Joe Roy Keolakai Rittenhouse Landon Nelson Luke Laing Luke White Maxwell Zwerdling Nolan Flikeid Samuel Bennett Sawver Serv Sullivan Griffin

#### **BANTAM C**

Blake Lienig
Blake Wickland
Brennen Hines
Cale Shaffer
Camdon Halbe
Carson Nolander
Evan Radcliff
Gavin DeBolt
Isaac Merdan
Kingston Guck
Leah Kropp
Luke Steinert

Mason Gluesing Nokomis Marx Reis Gustafson Ryder Vaudrin Tyson Holberg Vaughn Gustafson Wyatt Cady

#### **PEE WEE A**

JT Ake **Grady Crampton** Hudson Decker Frank Fasano Parker Hartung Alex Jansky Tyler Klinnert Rylan Klocke Leif Kyllo Soren Lindauist Jaxson Loewen Cullen McCabe Gage Reda Jude Salomons Nolan Stumph Brekken Warrick

#### **PEE WEE B2**

AJ Hmilton Brody Kroeger Gavin John Isaac Brown Isaac Jacobs Jack Ablen Jacob Miller John Kraus Keanuwai Rittenhouse Leo Widel Matthew Guetin Nicholas Boiko Nikolas Scheibel Parker Miller Tyce Turnquist Walker Brunello

#### **PEE WEE C BLACK**

Caleb Gates
Carson Huber
Charlie Eggenberger
Chase Mckenzie
Colbey Soh
Colton Thilgen

Connor Lenzmeier
Cooper Bitzenhofer
Jack Weiers
Landon Enke
Mason Sutter
Miles Gunderson
Nicklas Cummings
Owen Demartino
Roman Heuer
Wyatt Koscielski

#### **PEE WEE C RED**

Beau Zevnik
Brody Conary
Charlie Goggin
Cole Severson
Eli Williams
Erik Eliason
Ethan Ellis
Jack Bednar
Maksim Khvorostov
Mason Schultz

Nolan Weisenburger Samual Bradbury Samual Swenson Seth Gagnon Trevor Talus

#### **SQUIRT A**

Aizen Sdoeung
Bo Wilcox
Bogdan Smoliak
Brann Reilly
Bryce Bean
Charlie Peterson
Cooper Granowski
Crew Conboy
Elijah Sinkler
Henry Peterson
Jack St Aubin
Jackson Frey
Jett Loewen
Liam Lindquist
Nolan Williams

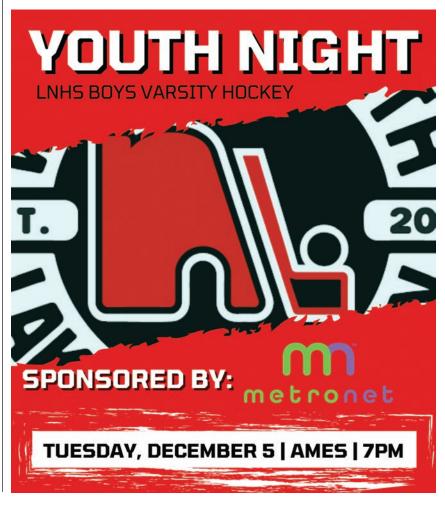
Rylan Vandenakker

#### **SQUIRT B1**

Brennan Sherer
Cameron Cison
Cayden Olson
Charlie Neu
Charlie Petsch
Eli Schrick
Isaac Grimes
Jace Reiten
Nico Reda
Raymond Steinhouse
Thomas Oettinger
Tommy Stockman
Weston Rost
William Lockman

#### **SOUIRT B2**

Beau Irlbeck Bode Petsch Cardin Nyguyen Cole Eckman



#### **LAKEVILLE NORTH HOCKEY ASSOCIATION**

Jack Founger
Keegan Lamere
Lane Shafer
Leo Christoferson
Myles Radl
Nicholas Vanderveren
Owen Witt
Thomas Erickson
Trypp Eury

#### **SQUIRT C BLACK**

Arlo Beaulieu
Bryce Hrncir
Caden Frost
Caleb Nelson
Carson Traub
Colton Robinson
Conner Grothem
Dylan Ritter
Dylan Ward
Hudson Melle
Levi Sislo
Lincoln Mccormick

Max Demartino Michael Timpane William Bjorge

#### **SQUIRT C RED**

Andrew Pacovsky
Carter Johnson
Chase Iramina
Cullen Haenke
Easton Sheppard
Isaac Nightingale
Jack Golas
Jack Zevnik
Joel Nightingale
Joseph Murray
Miller Matzke
Myles Warren
Oliver Jaycox
Westin Pasvogel

#### **MITE AVALANCHE**

Nash Irey Nels Lindquist

#### **MITE COYOTES**

Wesley Gerken Cameron Helder Theodore Klein Ryan Lyngstad Grayson Misener Jacob Safranski Braden Smith Brady Sowieja

#### **MITE DUCKS**

Emelia Alley
Hudson Burnett
Zaden Cooper
Nived Gajan
David Karpenko
Sawyer Kass
Lucas Mittelstaedt
Myles Munson

Finn Murray Tristan Radl Rhett Shank Logan Swierczek Declan Vagt Everett Wickland

#### **MITE FLAMES**

Caiden Anderson
William Brollier
Cameron Knock Swanson
Clayton Kopel
Charlie Mcneely
William Neu
Ian Ripka
Jackson Weston

#### **MITE JETS**

Leyton Anderson Kaden Colford Benjamin Hallal Brecken Johnson Calvin Krause Fritz Mahaney Andrew Marandola Luca Policano Holden Rother Lemke Grady Severson Mason Voss

#### **MITE KINGS**

Boden Anderson
Johnny Constance
Zane Frandle
Nicholas Guertin
Brevig Hartwig
Riley Hirschi
Zachary Nelsen
Alden Schanen
Andrew Schoeneck

#### **MITE KNIGHTS**

Isaac Crews Conor Eder Torin Langhorst Jeffrey Spratt

# SKATE WITH THE PANTHERS

DECEMBER 3, 2023 | 4:00 P.M.



