



| NORTHEAST PACK SHOWCASE |

NOVEMBER 21 – NOVEMBER 24, 2024

TEAM GUIDE

HOSTED BY



WELCOME

Welcome to the 14U, 15U, 16U & 18U Northeast Pack Showcase!

Here in Pittsburgh, we always strive for championship hockey and championship hospitality. We hope that you will enjoy your weekend in our city, and especially your time at the UPMC Lemieux Sports Complex in Cranberry.

UPMC Lemieux Sports Complex is a first-of-its-kind concept – combining a first-class NHL practice rink with world-class sports medicine facilities and a cutting-edge performance training center, all under one roof.

Now in its ninth year of operation, the UPMC Lemieux Sports Complex is the practice home of the Stanley Cup Champion Pittsburgh Penguins and the full-time home to our DICK'S Sporting Goods Pittsburgh Penguins Elite youth hockey program.

The UPMC Lemieux Sports Complex offers a variety of hockey camps, clinics, leagues and tournaments for hockey players of all levels. We use cutting edge technology and a science-based approach to treat, train, and inspire athletes. Whatever their goals or dreams, our hockey professionals and world class facilities are the reason there is nowhere else to train!

In addition to training off-ice and on-ice programs the facility hosts youth hockey, high school hockey, adult hockey and our popular learn-to-play programs – including Sidney Crosby's "Little Penguins" – and enables us to expand the reach of youth hockey in our region, creating more hockey players and lifelong fans.

We are delighted to host you this weekend! Thank you and if we can be of any assistance during your stay, please let us know.

Best wishes ... and have fun!

**Danny MacKinnon, Executive Director of Hockey Operations
and Pittsburgh Penguins Elite**

GAME INFORMATION

| SCHEDULES |

THURSDAY, NOVEMBER 21, 2024

START TIME	ARENA	RINK	LEVEL	VISITING TEAM	HOME TEAM
4:20 PM	UPMCLSC	Rink 1	18U	NJ Rockets	Pens Elite
6:00 PM	UPMCLSC	Rink 2	14U	NJ Rockets	Pens Elite
6:20 PM	UPMCLSC	Rink 1	16U	NJ Rockets	Pens Elite
8:00 PM	UPMCLSC	Rink 2	16U	LI Gulls	Northstar
8:20 PM	UPMCLSC	Rink 1	18U	LI Gulls	Northstar

FRIDAY, NOVEMBER 22, 2024

START TIME	ARENA	RINK	LEVEL	VISITING TEAM	HOME TEAM
8:00 AM	UPMCLSC	Rink 2	15O	Mount	Mid-Fairfield
8:00 AM	BAIERL	World	15O	LI Gulls	NJ Rockets
8:15 AM	BAIERL	Galaxy	18U	Mount	NJ Rockets
10:00 AM	UPMCLSC	Rink 2	14U	Mid-Fairfield	Pens Elite
10:00 AM	BAIREL	World	14U	LI Gulls	NJ Rockets
10:15 AM	BAIREL	Galaxy	16U	Mount	NJ Rockets
12:15 PM	BAIREL	Galaxy	18U	Northstar	BK
2:15 PM	BAIREL	Galaxy	15O	Mid-Fairfield	LI Gulls
12:00 PM	UPMCLSC	Rink 1	16U	Pens Elite	LI Gulls
2:00 PM	UPMCLSC	Rink 1	15O	NJ Rockets	BK
4:00 PM	UPMCLSC	Rink 1	15O	Shattuck	Pens Elite
6:00 PM	UPMCLSC	Rink 1	14U	BK	Shattuck
8:00 PM	UPMCLSC	Rink 1	16U	Northstar	Pens Elite
3:45 PM	UPMCLSC	Rink 2	18U	Pens Elite	LI Gulls
5:45 PM	UPMCLSC	Rink 2	14U	Mount	LI Gulls
7:45 PM	UPMCLSC	Rink 2	16U	Shattuck	BK
4:30 PM	Shadyside	Rink 1	14U	Mid-Fairfield	NJ Rockets

| ARENAS |

Baierl Ice Complex

103 Marshall Drive |
Warrendale, PA 15086

Hunt Armory Seasonal Ice Rink

324 Emerson Street |
Pittsburgh, PA 15206

Shadyside (McKnight Arena)

