



| 15U, 16U & 18U 4CLUBS SHOWCASE |  
OCTOBER 10-11, 2020

# TEAM GUIDE

HOSTED BY



# WELCOME

Welcome to the 15U, 16U & 18U 4Clubs 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 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 sixth 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!

**Kara Radeke, Executive Director**  
UPMC Lemieux Sports Complex

**Danny MacKinnon, Director**  
Elite Hockey



# GAME INFORMATION

## | SCHEDULES |

### SATURDAY, OCTOBER 10, 2020

START TIME	ARENA	RINK	LEVEL	HOME TEAM	VISITING TEAM
8:00 AM	UPMCLSC	Rink 2	15U	Chicago Mission	Buffalo Jr Sabres
8:15 AM	UPMCLSC	Rink 1	15U	Pittsburgh Pens Elite	Detroit Little Caesars
10:00 AM	UPMCLSC	Rink 2	16U	Chicago Mission	Buffalo Jr Sabres
10:15 AM	UPMCLSC	Rink 1	18U	Pittsburgh Pens Elite	Detroit Little Caesars
12:00 PM	UPMCLSC	Rink 2	18U	Chicago Mission	Buffalo Jr Sabres
2:30 PM	UPMCLSC	Rink 1	15U	Pittsburgh Pens Elite	Chicago Mission
3:15 PM	UPMCLSC	Rink 2	15U	Buffalo Jr Sabres	Detroit Little Caesars
4:30 PM	UPMCLSC	Rink 1	16U	Pittsburgh Pens Elite	Chicago Mission
6:15 PM	UPMCLSC	Rink 2	18U	Buffalo Jr Sabres	Detroit Little Caesars
6:30 PM	UPMCLSC	Rink 1	18U	Pittsburgh Pens Elite	Chicago Mission
8:30 PM	UPMCLSC	Rink 1	16U	Buffalo Jr Sabres	Detroit Little Caesars

### SUNDAY, OCTOBER 11, 2020

START TIME	ARENA	RINK	LEVEL	HOME TEAM	VISITING TEAM
8:00 AM	UPMCLSC	Rink 2	15U	Detroit Little Caesars	Chicago Mission
8:50 AM	UPMCLSC	Rink 1	15U	Buffalo Jr Sabres	Pittsburgh Pens Elite
10:00 AM	UPMCLSC	Rink 2	16U	Detroit Little Caesars	Chicago Mission
10:50 AM	UPMCLSC	Rink 1	16U	Buffalo Jr Sabres	Pittsburgh Pens Elite
12:00 PM	UPMCLSC	Rink 2	18U	Detroit Little Caesars	Chicago Mission
12:50 PM	UPMCLSC	Rink 1	18U	Buffalo Jr Sabres	Pittsburgh Pens Elite
4:00 PM	UPMCLSC	Rink 1	16U	Pittsburgh Pens Elite	Detroit Little Caesars

## | LIVE BARN |

Games held at the UPMC Lemieux Sports Complex will be available online at [livebarn.com](http://livebarn.com)

## | ARENAS |

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

## | SOCIAL MEDIA |



@PghPensElite and @PenguinsRinks

Follow us and tag your 4Clubs moments! #4Clubs and #UPMC66

LIVEBARN IS LIVE AT UPMC LEMIEUX SPORTS COMPLEX  
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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
- Xos video review and scouting system
- Professional quality skate sharpening
- Retail space with apparel and accessories
- 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.
- Home of EXCEL Hockey Academy





# THE **TRAINING** TABLE MENU

**THE TRAINING TABLE CAFÉ IS OPEN FOR ONLINE TO-GO ORDERS**  
MONDAY-FRIDAY FROM 1:30–6:00 PM \*

## | SANDWICHES |

All entrées include choice of a side item

### **SMOKED CHICKEN WRAP 8.29**

Smoked Chicken, Tomato, Gorgonzola, Mixed Greens,  
Honey Sriracha Vinaigrette, Honey Wheat Wrap

### **CHICKEN CAESAR WRAP 7.99**

Grilled Chicken, Parmesan, Romaine, Caesar Dressing,  
Honey Wheat Wrap

### **ROASTED TURKEY & BACON WRAP 8.49**

Oven Roasted Turkey, Bacon, Cheddar, Greens,  
Italian Mayo, Honey Wheat Wrap

### **ITALIAN HOAGIE 8.99**

Ham, Salami, Pepperoni, Provolone, Greens,  
Tomato, Banana Peppers, Italian Mayo, Hoagie Bun

### **DOUBLE CHEESEBURGER 8.99**

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

### **CHICKEN ALFREDO 7.99**

Grilled Chicken, House Made Alfredo, Parmesan

### **SMOKED CHICKEN SALAD 8.29**

Smoked Chicken, Tomato, Gorgonzola, Mixed Greens,  
Honey Sriracha Vinaigrette

### **CHICKEN CAESAR SALAD 7.99**

Grilled Chicken, Parmesan, Croutons, Romaine,  
Caesar Dressing

## | SIDES |

### **ASSORTED CHIPS**

### **MIXED FRUIT CUPS**

### **STRAWBERRY YOGURT WITH GRANOLA**

## | SNACKS |

### **HOUSE MADE TRAIL MIX**

### **ASSORTED CLIFF BARS**

### **ASSORTED KIND BARS**

### **RIGHTEOUS FELON BEEF JERKY VARIETIES**

### **HOUSE BAKED COOKIES**



\* Orders must be submitted daily by 2:00 PM. Select your pick up time between 2:30–6:00 PM.  
**PAYMENT WILL BE REQUIRED AT TIME OF PICK UP.** Credit Card, Apple Pay, Google Pay or  
Puck Buck Card only. **CASH WILL NOT BE ACCEPTED.**

# HOSPITALS AND RESTAURANTS

## | HOSPITALS |

### NEAR UPMC LEMIEUX SPORTS COMPLEX

#### UPMC PASSAVANT – CRANBERRY

1 St Francis Way  
Cranberry Twp., Pa 16066  
(724)772-5300

#### 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

#### NOODLES AND COMPANY

2030 McKenzie Way  
Cranberry Township, PA 16066  
724.772.0350

#### ANTHONY'S COAL FIRED PIZZA

2045 McKenzie Way  
Cranberry Township, PA 16066  
724.742.1212

#### FIREBIRDS WOOD FIRED GRILL

7300 Cranberry Springs Drive  
Cranberry Township, PA 16066  
724.831.5450

#### CHIPOTLE

2080 Mackenzie Way  
Cranberry Township, PA 16066  
724.779.1134

#### BURGATORY

2080 Mackenzie Way #600,  
Cranberry Township, PA 16066

#### BUFFALO WILD WINGS

20215 Rt 19  
Cranberry Township, PA 16066

#### PANERA BREAD

20111 Rt 19  
Cranberry Township, PA 16066  
724.779.5060

#### PRIMANTI BROTHERS

200 Executive Dr  
Cranberry Township, PA 16066  
724.772.5757

#### DOUBLE WIDE GRILL

100 Adams Shops  
Mars, PA 16046  
724.553.5212

#### OLIVE GARDEN

1716 Rt 228  
Cranberry Township, PA 16066  
724.776.2622

#### DUNKIN' DONUTS

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

#### DENTED KEG

700 Adams Shoppes  
Mars, PA 16046  
724.591.5511

#### CHICK-FIL-A

1700 Route 228, Cranberry  
Township, PA 16066

#### THE MILK SHAKE FACTORY

2085 Mackenzie Way Ste 100,  
Cranberry Township, PA 16066