#### **LAKEVILLE NORTH HOCKEY ASSOCIATION**

Jacob Taffe Theodore Weinstein Nolan Wooner

#### **MITE KRACKEN**

Ayaan Afghan Tucker Clemons Brooks Coles Paxton Oltman Henry Scott Oakley Storm

#### **MITE LEAFS**

Carter Benfante Christian Cison Tate Eury Declan Fisher Hoyt Hawthorne Nikko Ortega Matthew Schneider Noah Thul

#### **MITE LIGHTNING**

Jase Arredondo Keegan Detlefsen Titus Eury Bode Hallal Landon Inserra Daniel Karpenko Bronco King Mikkel Lindquist Owen Mayfield Jack Mittelstaedt Beau Reda Jaxton Reiten Lucy Sery Micah Thul

#### **MITE OILERS**

Eli Eitel Drew Ervasti Max Holden Blake Kuhlman Cullen Wilcox

#### **MITE PENGUINS**

Nolan Bitzenhofer Brekkyn Christianson Cohen Lake Sullivan Perry

#### **MITE PREDATORS**

Finn Christoferson Xander Colford Nathan Eklund Hayes Lamere Owen Murray Lincoln Schwartz Bennett Spencer Mitchell Tuomala

#### **MITE RANGERS**

Evan Hamilton Hudson Haynes Bowen Krabben Crosby Luck Eton Nelson Ethan Schultz

#### **MITE RED WINGS**

Lucas Alley Ethan Hall Joseph Howard Ian Nelsen Noah Oggenfuss Maxemiliano Perez Skiba Ryan Riordan Mason Sherman

#### **MITE SABERS**

Noah Achen Christopher Collins Owen Ellis Tristan Ireland Violet King Parker Oltman Reid Tichich Nolan Warrick

#### **MITE SHARKS**

Jace Doan Grayson Hanson Hank Hawthorne Noah Isaacson Beckett Klutz Morgan Matzke Theo Munson Seth Noble Charlie Seal

#### **MITE STARS**

Lucca Balliet Leo Goggin Connor Ma Rylan Muchow Jonthan Schlukebier





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### **LAKEVILLE NORTH HOCKEY** AWARD WINNERS (2011 – 2023)

#### **MOST VALUABLE PLAYER**

Chosen by his teammates as the player that we could least afford to be without both on and off the ice

2022-23	Gavin Griffin
2021-22	Kyle Doll
2020-21	Ben Monson
2019-20	Caleb Mayer
2018-19	Spencer Schneider
2017-18	Spencer Schneider
2016-17	Keaton Pehrson
2015-16	Ryan Poehling
2014-15	Nick Poehling
2013-14	Jack Poehling
2012-13	Jack Diercks
2011-12	Evan Peterson

#### **OFFENSIVE PLAYER** OF THE YEAR

Chosen by his teammates as the player that plays outstanding offensive hockey. It can be a player from any position.

2022-23	Arneson/Griffin Kranz
2021-22	Luke Jech
2020-21	Tyler Kochevar
2019-20	Caden Smith
2018-19	Caden Smith
2017-18	Shane Griffin
2016-17	Henry Enebak
2015-16	Max Johnson
2014-15	Jack Poehling
2013-14	Jack Poehling
2012-13	Jack Diercks
2011-12	Blake Winiecki

#### **DEFENSIVE PLAYER** OF THE YEAR

Chosen by his teammates as the player that plays outstanding defensive hockey. It can be a forward, defenseman or goalie.

2022-23	Marcus Jackson
2021-22	Zach Enebak
2020-21	Skylar Vetter
2019-20	Cole Pearson
2018-19	Ben Monson
2017-18	Garrett Daly
2016-17	Brock Draeger
2015-16	Keaton Pehrson
2014-15	Jack McNeely
2013-14	Jack McNeely
2012-13	Erik Rutt
2011-12	Erik Rutt and Alex Wood

#### **ROOKIE OF THE YEAR**

2022 22 Tannar Niggaling

Chosen by his teammates as the player, who in his first year of varsity hockey, contributed a great deal to our team both on and off the ice.

2022-23	lanner Niggeling
2021-22	Griffin Kranz
2020-21	Kyle Doll
2019-20	Luke Jech
2018-19	Ben Davidson
2017-18	Ben Monson
2016-17	Shane Griffin
2015-16	Blake Brandt
2014-15	Ryan Edquist
2013-14	Ryan Poehling
2012-13	Jack Poehling & Nick Poehling
2011 12	In als MaNinalis

2011-12 Jack McNeely

#### CONNER HYDEN **HUSTLE AWARD**

Chosen by his teammates as the player that gives 100% effort during practice and games.

2022-23	Sam Swanson
2021-22	Spencer Braasch
2020-21	Spencer Braasch
2019-20	A.J. Haider
2018-19	Bobby Lebens
2017-18	Michael Buckingham
2016-17	Blake Brandt
2015-16	Logan Kappes
2014-15	Roman Rohrbach
2013-14	Conner Hyden
2012-13	Conner Hyden
2011-12	Conner Hyden

#### **TERRY "T-BONE"** JOHNSTON UNSUNG **HERO AWARD**

Given in memory of Terry Johnston, our team's bus driver for over 20 years who died unexpectedly in 2010. Given to the player who completely exceeded expectations set at the beginning of the vear.

2022-23	Carter Mayfield
2021-22	Jett Gibbons
2018-19	Josh Lee
2017-18	Carson Sandwick
2016-17	Tommy Klans
2015-16	Brock Draeger
2014-15	Luke Seper
2013-14	Luke Seper & Roman Rohrbach
2012-13	Mike Schmidt & Sam Petrick
2011-12	Alex Wood

#### **COACHES AWARD**

Chosen by the coaches and given to the player that demonstrates leadership, citizenship and academic success.

2022-23	Luke Benson
2021-22	Chase Camilli
2018-19	Johnny DuPont
2017-18	Alex Hobbs & Matt Preston
2016-17	Nathan Hyden
2015-16	Adam Duchon
2014-15	Roman Rohrback
2013-14	Matt Arnold
2012-13	Alex Wood
2010-11	Ramsey Skjei
2009-10	Derek Perkins

#### **CAPTAINS**

2022-23	Griffin Kranz, Gavin Griffin, Hayden Konik
2021-22	Spencer Braasch, Chase Camilli, Luke Jech
2020-21	Ben Monson, Ben Davidson, Skylar Vetter, Ben Tousignant
2019-20	A.J. Haider, Cole Pearson, Caden Smith
2018-19	Shane Griffin, Spencer Schneider
2017-18	Blake Brandt, Garrett Daly, Spencer Schneider, Ryan Antonakis
2016-17	Keaton Pehrson, Henry Enebak
2015-16	Max Johnson, Henry Enebak, Ryan Poehling
2014-15	Jack McNeely, Jack Poehling, Nick Poehling
2013-14	Tristen Hazlett, Conner Hyden, Will Dupont
2012-13	Jack Diercks, Erik Rutt, Alex Wood

#### **HOBEY BAKER AWARD**

Given by the MN Hockey Coaches Association between 2005-2012 and presented to the player that best exemplifies the sportsmanship, character, integrity, coachability, selflessness, and citizenship matching Hobey Baker.

