

EJEPL Monthly Review

Volume 2 Issue 2

News for the Month of December, 2018

WWW.EJEPL.NET

It is our mission to prepare players to become the Junior, Prep School, and College recruits of the future. Players are introduced to elite practices, skill development opportunities, and academic guidance throughout the entire process.



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Our Starting Lineup



In our 16u Futures division, the NJ Stars faced off against the NYC Cyclones in our November Midget showcase on Friday November 9th

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Six Keys to Improve Skating Speed
& Efficiency.....1

Use Your Nerves to Fuel
Performance.....2

Southern CT. Stars National 2018 EJEPL
16U and 18U Split Season
Champions.....3

EJEPL November to Remember
Showcase.....5

“Organizational Spotlight” Featuring
Palmyra Black Knights.....7

Brooke Hubert - Commits To Play at
Minnesota State.....11

EJEPL Playoff Venues and
Format.....11
& 12

Six Keys to Improve Skating Speed & Efficiency

“Whether you take lessons or not, you must get thousands of repetitions on your own, just as golfers practice by the hour after each lesson. Add dryland skating workouts when you come off the ice.”

Every year, some players dominate in the regular season, but not in the playoffs when the pace is faster. The difference is efficient high-end speed, and it's highly trainable.

1. Longer skating strides = wider strides. At high speeds, you cannot lengthen your stride straight backward because your feet would have to be impossibly quick. Instead, push hard to the side (hip abduction). This is the

the major source of skating power and efficiency at high speed, yet it is ignored in most weight rooms. Because your skate blade is not perpendicular to the angle of force, this propels you forward, in the same way a sailboat tacks crosswind much faster than the wind. At the end of each stride, you are pushing backward (hip extension) because you're moving past the ice. You also rotate your hips to prepare for the next stride. Off-ice exercises for hip abduction-rotation-extension include side-to-side jumps, Russian Box jumps, resisted lunge walks and slide board.



2. For acceleration, nothing compares to short off-ice sprints. Explode as fast as you can for 5-30 meters then walk back to the starting line for recovery. Lean forward to 45 degrees like Usain Bolt. Extend your body in a straight line (SLX) so your leg force passes through your center of mass efficiently. On the other hand, bending forward (pike position) is an inefficient use of force, whether sprinting or skating. Efficiency must be part of your speed training, not just strength, strength and more strength.

3. Less equipment means faster skating practice. Today's shoulder pads are so heavy they look like they're designed for football. Hockey pants (breezers) have too much padding and restrict the width and length of the stride. Speed skating coaches would never burden skaters with restrictive pants. Keep in mind that *all repetitions result in permanent changes to the brain and spinal cord* (the CNS), so don't practice slow, restricted strides every day at a young age when learning is greatest.

Get a pair of scissors to remove unnecessary padding. Slit the inseam to allow greater range of motion. Keep in mind that manufacturers are protecting their company from lawsuits, not just protecting your body. Include some *“skating improvement days,”* without breezers and shoulder pads. Your feet will move faster, and stride width-length will increase.

4. Strength workouts must incorporate explosive movement of your body, not just slow strength alone. Sprints plus weighted and unweighted jumps (one- and two-legged) should be inserted into each workout. Traditional weight training is part of the process at older ages, but if you don't add explosive movement to train the Central Nervous System (CNS)

for speed, weight training is too limited by itself. Why? 1) The heavier the lift, the slower your body moves. 2) Every lift includes *deceleration* in the last part of the movement, at precisely the point where the skating stride requires maximum *acceleration*. 3) Traditional weight training ignores the key to skating power: hip abduction-rotation-extension. 4) The range of motion in *all* barbell lifts is restricted to *one plane*; yet no sport – certainly not skating – is restricted to one plane.

5. Practice skating on your own. Whether you take lessons or not, you must get thousands of repetitions on your own, just as golfers practice by the hour after each lesson. Add dryland skating workouts when you come off the ice. There is no speed skating coach in the world who would teach skating without dryland training.

6. On the ice, every repetition must be done with 100 percent quality, so rest intervals are critical. Even endurance training must be fast, with perfect execution to build speed and efficient mechanics. Never skate with poor mechanics and slow feet, which is inevitable if you do endurance skating drills past the point of lactic acid buildup and temporary fatigue (about 6-10 seconds depending on the intensity).

Use Your Nerves to Fuel Performance



“Just let go of some of the anxiety and think, I’m standing on a sheet of ice, with my buddies, playing a really, really fun game,” said Storm. “Enjoy it rather than stress about what’s going to happen later.”