423 Fox Chapel Road | Pittsburgh,
PA 15238

UPMC Lemieux Sports Complex

8000 Cranberry Springs Dr |
Cranberry Twp, PA 16066

| SOCIAL MEDIA |



@PghPensElite and @PenguinsRinks

Follow us and tag your PACK moments! #NEPack and #UPMC66

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GAME INFORMATION

| SCHEDULES |

SATURDAY, NOVEMBER 23, 2024

START TIME	ARENA	RINK	LEVEL	VISITING TEAM	HOME TEAM
7:45 AM	UPMCLSC	Rink 1	14U	Mid-Fairfield	BK
8:00 AM	UPMCLSC	Rink 2	18U	NJ Rockets	BK
10:00 AM	UPMCLSC	Rink 2	14U	Mount	Pens Elite
12:00 PM	UPMCLSC	Rink 2	16U	NJ Rockets	Shattuck
2:00 PM	UPMCLSC	Rink 2	18U	LI Gulls	Mount
4:00 PM	UPMCLSC	Rink 2	14U	BK	LI Gulls
6:00 PM	UPMCLSC	Rink 2	15O	BK	Mount
8:00 PM	UPMCLSC	Rink 2	14U	Shattuck	Mount
10:30 AM	Hunt Armory	Rink 1	16U	Northstar	BK
12:40 PM	UPMCLSC	Rink 1	15O	Pens Elite	LI Gulls
2:40 PM	UPMCLSC	Rink 1	18U	North Star	Pens Elite
4:40 PM	UPMCLSC	Rink 1	15O	Shattuck	Mid-Fairfield
6:40 PM	UPMCLSC	Rink 1	16U	LI Gulls	Mount

SUNDAY, NOVEMBER 24, 2024

START TIME	ARENA	RINK	LEVEL	VISITING TEAM	HOME TEAM
8:15 AM	UPMCLSC	Rink 2	18U	BK	Mount
10:15 AM	UPMCLSC	Rink 2	15O	Mount	Shattuck
12:15 PM	UPMCLSC	Rink 2	14U	Pens Elite	Shattuck
2:15 PM	UPMCLSC	Rink 2	15U	BK	Pens Elite
11:30 AM	UPMCLSC	Rink 1	16U	Shattuck	Pens Elite
1:30 PM	UPMCLSC	Rink 1	16U	BK	Mount

| ARENAS |

Baierl Ice Complex
103 Marshall Drive |
Warrendale, PA 15086

Hunt Armory Seasonal Ice Rink
324 Emerson Street |
Pittsburgh, PA 15206

Shadyside (McKnight Arena)
423 Fox Chapel Road |
Pittsburgh, PA 15238

UPMC Lemieux Sports Complex
8000 Cranberry Springs Dr |
Cranberry Twp, PA 16066

| SOCIAL MEDIA |



@PghPensElite and @PenguinsRinks

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UPMC LEMIEUX SPORTS COMPLEX OVERVIEW

Opened in August 2015, the UPMC Lemieux Sports Complex is the primary practice and training facility for the Pittsburgh Penguins as well as a comprehensive outpatient facility for UPMC Sports Medicine. This first-of-its-kind facility in the Pittsburgh region is a true partnership between two world-class organizations, and features 185,000 square feet of total space dedicated to treating, training and inspiring athletes at every level.

This state of the art facility was specifically designed to deliver excellence in all aspects of the development of athletes. Using cutting edge technology and a science-based approach, UPMC advises on all areas of athletic performance. The world-class staff provides clinical services including physician services, imaging and diagnostics, physical therapy, and concussion management, all while being a leading innovator of sports medicine research.

On the ice, our select team of hockey professionals offer comprehensive programs for player development that includes the region's premier coaching staff, the highest quality training equipment, alongside proven academic and career guidance.