2011-12	Evan Peterson
2010-11	Gordon Kappers
2009-10	Derek Wypyszynski
2008-09	Taylor Saunders
2007-08	Brian Skelly
2006-07	Josh Lehrer
2005-06	Adam Okeson

#### LAKEVILLE NORTH HIGHLY REGARDED HONORS

#### **GREAT 8 HIGH SCHOOL** ALL-STAR PLAYERS

2021-22	Chase	Camilli,	Zach En	iebak,	Luke Jech	

2020-21 Luke Jech

2014-15 Angelo Altavilla, Luke Seper

2013-14 Conner Hyden, Will DuPont, Tristen Hazlett

2012-13 Jack Diercks

2011-12 Evan Peterson, Blake Winiecki

2010-11 Gordon Kappers

Matt Arentz, Jack Pahl, Tim Kuzniar 2009-10

2007-08 Matt Grose

2006-07 Reed Zweber, Mike Kvasnicka, Mike Gabbert

2005-06 Bobby Ritchie, Adam Okeson, Andy Kappers

#### **ALL-CONFERENCE**

2022-23	Gavin Griffir	n, Griffin Kranz
---------	---------------	------------------

2021-22 Spencer Braasch, Chase Camilli, Kyle Doll, Luke Jech

2020-21 Ben Monson, Tyler Kochevar

Honorable Mention: Ben Davidson, Griffin Pehrson,

2017-18 Blake Brandt, Garrett Daly, Spencer Schneider

Keaton Pehrson, Henry Enebak, Blake Brandt, 2016-17

Tommy Klans, Brock Draeger

2015-16 Max Johnson, Taylor Schneider, Henry Enebak, Ryan Poehling

2014-15 Angelo Altavilla, Ryan Edquist, Henry Enebak, Max Johnson, Ryan Poehling

2013-14 Jack McNeely, Jack Poehling, Nick Poehling, Tristen Hazlett

2012-13 Tristen Hazlet, Jack Diercks

2011-12 Evan Peterson, Blake Winiecki

2010-11 Charlie Lindgren, Blake Winiecki

2009-10 Brady Skiei, Nate Arentz

**Taylor Saunders** 2008-09 2007-08 Nick Johnson

2006-07 Mike Kvasnicka

2005-06 Andy Kappers

### STATE-WIDE RECOGNITIONS

Herb Brooks Award Angelo Altavilla 2014-15 Metro Player of the Year Nick Poehling 2014-15 Mr. Hockey Finalist Nick Poehling 2014-15 Jack Poehling 2014-15 Mr. Hockey Finalist Mr. Hockey Finalist Jack Sadek 2014-15

#### **STATE TOURNAMENT -ALL TOURNAMENT TEAM**

2014-15 Ryan Edguist, Jack McNeely, Jack Poehling,

Nick Poehling, Jack Sadek

2013-14 Jack Poehling, Nick Poehling

2010-11 Charlie Lindgren

#### **ALL-STATE -**HONORABLE MENTION

2013-14 Jack McNeely

2010-11 Charlie Lindgren, Blake Winiecki

#### **ALL-STATE**

2014-15 Ryan Edquist, Jack McNeely, Nick Poehling,

Jack Poehling, Jack Sadek

2013-14 Jack Poehling

#### **NCAA DIVISION ONE**

Dates noted represent high school graduation year

2021 Skylar Vetter University of Minnesota

2020 Spencer Schneider Bowling Green (Committed)

2018 Garrett Daly Bowling Green

2017 Jake Oettinger Boston University

2017 Henry Enebak St. Cloud

2017 Keaton Pehrson Michigan Wolverines

Ryan Poehling St. Cloud 2017

2016 Taylor Schneider Bowling Green

2016 Max Johnson Bowling Green

2016 Ryan Edguist Boston College

2015 Jack McNeelv Mankato State

2015 Jack Poehling St. Cloud

2015 Nick Poehling St. Cloud

2015 Jack Sadek Minnesota

2012 Blake Winiecki St. Cloud

Brady Skjei Minnesota 2012

Charlie Lindgren St. Cloud 2012

2012 Nate Arentz Bemidji

2012 Evan Peterson Colgate

B.J. O'brien St. Cloud 2004

2004 Adam Davis Duluth

#### **NHL DRAFT PICKS**

Dates noted represent NHL draft year

2017 Jake Oettinger Dallas Stars (1st Round)

Ryan Poehling Montreal Canadiens (1st Round) 2017

2015 Jack Sadek MN Wild (8th Round)

2012 Brady Skjei NY Rangers (1st Round)





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# **LAKEVILLE NORTH** HOCKEY RECORDS SECTION AND STATE TOURNAMENT RESULTS (2005-2023)

#### **SCORING LEADERS**

Most Goals in a	Socon	
Jack Poehling Nick Poehling Jack Poehling Max Johnson Blake Winiecki Andy Kappers	2014-15 2014-15 2013-14 2015-16 2010-11 2005-06	38 goals 33 goals 30 goals 29 goals 27 goals 27 goals
Most Assists in	a Season	
Ryan Poehling Nick Poehling Jack Poehling Ryan Poehling Nick Poehling	2015-16 2014-15 2014-15 2014-15 2013-14	41 assists 39 assists 38 assists 33 assists 32 assists
<b>Most Points in</b>	a Season	
Jack Poehling Nick Poehling Ryan Poehling Andy Kappers Jack Poehling	2014-15 2014-15 2015-16 2005-06 2013-14	76 points 72 points 62 points 57 points 55 points
Most Career Go	oals	
Jack Poehling Henry Enebak Max Johnson Nick Poehling Blake Winiecki	2012-15 2013-17 2013-16 2012-15 2009-12	82 goals 80 goals 62 goals 58 goals 54 goals
<b>Most Career As</b>	sists	
Ryan Poehling Nick Poehling Henry Enebak Jack Poehling Tristen Hazlett	2013-16 2012-15 2013-17 2012-15 2010-14	98 assists 94 assists 87 assists 83 assists 80 assists

UKNAME	NI KES	oulia (
Most Career Po Henry Enebak Jack Poehling Nick Poehling Ryan Poehling Max Johnson	2013-17 2012-15 2012-15 2013-16 2013-15	167 points 165 points 152 points 148 points 138 points
GOALIE LE	<b>ADERS</b>	
Goals Against A Ryan Edquist Will Johnson Will DuPont Jake Oettinger	Average in 2014-15 2017-18 2013-14 2013-14	1.30 1.84 1.91 2.10
Goals Against A Adam Okeson Will DuPont Charlie Lindgren	Average in 2004-06 2012-14 2009-11	<b>a Career</b> 2.36 2.56 2.89
<b>Saves in a Seas</b> Charlie Lindgren Adam Okeson Ryan Edquist	2010-11 2005-06 2014-15	757 590 576
Saves in a Care		
Matt Arentz Charlie Lindgren Buzz Eigner Will DuPont	2006-10 2009-11 2015-17 2012-14	1461 1169 709 695
Save Percentag		
Ryan Edquist Will Johnson Jake Oettinger Charlie Lindgren	2014-15 2017-18 2013-14 2010-11	94.0% 92.4% 91.7% 91.0%
Save Percentag		
Charlie Lindgren Adam Okeson Will DuPont	2009-11 2004-06 2012-14	90.8% 90.0% 89.4%