Nerves and excitement - two words often used to describe that familiar feeling of “butterflies” or “jitters” before a big tryout, game or event. It’s a feeling that becomes more and more common as players advance to high level of sports, and it’s one that is critical for players to learn how to manage in order to perform at their best.

“You have to create energy with your nerves and use that to go out and compete harder and play to the top of your ability,” said Minnesota Hockey District 9 Coach-in-Chief Josh Storm. “Those are important things because you’re going to have nerves your whole life playing, whether it’s a big game or a big tryout.”

Here are four tips on how to utilize nerves in a positive way:

Support Your Teammates

When nerves creep in, first instinct is often to begin worrying about the either the unknown or the outcome of the upcoming game or tryout. One of the best ways to counteract those fears is by turning your attention outward.

“Be a great teammate, help those other people,” said Storm, who is entering his eighth season as the boys’ high school coach in Owatonna. “If you have those nerves, some of your buddies have the same feeling. When they make good plays, encourage them. Encourage your teammates and encourage your friends and the people that you’re with.”

Making a concerted effort to support those around you not only helps distract from your own nerves, but it helps calm the entire team and raises everyone's comfort level. Players known for being great teammates are also recognized by coaches and can benefit players' overall evaluation in tryouts.

Get Involved

Another key to overcoming anxiety is finding a way to get into a rhythm as soon as you hit the ice.

"In those games where you're nervous or anxious, especially when we have young guys who step on the ice for the first time before tryouts or before games, I always tell our guys to go engage in contact," said Storm. "Whether it's bumping at the Squirt level or getting into the corners and winning some battles or finishing checks, those things initiate our bodies into competing at a high level."

When players get involved in contact situations, it forces them to mentally engage in the task at hand, melting away any nerves that may remain. Plus, winning a couple of one-on-one battles is a great way to start a game or tryout on a positive note.

"You have to get into those spots where you can win little battles," said Storm. "You can start feeling good about yourself and about your game and build a little confidence. When you're confident, you play really well."

Focus on Playing, Not Pressure

Pressure is often the culprit when nerves hit their peak. Storm remembers putting a lot of pressure on himself to perform, especially during tryouts, back in his playing days.

"When I got rid of some of that pressure off myself, I had probably the best tryout of my career," said Storm.

Today, Storm emphasizes two key points to help kids relieve any pressure they may feel. The first is to do your best to understand the outcome is often somewhat out of our control and isn't worth worrying about. The second, and most important, is to focus on just playing the game and having fun with it because that's when kids typically play to the best of their ability.

"Just let go of some of the anxiety, and think, I'm standing on a sheet of ice, with my buddies, playing a really, really fun game," said Storm. "Enjoy it, rather than stress about what's going to happen later."

A Long Term Attitude

It's also critical for kids (and their parents) to understand the outcome of tryouts or the big game fueling those nerves isn't nearly as important as we often make them out to be inside our own heads. Storm emphasizes this is particularly true about tryouts when it's easy to get wrapped up in who is making what team.

"You don't have to make the team you're really stretching for to have a great experience," said Storm, who noted he's seen a number lower level youth players become key contributors at the high school level. "Whether it's an 'A' team, a 'B' team or a 'C' team, it's just a letter at that point."

"You're playing hockey. It should be an enjoyable and fun experience. The level you play at should not matter as much as the actual playing itself."

Southern CT. Stars National 2018 EJEPL 16U and 18U Split Season Champions



EJEPL 18u Split Season Southern Connecticut Stars defeat the GNY Stars in the championship game held at Wesleyan University on November 11th, 2018

The stars were aligned in Connecticut as both the 16 and 18 U Championship games featured both the Southern Connecticut Stars and the GNY Stars. The teams, part of the EJEPL's Split Season conference all defeated their semi-final opponents to get to the Championship games. In the 16 U, So. Conn defeated Western Mass Vipers 5-4 and Greater NY had a bye as the #1 seed.

In the 18 U division, the Greater NY Stars defeated the Western Mass Vipers as well 5-0 & the So Conn Stars also had a bye as the #1 seed. All the games were close and hard fought.

"The facility at Wesleyan was first rate and an ideal venue for the games" stated Admin. Assistant and Dean of Discipline Steve Kauffman who supervised the event for the EJEPL.