- Two NHL regulation size ice rinks (200' x 85')
- Spectator seating for 1,000 on DICK'S Sporting Goods Rink and 450 on FedEx Rink
- Sixteen locker rooms
- Laser timing system
- Professional quality skate sharpening
- Retail space with apparel and accessories
- Home of EXCEL Hockey Academy
- The Training Table with health based, organic food options prepared by Pittsburgh Penguins Executive Chef Geoff Straub
- UPMC Sports Performance is a 6,000 square foot training space for all athletes
- UPMC Sports Medicine is a world class clinic including 54,000 square feet of clinical space, twenty-four patient rooms, physical therapy gym, aquatic therapy and on-site MRI and EKG equipment.



THE TRAINING TABLE MENU

FROM THE GRILL

All entrées include choice of a side item

BBQ PULLED PORK SANDWICH 9.99

Slow Roasted Pork, House BBQ Sauce, Pickles, Smoked Cheddar Cheese, Koiser Bun

AVOCADO TURKEY BURGER 11.29

Cheddar, Avocado, Lettuce, Smoked Tomato Aioli

DOUBLE CHEESEBURGER 10.99

Two 4oz Beef Patties, American Cheese, Lettuce, Tomato

1/4LB. CHEESEBURGER 7.29

America Cheese, Lettuce, Tomato, Pickles

FLATBREADS & PIZZA

CHICKEN ALFREDO 8.49

House BBQ Sauce, Grilled chicken, Cheddar, Red Onion, Smoked Tomato Aioli

SLICE OF CHEESE 2.99

SLICE OF PEPPERONI 3.29

WHOLE CHEESE PIZZA 14.99

WHOLE PEPPERONI PIZZA 16.99

GLUTEN FREE CHEESE PIZZA (10") 10.99

PASTA

BUFFALO CHICKEN MAC & CHEESE 8.99

Grilled Chicken, Buffalo Sauce, Cheddar

CHICKEN ALFREDO 8.49

Grilled Chicken, House Made Alfredo, Parmesan

BUFFALO CHICKEN MAC & CHEESE 8.99

Grilled Chicken, House Made Alfredo, Parmesan

PASTA WITH MEAT SAUCE 7.79

PASTA MARINARA 6.79

BUTTERED NOODLES 5.99

HOMEMADE MAC & CHEESE 6.99

SALADS

TACO SALAD 11.99

Seasoned Taco Beef, Tomatoes, Red Onion, Cheddar, Romaine, Tortilla Chips, Creamy Southwest Dressing

SMOKED CHICKEN SALAD 9.99

Smoked Chicken, Gorgonzola, Tomatoes, Greens, Honey Siracha Vinaigrette

CHICKEN CAESAR SALAD 9.49

Grilled Chicken, Parmesan, Croutons, Romaine, Caesar Dressing

ADD ONS

EXTRA DRESSING 1.00

AVOCADO 1.50

BACON 2.00

CHICKEN 3.00

GLUTEN FREE WRAP 2.00

WRAPS, QUESADILLAS, PANINI

CHICKEN BACON RANCH WRAP 10.79

Grilled Chicken, Bacon, Cheddar, Tomato, Romaine Lettuce

SMOKED CHICKEN WRAP 9.99

Smoked Chicken, Gorgonzola, Tomatoes, Greens, Honey Siracha Vinaigrette

CHICKEN CAESAR WRAP 9.49

Grilled Chicken, Romaine, Parmesan, Caesar Dressing

CHICKEN QUESADILLA 9.49

Smoked Chicken, Cheddar, Mozzarella, House Made Salsa, Sour Cream

GOURMET GRILLED CHEESE 8.99

Thick Cut Bacon, Smoked Cheddar, Gouda, Smoked Tomato Aioli, Sourdough

TRAINING TABLE CAFE HOURS

Monday - Thursday	11:00AM - 8:00PM
Friday - Saturday	11:00AM - 8:00PM
Sunday	11:00AM - 4:00PM

THE COFFEE BAR HOURS

Monday - Thursday	8:00AM - 8:00PM
Friday - Saturday	8:00AM - 9:00PM
Sunday	8:00AM - 4:00PM