005-204	<i>23)</i>				
Most Shu	touts ii			n	
Ryan Edquis		2014		8	
Jake Oetting		2013		5	
Charlie Lind	_	2010		3	
Buzz Eigner		2016		3	
Buzz Eigner		2015	-16	3	
<b>Most Care</b>	er Shu	tout	S		
Buzz Eigner		2015	-17	6	
Charlie Lind	gren	2009	-11	5	
Will DuPont		2013	-14	3	
656510		~			
SECTIO	N KE	SUL	-15		
2022-23	Section	1AA	Runr	ner-U	n
2021-22	Section				
2017-18	Section				
2016-17	Section				
2015-16	Section				
2014-15	Section				
2013-14	Section				
2012-13	Section				
2011-12	Section				
2010-11	Section				
2009-10	Section	1AA	Char	npio	ns

#### **STATE TOURNAMENT**

Section 1AA Runner-Up

Section 1AA Runner-Up

Section 1AA Runner-Up

Section 1AA Champions

2008-09

2007-08

2006-07

2005-06

2017-18	Participant
2014-15	Champions (31–0)
2013-14	Runner-Up
2012-13	Participant
2010-11	Consolation Champions
2009-10	Participant
2005-06	Participant



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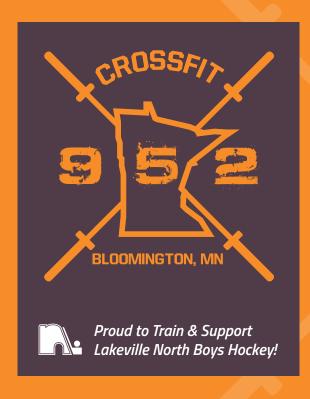
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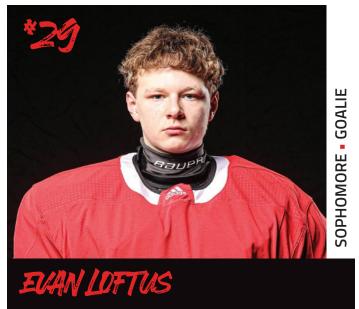
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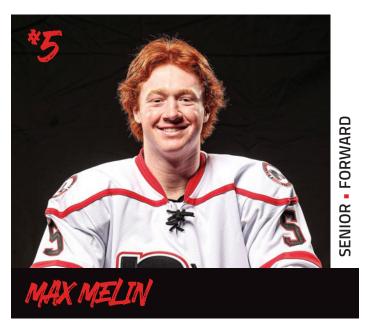
PREGAME SONG: CHAMPION KANYE WEST. PREGAME MEAL: BANANA. BEST SPORTS ADVICE GIVEN TO ME: FOCUS ON YOURSELF. MY HERO: MY DAD. IN 10 YEARS I SEE MYSELF: IN THE MILITARY. ADVICE FOR YOUNG PLAYERS: KEEP PRACTICING AND DON'T WORRY ABOUT WHAT OTHER PEOPLE SAY. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: NHL. GOAL FOR THIS SEASON: TO HAVE FUN AND WORK AS HARD AS I CAN EVERY PRACTICE AND GAME. PREGAME RITUAL: STICK HANDLE. 3 WORDS THAT DESCRIBE ME: STRONG HARDWORKING FUN. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: WORKOUT AND BE WITH FRIENDS.



PREGAME SONG: CRAZY STORY PART 3. PREGAME MEAL: SALMON AND POTATOES. BEST SPORTS ADVICE GIVEN TO ME: "KEEP YOUR GLOVE AND BLOCKER UP," CHICO RESCH. MY HERO: JAKE OETTINGER. IN 10 YEARS I SEE MYSELF: BEING A GOALIE COACH SOMEWHERE. ADVICE FOR YOUNG PLAYERS: YOU CAN ACHIEVE ANYTHING IF YOU WORK HARD. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: BARDOWN. GOAL FOR THIS SEASON: WIN 10 OR MORE GAMES. PREGAME RITUAL: DO BALL WORK ON THE WALL. 3 WORDS THAT DESCRIBE ME: ATHLETIC, FUN, DETERMINED. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: PLAY CHEL. NICKNAMES: LOFTY.



PREGAME SONG: CAN'T TELL IT ALL- HULVEY. PREGAME MEAL: SCOOBY DOO FRUIT SNACKS. BEST SPORTS ADVICE GIVEN TO ME: HAVE FAITH THAT THINGS ARE GOING TO WORK OUT. MY HERO: MY DAD. IN 10 YEARS I SEE MYSELF: PLAYING PROFESSIONAL PICKLE BALL. ADVICE FOR YOUNG PLAYERS: NEVER STOP PUSHING YOURSELF TILL YOU REACH YOUR GOALS. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: DONOVAN'S PEOPLE'S JONES. GOAL FOR THIS SEASON: BECOME THE BEST VERSION OF MYSELF. PREGAME RITUAL: SIT IN THE SAUNA. 3 WORDS THAT DESCRIBE ME: DEVOTED, PASSIONATE AND COMMITTED. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: PLAY PICKLE BALL WITH JOEL FILMS. NICKNAMES: C\_MAYF.



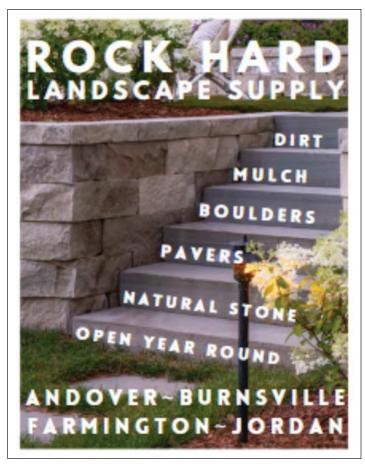
PREGAME SONG: ANY LIL TECCA. PREGAME MEAL: NUMBER 11 NO MAYO FROM JIMMY JOHNS. BEST SPORTS ADVICE GIVEN TO ME: PLAY EVERY PRACTICE OR GAME LIKE ITS THE SUPER BOWL AND HAVE A NO REGRETS. MY HERO: MY GRANDPA. IN 10 YEARS I SEE MYSELF: LIVING ON MY OWN ISLAND WITH ZIGGY. ADVICE FOR YOUNG PLAYERS: DON'T MAKE MENTAL MISTAKES THAT YOU CAN CONTROL AND GIVE 100% ALL THE TIME. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: LNHSBARSTOOL. GOAL FOR THIS SEASON: MAKE IT TO THE X. PREGAME RITUAL: EAT JIMMY JOHN'S AND STRETCH. 3 WORDS THAT DESCRIBE ME: COMPETITIVE, OUTGOING, POSITIVE. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: HANG WITH FRIENDS OR PLAY FOOTBALL OR LAX. NICKNAMES: MELON.