In the 16 U Championship game, So. Connecticut took an early 1-0 lead on a power play goal by **William Stewart** on an assist by **Luke Welch** and **Kees Van Wees**. GNY Stars tied the score at 1-1 when

Jasper Zeray scored a goal midway in the 1st period. **Connor Harrison** assisted on the goal. The 1st half ended 1-1 as the teams went to their locker rooms. So Conn opened the 2nd half scoring at 18:17 as **Kees Van Wees** scored on an assist from **Kevin McNicholas**. GNY answered back and made it 2-2 with 12:30 left in the game with a goal from **Luca Vicino** assisted by **Thomas Smith**. The game continued tied through the end of the game. It then became an instant classic when it was still tied after one overtime, with both teams getting a lot of good chances. At 9:17 in the 2nd OT, So. Conn's **William Stewart** got his second of the game and the MVP trophy as his So Connecticut teammates got the victory and their Championship banner.

In the 18 U game between the same two organizations, So Connecticut who came in first in the regular season KRACH ratings, dominated the first half taking a 3-1 lead to the ice cut. Goals by **Ben O'Connor**, **Alexander Hernandez** and **Will Forrest** over came the lone GNY Stars goal was unassisted by **Lance Kontorov**. In the second half the GNY Stars refused to go away by scoring 4 goals **Kontorov**, **Pivnev**, **Fomin** and **Barone**. **Barone's** goal with 1:41 left in the game was especially huge because So. Connecticut had scored 2 second half goals of their own which left the game tied 5-5 at the end of regulation!! It took only 10 seconds in overtime to decide this one however, as **Will Forrest** of the So. Connecticut Stars rifled a bomb into the GNY Stars net to seal the Southern CT Star's second Championship of the day.



EJEPL 16u Split Season Southern Connecticut Stars defeat the GNY Stars in the championship game held at Wesleyan University on November 11th, 2018



The EJEPL would like to thank the staff at the Spurrier-Snyder Rink (Wesleyan University) and Newton Ice Arena for providing a great venue to host the EJEPL Split Season Playoffs and championship game. We would also like to congratulate all teams in the playoffs as well as the championship winning teams on a great season and playoff run.



Southern Connecticut Stars 18u team captain Will Forrest wins the playoff MVP and helped the team clinch the championship by scoring the game winning goal just 10 seconds into overtime



Southern Connecticut Stars 16u Split Season player Will Stewart wins the playoff MVP award scoring two goals in the game, the most important coming in overtime as he helped seal the championship for his team

November to Remember!

The EJEPL hosted its midget showcase during the weekend of November 9th, 10th, and 11th using five different venues in the Philadelphia and Southern New Jersey areas. Venues used for this showcase included the Patriot Ice Center, IceWorks Skating Complex, Revolution Ice Gardens, Igloo Ice Arena, and Hatfield Ice Arena. In our first year with two different divisions in both the 18u Diamond Conference and the 16u Diamond Conference, this showcase would shape up to be highly competitive with many participating teams. With the first KRACH Ratings posting being released on December 4th for all full season teams and as the next midget showcase approaches during the weekend of December 14th, 15th, and 16th, the standings are really starting to take shape.



Palmyra 16u Futures division player celebrates a goal scored in a game against the Carolina Rage on Saturday November 10th at the EJEPL Midget showcase

The next KRACH Ratings posting will occur on December 11th and you can find out more by logging on to www.ejepl.net. On our home page, scroll down and on the right side of the page, you will be able to see a blue button labeled "KRACH." There, you will find more information regarding how the KRACH Ratings system works as well as all the future dates it will be updated. Larry Nastasi is our KRACH Ratings guru and he may be contacted with any further questions or concerns.



16u Futures division teams LI Gulls and NYC Cyclones play one another in a game on November 10th that ended in a 3-1 win for the Gulls



16u Futures division teams Gulf Coast Flames battle against Team Philadelphia in a game on Sunday November 11th that would be decided by a final score of 3-2 in favor of the Flames



16u Futures division LI Sharks face off against the Southern MD Sabres in our November midget showcase. Southern MD Sabres goaltender makes a great save facing over 30 shots in the game



In our 16u Futures division, team captain from the New Jersey Stars helps to contribute a goal during a game on November 9th against the NYC Cyclones in our midget showcase

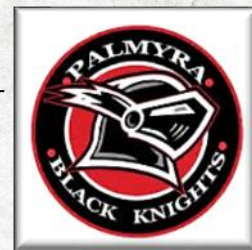


It was the battle of Long Island when the Sharks squared off against Gulls in our 16u Futures division on November 10th. Dylan Nerud of the Gulls retrieves a puck in his own defensive zone trying to formulate an attack going the other way