HOSPITALS AND RESTAURANTS

| HOSPITALS |

NEAR UPMC LEMIEUX SPORTS COMPLEX

UPMC PASSAVANT – CRANBERRY

1 St Francis Way
Cranberry Twp., Pa 16066
(724)772-5310

MED EXPRESS URGENT CARE – MARS

6998 Crider Rd#100
Mars, PA
(724)778-3627

BUTLER MEMORIAL HOSPITAL

2001 Ehrman Rd Ste A
Cranberry Twp, PA 16066
(724)631-0055

| PLACES TO EAT |

NEAR UPMC LEMIEUX SPORTS COMPLEX

JUNIPER GRILL

2030 McKenzie Way
Cranberry Township, PA 16066
724.591.8850

CHIPOTLE

2080 Mackenzie Way
Cranberry Township, PA 16066
724.779.1134

OLIVE GARDEN

1716 Rt 228
Cranberry Township, PA 16066
724.776.2622

NOODLES AND COMPANY

2030 McKenzie Way
Cranberry Township, PA 16066
724.772.0350

BURGATORY

2080 Mackenzie Way #600,
Cranberry Township, PA 16066

DUNKIN' DONUTS

20411 Route 19, Unit 1, Cranberry
Township, PA 16066

ANTHONY'S COAL FIRED PIZZA

2045 McKenzie Way
Cranberry Township, PA 16066
724.742.1212

BUFFALO WILD WINGS

20215 Rt 19
Cranberry Township, PA 16066

DENTED KEG

700 Adams Shoppes
Mars, PA 16046
724.591.5511

FIREBIRDS WOOD FIRED GRILL

7300 Cranberry Springs Drive
Cranberry Township, PA 16066
724.831.5450

PANERA BREAD

20111 Rt 19
Cranberry Township, PA 16066
724.779.5060

CHICK-FIL-A

1700 Route 228, Cranberry
Township, PA 16066

CENCI'S PIZZERIA & BAR

3005 Fairport Ln,
Cranberry Township, PA 16066
724.779.2100

PRIMANTI BROTHERS

200 Executive Dr
Cranberry Township, PA 16066
724.772.5757

THE MILK SHAKE FACTORY

2085 Mackenzie Way Ste 100,
Cranberry Township, PA 16066

MEDICAL PROTOCOLS

Welcome to Pittsburgh! UPMC Sports Medicine is proud to be taking care of you and helping to assist with any injuries that may occur during this hockey tournament. We know that medical care can be challenging when on the road, and our goal is to make that as easy as possible. Below you will find the best and easiest way to get the attention you need while at one of our facilities.

| RINK INFORMATION |

SHADYSIDE (MCKNIGHT ARENA)

**423 FOX CHAPEL ROAD
PITTSBURGH, PA 15238**

UPMC LEMIEUX SPORTS COMPLEX

**8000 CRANBERRY SPRINGS DRIVE
CRANBERRY TWP, PA 16066**

This is the main medical headquarters for the tournament. There will be a Certified Athletic Trainer present on your sheet of ice during all games to attend to real time injuries. A medical doctor will always be on call. Cranberry EMS will not be stationed at the rink but can arrive in 5-10 minutes when needed.

HUNT ARMORY SEASONAL ICE RINK

**324 EMERSON STREET
PITTSBURGH, PA 15206**

BAIERL ICE COMPLEX

**103 MARSHALL DRIVE
WARRENDALE, PA 15086**

There won't be an athletic trainer present at these games, but Corey Ratsch, the Certified Athletic Trainer for Pens Elite, will be available via phone at (412) 215-6650. Cranberry EMS will not be stationed at the rink but can arrive in 5-10 minutes when needed.

| EMERGENCY INFORMATION |

CARDIAC EVENTS

AEDs are located throughout the rink. Each sheet of ice has an AED inside the scorekeeper's box. There is also one located behind the front desk and one inside the Zamboni bay.

NECK AND SPINE INJURIES

In the event of a suspected spinal injury, 911 is called and the athlete will be immobilized in position on the ice until an ambulance arrives. Both Cranberry EMS and UPMC Athletic Trainers are regularly trained in the latest procedures for equipment removal and spine boarding.