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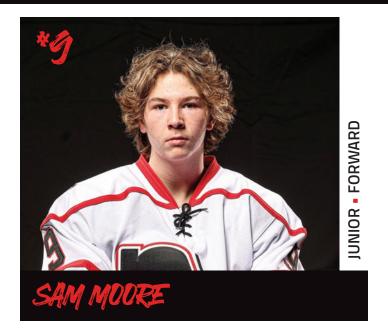




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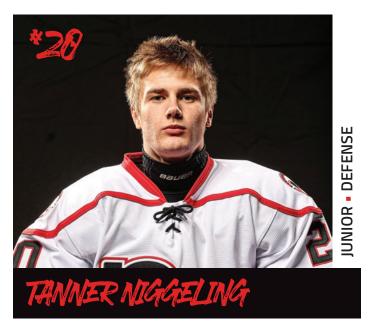
PREGAME SONG: THE BIGGER PICTURE. PREGAME MEAL: HAM AND CHEESE SANDWICH. BEST SPORTS ADVICE GIVEN TO ME: NOBODY CARES, WORK HARDER. MY HERO: MATTHEW TKACHUK. IN 10 YEARS I SEE MYSELF: MAKING MONEY AND ENJOYING LIFE. ADVICE FOR YOUNG PLAYERS: WORK HARD AND HAVE FUN. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: MIN WOO LEE. GOAL FOR THIS SEASON: GET BETTER EVERY DAY. PREGAME RITUAL: TAPE MY STICK. 3 WORDS THAT DESCRIBE ME: FUNNY, NICE, PERSISTENT. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: GOLF, EAT FOOD. NICKNAMES: TONER.



PREGAME SONG: EVERY CHANCE I GET - DJ KHALED FT LIL BABY. PREGAME MEAL: CHICKEN SANDWICH. BEST SPORTS ADVICE GIVEN TO ME: PLAY WITH HEART AND LEAVE IT ALL ON THE ICE. MY HERO: MY PARENTS. IN 10 YEARS I SEE MYSELF: BEING A PROFESSIONAL ATHLETE OR WORKING A JOB. ADVICE FOR YOUNG PLAYERS: HAVE FUN. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: BROCK BOESER, ADLEY RUTSCHMAN. GOAL FOR THIS SEASON: GO TO STATE. PREGAME RITUAL: TAPE MY STICK. 3 WORDS THAT DESCRIBE ME: HARD-WORKING, DEDICATED, CONFIDENT. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: PLAY BASEBALL. NICKNAMES: NELLIE.



PREGAME SONG: CAN'T HOLD US BY MACKLEMORE. PREGAME MEAL: FRUITS. BEST SPORTS ADVICE GIVEN TO ME: PROVE THEM WRONG. MY HERO: MY DAD. IN 10 YEARS I SEE MYSELF: FINISHING COLLEGE AND STILL SKATING. ADVICE FOR YOUNG PLAYERS: DON'T QUIT UNTIL YOU GET TO YOUR GOAL. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: PAVEL BARBER OR COACH CHIPPY. GOAL FOR THIS SEASON: TO IMPROVE DURING THE YEAR. PREGAME RITUAL: SHOOT PUCKS IN THE SHOOTING AREA. 3 WORDS THAT DESCRIBE ME: ATHLETE, HARDWORKING, FUNNY. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: GO TO LIFETIME. NICKNAMES: NEY.



PREGAME SONG: LERO BANDPLAY. PREGAME MEAL: JIMMY JOHNS. BEST SPORTS ADVICE GIVEN TO ME: DON'T GIVE UP. MY HERO: MY DAD. IN 10 YEARS I SEE MYSELF: IN A RS7. ADVICE FOR YOUNG PLAYERS: KEEP WORKING HARD. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: 10F155. GOAL FOR THIS SEASON: GO TO THE X. PREGAME RITUAL: TAPE STICK. 3 WORDS THAT DESCRIBE ME: FUNNY NICE CARING. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: WORK ON MY CAR. NICKNAMES: RICH.



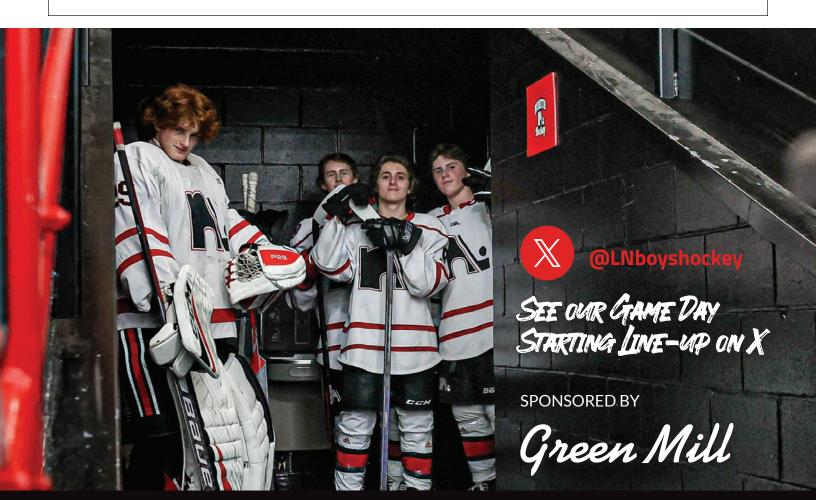
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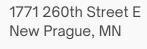




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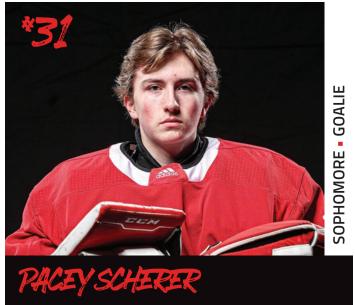




# WE ARE NORTH



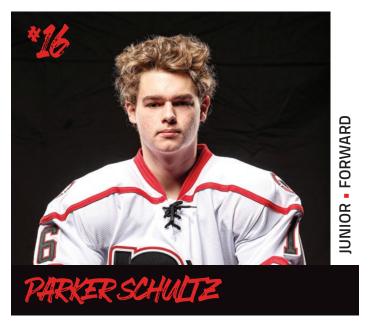
PREGAME SONG: LIL TJAY. PREGAME MEAL: WHATEVER MY MOM MAKES ME. BEST SPORTS ADVICE GIVEN TO ME: ONE GAME DOESN'T DEFINE YOU. MY HERO: MY MOM. IN 10 YEARS I SEE MYSELF: IN THE NFL PLAYING FOR THE VIKINGS. ADVICE FOR YOUNG PLAYERS: WORK HARD. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: SAUCE GARDNER. GOAL FOR THIS SEASON: GO TO STATE. PREGAME RITUAL: PLAY THIS SAUCE GAME WITH GILLY. 3 WORDS THAT DESCRIBE ME: FUNNY, NICE, COOL. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: GOLF. NICKNAMES: CP.



PREGAME SONG: RUN THIS TOWN. PREGAME MEAL: 20 PIECE MCNUGGET. BEST SPORTS ADVICE GIVEN TO ME: DON'T JUDGE YOUR SKILL, JUDGE YOUR PROGRESS. MY HERO: JAKE OTTIENGER. IN 10 YEARS I SEE MYSELF: ON A LAKE HOME, A REALTOR, WITH MY WIFE. ADVICE FOR YOUNG PLAYERS: START EARLY AND TAKE IT SERIOUSLY. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: ZAC BELL. GOAL FOR THIS SEASON: WIN STATE. PREGAME RITUAL: STRETCH, JUGGLE, AND SPRAY WATER OVER MY CREASE. 3 WORDS THAT DESCRIBE ME: FUNNY, ENERGETIC, DIALED. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: HANG WITH MY GIRLFRIEND AND MY FAMILY AND FRIENDS. NICKNAMES: PACE, OR PACEMAN.



PREGAME SONG: OFF THE GRID-KANYE WEST. PREGAME MEAL: CHIPOTLE BOWL. BEST SPORTS ADVICE GIVEN TO ME: BE THE BEST VERSION OF YOURSELF. MY HERO: MY DAD. IN 10 YEARS I SEE MYSELF: WORKING A WELL PAYING JOB. ADVICE FOR YOUNG PLAYERS: JUST WORK AS HARD AS YOU CAN GO. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: BROADCAST BOYS. GOAL FOR THIS SEASON: SCORE 5 GOALS. PREGAME RITUAL: DONT HAVE ONE. 3 WORDS THAT DESCRIBE ME: HONEST, EASYGOING, FRIENDLY. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: PLAY VIDEO GAMES AND LISTEN TO MUSIC. NICKNAMES: SCHLUKE.



PREGAME SONG: LIFE GOES ON. PREGAME MEAL: CHICKEN AND RICE. BEST SPORTS ADVICE GIVEN TO ME: YOU CAN'T PLAY FOREVER SO YOU MIGHT AS WELL DO YOUR BEST WHILE YOU CAN. MY HERO: MY DAD. IN 10 YEARS I SEE MYSELF: LIVING IN MY OWN HOUSE AND MARRIED WITH A GOOD JOB. ADVICE FOR YOUNG PLAYERS: DO THE BEST YOU CAN AT EVERYTHING YOU DO IN LIFE. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: EVERYTHING COLLEGE HOCKEY. GOAL FOR THIS SEASON: WIN THE STATE TOURNAMENT. PREGAME RITUAL: STRETCH, SHOOT PUCKS, TEAM WARMUP, GET DRESSED, ON ICE WARMUP, LISTEN TO LOCKER ROOM MUSIC, RUN OUT OF TUNNEL. 3 WORDS THAT DESCRIBE ME: SMART, FUNNY,. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: LIFT WEIGHTS AND SPEND TIME WITH FRIENDS AND FAMILY. NICKNAMES: P SCHULTZ, SCHULTZY.



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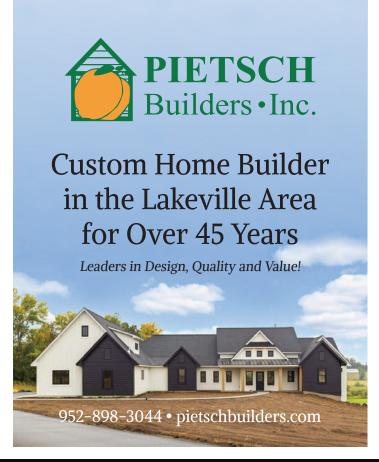
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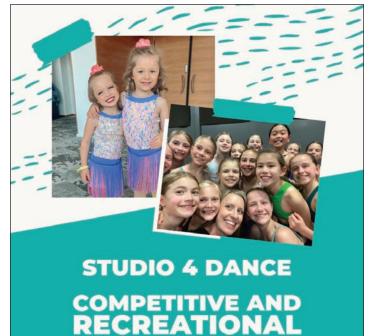




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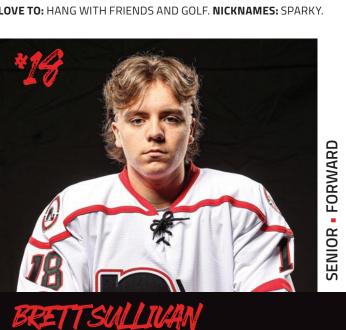
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# **WE ARE NORTH**





PREGAME SONG: ERASE YOUR SOCIAL. PREGAME MEAL: JIMMY JOHNS. BEST SPORTS ADVICE GIVEN TO ME: TO NEVER GIVE UP. MY HERO: MY DAD. IN 10 YEARS I SEE MYSELF: WORKING. ADVICE FOR YOUNG PLAYERS: TO TRY YOUR BEST. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: TREVER ZEGRAS. GOAL FOR THIS SEASON: TO PLAY MY BEST. PREGAME RITUAL: LISTEN TO MUSIC. 3 WORDS THAT DESCRIBE ME: FUN FUNNY NICE. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: HANG WITH FRIENDS AND GOLF. NICKNAMES: SPARKY.



PREGAME SONG: FOREVER. PREGAME MEAL: JIMMY JOHNS. BEST SPORTS ADVICE GIVEN TO ME: LEGS FEED THE WOLF. MY HERO: MY GRANDPA. IN 10 YEARS I SEE MYSELF: STARTING A BUSINESS. ADVICE FOR YOUNG PLAYERS: PRACTICE OFF ICE MORE THAN ON ICE. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: DREW1214. GOAL FOR THIS SEASON: BEAT SOUTH AND GO TO THE X. PREGAME RITUAL: SHOOT PUCKS, STRETCH, 2-TOUCH. 3 WORDS THAT DESCRIBE ME: HUMBLE, HARDWORKING, LEADER. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: GOLF, HANGOUT WITH FRIENDS, WATCH FOOTBALL. NICKNAMES: SULLY AND SULLZ.

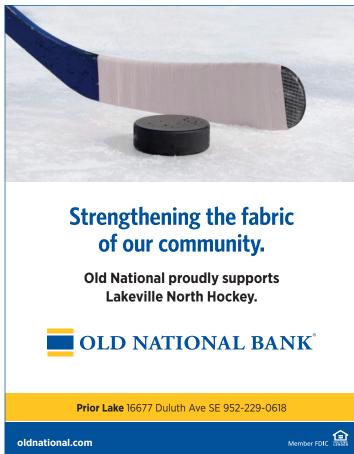


PREGAME SONG: MORE LIKE JESUS. PREGAME MEAL: JIMMY JOHN'S. BEST SPORTS ADVICE GIVEN TO ME: HAVE FUN. MY HERO: MY GRANDPAS AND DAD. IN 10 YEARS I SEE MYSELF: IN MINISTRY. ADVICE FOR YOUNG PLAYERS: WORK HARD ALL THE TIME. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: ABBY STRAUB (PARKER'S GF). GOAL FOR THIS SEASON: GO TO THE X. PREGAME RITUAL: RETAPE. 3 WORDS THAT DESCRIBE ME: KIND, LOVING AND CARING. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: PLAY SPIKEBALL, WATCH SPORTS. NICKNAMES: ST. JOHN, JOHNER.