CATASTROPHIC BLEEDING

Athletic trainers are equipped with tourniquets and gauze. Additionally, there are blood kits located at the front desk and Zamboni bay that contain impregnated gauze, which is used to help blood clot more quickly. If a tourniquet is placed, it may only be removed by EMS or at the emergency department.

MEDICAL PROTOCOLS

| ORTHOPEDIC INJURIES |

We understand that you and your athletes have made sacrifices to make it to both this tournament and to this level of hockey. We want your athletes to play as much hockey this weekend as they safely can. However, if we believe that further participation will place the athlete at risk of further injury, we may pull them from play. This isn't something that is done lightly, and we are happy to have a respectful conversation about the situation with the athlete, coaches, and family involved to answer any questions you may have.

Any athlete that is transported via ambulance to the emergency department will be out for the remainder of the tournament, without exception.

| HEAD INJURIES/CONCUSSIONS |

Head injuries and concussions are a serious concern for ice hockey. Pennsylvania state law dictates that any athlete who displays signs and symptoms of having sustained a concussion **CANNOT RETURN TO PLAY THE SAME DAY**. They may not return to play the following day or beyond until they have been cleared by a physician (M.D. or D.O.). UPMC concussion specialists will not clear an athlete until they have been symptom free for at least 48 hours. If your athlete sustains a concussion, they most likely will not be able to play again during this tournament.

| CLEARANCE NOTES |

We do not accept clearance notes from parents/adults associated with the team who are also physicians. Clearance from an orthopedic injury must come from a physician or medical provider at an urgent care, emergency room, or local clinic. Clearance from a concussion must come from a physician (M.D. or D.O.) with additional training in treating concussions.

The Pittsburgh Penguins Team Physician, Dr. Dharmesh Vyas, ultimately makes the final decision of who is medically cleared to play and has the authority to withhold a player if he feels it is medically unsafe for them to continue play.

AMBULANCE SERVICES

The typical arrival time for an ambulance to UPMC Lemieux Sports Complex for an athlete who is conscious, alert, and stable is 10-15 minutes.

Most of our EMS transports are done by Cranberry Township EMS.

Cardiac emergencies and severe/compound fractures are sent to UPMC Passavant Cranberry (address listed above).

Most other emergencies will be sent to one of the following hospitals:

UPMC PRESBYTERIAN

200 Lothrop St.
Pittsburgh, PA 15213

UPMC CHILDREN'S HOSPITAL OF PITTSBURGH

4401 Penn Avenue
Pittsburgh, PA 15224

EMS, athletic trainers, and the patient's family will work together to determine which facility is best suited to handle the athlete's condition.

If an athlete under the age of 18 needs transported, one parent or designated adult may accompany them in the ambulance.

IMPORTANT NUMBERS TO KNOW

| PENS ELITE ATHLETIC TRAINER |

COREY RATSCH

(412)215-6650

He oversees all medical triage and assistance. For any questions regarding anything medical, he is the person who can help you get the care you need as fast and efficiently as possible.

| EMERGENCY ROOM |

UPMC PASSAVANT – CRANBERRY

1 St Francis Way
Cranberry Twp, PA 16066
(724)772-5310

| URGENT CARE |

UPMC CHILDREN'S EXPRESS CARE – UPMC LEMIEUX

8000 Cranberry Springs Dr
Cranberry Twp, PA 16066
(724)720-3098
Thursday - Friday | 5:00 - 9:00PM
Saturday | 12:00 - 8:00PM
Sunday | 10:00AM - 6:00PM

UPMC CHILDREN'S EXPRESS CARE

2599 Wexford Bayne Rd
Sewickley, PA 15143
(724)933-3644
Thursday - Friday | 5:00 - 9:00PM
Saturday | 12:00 - 8:00PM
Sunday | 10:00AM - 6:00PM

UPMC WEXFORD URGENT CARE

11360 Perry Highway
Wexford, PA 15090
(724)935-9900
Monday - Sunday | 8:00AM - 8:00PM