PREGAME SONG: I KNOW ?. PREGAME MEAL: JIMMY JOHNS. BEST SPORTS ADVICE GIVEN TO ME: DON'T QUIT. MY HERO: MY MOM. IN 10 YEARS I SEE MYSELF: MARRIED WITH KIDS DOING SOMETHING I LOVE. ADVICE FOR YOUNG PLAYERS: HAVE FUN. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: MAX HOMA. GOAL FOR THIS SEASON: GO TO THE STATE TOURNAMENT. PREGAME RITUAL: TAPE MY STICK. 3 WORDS THAT DESCRIBE ME: FUNNY, NICE, ATHLETIC. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: GOLF, HANGOUT WITH THE BOYS AND WAKESURF. NICKNAMES: THOMPS, STUMP.









#### ICE HOCKEY OFFICIALS' SIGNALS



#### **Boarding**

Strike the clenched fist of one hand into the open palm of the other hand directly in front of the chest.



#### **Delayed Offsides**

Extend arm in the air and point to line with other arm.



The nonwhistle hand (open hand) and arm are placed straight down alongside the body and swung forward and up once in an underhand motion.



#### **Hooking**

A series of tugging motions with both arms, as if pulling something toward the stomach.



A single slapping of the righ palm to the left knee, keeping both skate blades on the ice.



**Butt-Ending** 

A crossing motion of the forearms, one moving under the other.



Charging

Elbowing

Tapping either elbow

with the opposite hand.

Rotating clenched fists around one another in front of chest.



#### Checking

(women's only) The nonwhistle hand is placed on the shoulder and then moved out and to the side.



Clipping

Keep both skates on the ice when signaling, using right hand on the leg.



#### Contact to the Head

Extend arm above head and tap head with open palm.



Cross-Checking

A single forward and back motion with both fists clenched in front of the chest.



#### Roughing

Fist clenched, fully extending arm from the



Goal Scored

Point at the net with the nonwhistle hand, palm



**Delayed Calling** of Penalty

Extend arm to upright position.



**Hand Pass** 



**Delay of Game** 

The nonwhistle hand,

palm open, is placed

across the chest and

directly in front of the

thenfull extended

body.

**High-Sticking** 

Holding both fists, clenched, one a short space immediately above the other to the side of the head.



#### **Hitting from** Behind

Arm placed behind the back, elbow bent, forearm parallel to the ice surface.



Fighting/Punching

clenched, fully extended

A double "punching"

in front of the body

motion with fist

#### **Holding**

Clasp wrist of whistle hand with the other hand in front of the chest.



Clasp wrist of whistle hand with the other hand well in front of the chest. Next, hold both fists, clenched, one a



### Offside

After blowing whistle for offside, point toward offending team's special spot with nonwhistle



#### Grasping the **Facemask**

A single or double motion as if grasping a face mask and pulling it down.



#### **Icing**

The back offical signals the icing situation by fully extending his free arm (without whistle) at a 66° angle. The front official shall indicate the icing is completed by extending his free arm over his head, up straight, and blowing his whistle. The back official then will move to the faceoff spot and cross arms to indicate the icing.



#### Timeout / Unsportsmanlike

Using both hands to form a "T" in front of the chest.

Conduct



#### Tripping

Keep both skates on the ice when signaling, using right hand on the leg.



#### Slashing

One slap with the nonwhistle hand across the straightened forearm of the other hand.



#### Interference

Crossed arms with fists clenched stationary in front of chest.



#### Misconduct

Hand should be moved once from sides down to hips. Thus, point to player first, hand to hips second.



#### Obstruction

Hands in the middle of the body in the shape of an "O". Additional infraction following obstruction.



**Penalty Shot** 

Arms crossed (fists clenched) above the head.



#### Spearing

A single jabbing motion with both hands together thrust forward in front of the chest, then dropping hands to the side.



Both arms swung shoulder height, not waist height.



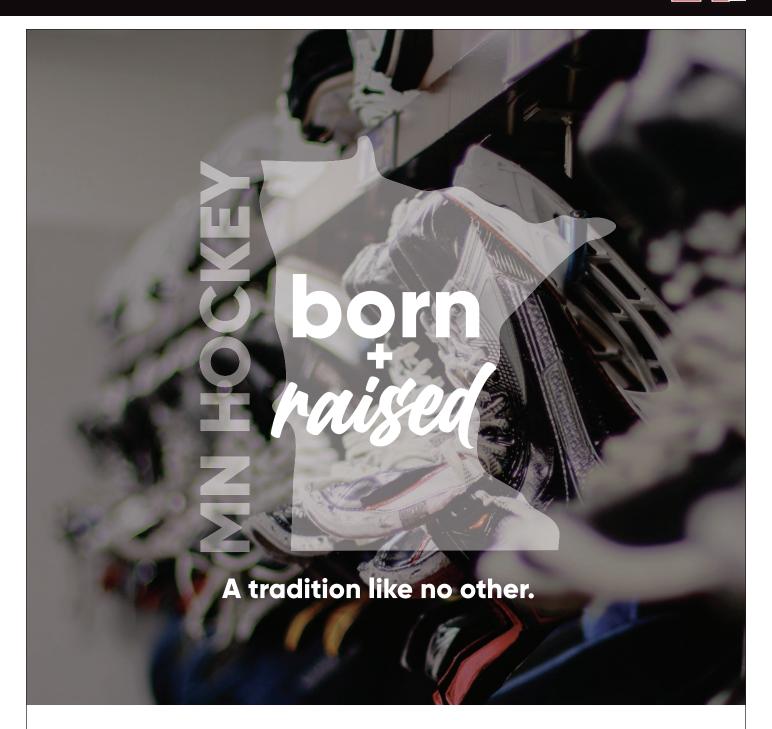
PREGAME SONG: TWIRLANTA BY 22GZ. PREGAME MEAL: PB&J. BEST SPORTS ADVICE GIVEN TO ME: PLAY WHERE THE PUCK IS GOING TO BE, NOT WHERE IT IS AT. MY HERO: NICK EH 30. IN 10 YEARS I SEE MYSELF: WORKING A GOOD JOB WHILE LIVING MY BEST LIFE. ADVICE FOR YOUNG PLAYERS: BE A COACHABLE PLAYER. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: REDBULL. GOAL FOR THIS SEASON: BE A GOOD TEAMMATE, AND IMPROVE AS A HOCKEY PLAYER. PREGAME RITUAL: RETAPE STICK, STRETCH, AND FOCUS ON THE GAME. 3 WORDS THAT DESCRIBE ME: HARDWORKING, PHYSICAL, COMPETITIVE. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: MOUNTAIN BIKE AND SNOWBOARD. NICKNAMES: SWEEN.



PREGAME SONG: BABY. PREGAME MEAL: BAGELS. BEST SPORTS ADVICE GIVEN TO ME: ALWAYS WORK YOU HARDEST, YOU NEVER KNOW WHO'S WATCHING. MY HERO: MY DAD. IN 10 YEARS I SEE MYSELF: STARTING A SUCCESSFUL BUSINESS. ADVICE FOR YOUNG PLAYERS: DON'T EVER GIVE UP AND KEEP WORKING ON YOUR SKILLS. FAVORITE PERSON TO FOLLOW ON SOCIAL MEDIA: ALWAYSHOCKEY. GOAL FOR THIS SEASON: GO TO STATE. PREGAME RITUAL: PUTTING MY RIGHT SIDE OF GEAR ON BEFORE LEFT. 3 WORDS THAT DESCRIBE ME: HARD WORKING, PASSIONATE, AND SMART. WHEN I AM NOT PLAYING HOCKEY I LOVE TO: GO GOLFING AND FISHING. NICKNAMES: ZWERDS.









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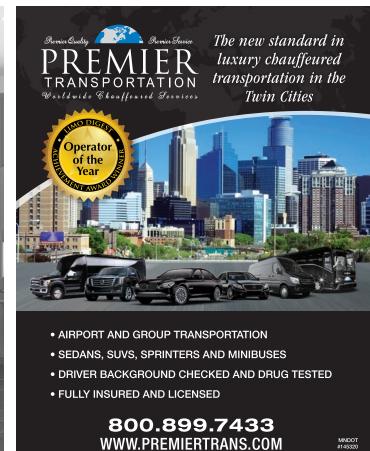
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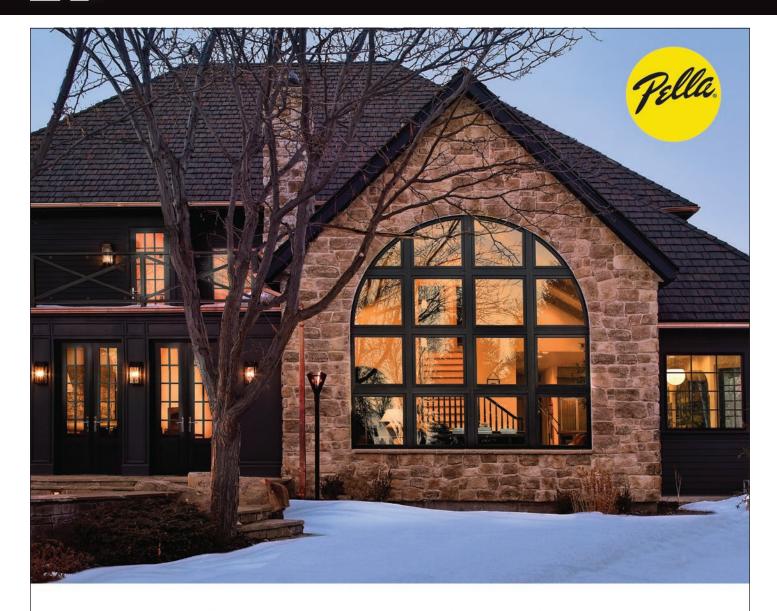
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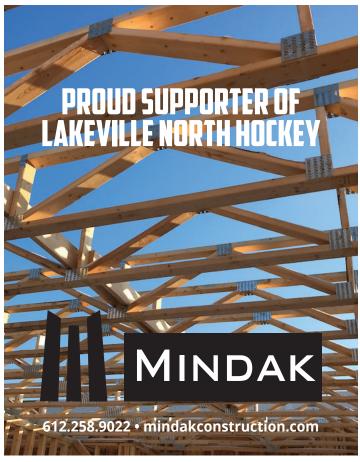
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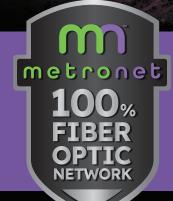
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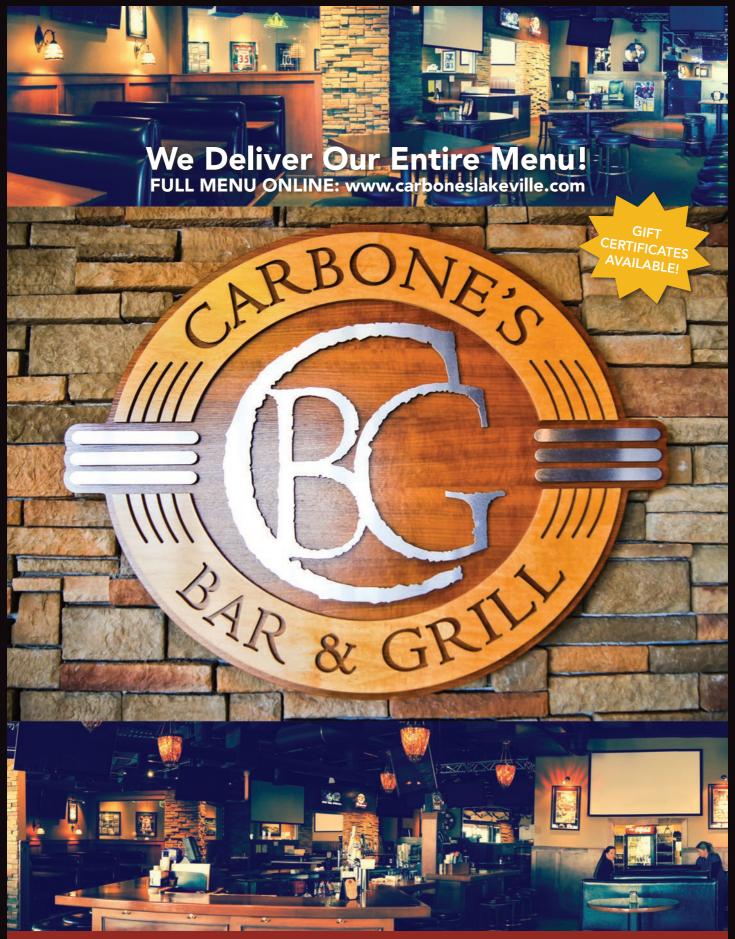
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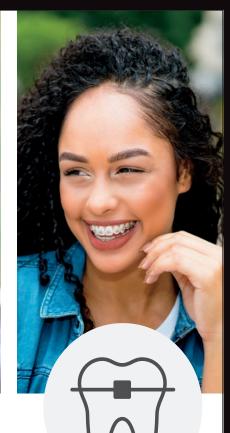
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