Team Philadelphia and the Gulf Coast Flames play a close game as two players chase after a puck in the corner. The game would end with Gulf Coast picking up the victory 3-2

“Organizational Spotlight” Featuring the Palmyra Black Knights



Mission Statement: Palmyra youth hockey shall promote the ideals and aims of youth travel and in-house hockey, to cooperate with USA Hockey and all other agencies, private and public, which are committed to the cause of youth hockey. Palmyra shall strive to provide opportunities to educate and train individual players, coaches, and officials in the game and instill good sportsmanship, fair play, and respect for their fellow players and officials. Palmyra will engage in the pursuit of excellence through personal development and teamwork, adherence to the spirit of the rules, development of strength of character and sportsmanship – respect for one's opponents, acceptance of victory with humility, and acknowledgement of defeat with grace. The organization will seize this opportunity to instill values and habits that will help our players succeed throughout their lives.



Palmyra 16u Futures team prepares before a game in our November Midget showcase where they would go 5-1 during the weekend of November 9th, 10th, and 11th

Professional Staff and Leadership

The Palmyra Black Knights are led by a professional staff starting with Antoine Bergeron, their full time hockey director. He was drafted by the St. Louis Blues in 2000 and played professionally in the ECHL with the Reading Royals and Trenton Titans. After his professional playing days, Antoine has lead local youth programs in both Reading and Lancaster. Most recently, Antoine served the last 8 years as the hockey director for the Lancaster County Youth Amateur Hockey League (Lancaster Firebirds). Antoine grew that program tremendously over those 8 years into a highly respected program known for developing players, coaches, and families.

Antoine sees this leadership position with Klick Lewis Arena/Palmyra Black Knights as a huge growth opportunity at a young, successful hockey program and at a fantastic 2-pad ice rink with a wonderful sports complex surrounding it. Antoine believes in the culture that Palmyra has started developing in the first 6 years and looks forward to expanding the family, community, and personal development focus for many years to come.

Along with Antoine Bergeron, the staff at Palmyra all bring with them some professional experience. Rob Shearer, the club's Tier II Travel & House Program Coordinator played parts of 16 professional seasons in the NHL, AHL, ECHL and Europe. After his playing career, Rob was the Hockey Director for the Capital City Vipers for 5 seasons, working with all ages from Mites to Midgets. Rob has run clinics, camps and summer select teams. Goaltending Director Terry Denike played minor hockey with the Oakville Rangers AAA (OMHA) and Mississauga Senators AAA (MTHL), college hockey with Lake Superior State University (CCHA), and was selected by the Los Angeles Kings in the 2001 NHL Draft. He brings with him goaltending coach experience from seven different youth organizations.

Coach Mitch Lamoureux, a special instructor for Palmyra played 3 years of junior hockey for the Oshawa Generals of the OHL. While playing for the Generals, he was selected by the Pittsburgh Penguins in the eighth round of the 1981 NHL draft and joined the Pens' new AHL affiliate in Baltimore in 1982-83. Lamoureux still holds the AHL record for most Power Play goals for in one season with 27 PP goals in the 1995-96 season with the Bears. Craig Horowitz, who is the Palmyra power skating coach spent 12 years as a competitive figure skater and has 10+ years serving as a skating coach for both amateurs and professionals. Not all organizations are as lucky to have a professional staff as Palmyra does, and after speaking with Antoine Bergeron regarding the hockey program, having a professional staff like this is something he takes great pride in. Since its establishment in 2011, the Palmyra Black Knights have tripled in size (375-380 players) and are continuing to grow. Under the professional guidance of the staff, it is important to Antoine that every youth athlete that wants to play hockey is given that opportunity. With programs like Try Hockey for Free and the Bergeron Youth Hockey Camp, providing a great, fun, and everlasting experience is one of the many things that the Palmyra staff always strive to do.

Palmyra and the EJEPL

The Palmyra Black Knights feature three different teams in the EJEPL at the 12u, 14u, and 16u Futures levels. As of right now, two of their three teams sit in playoff position as their season begins to wind down. The 12u team sits in the final eighth spot in our 12u diamond conference with one game remaining against Team Philadelphia on January 26th. With the York Devils trailing closely behind them with four games remaining in their schedule, the game against Team Philly is huge.

The Palmyra 16u Futures team is currently holding on to the number two playoff spot sitting behind the Delaware Ducks team. During our November Midget showcase, Palmyra played the Ducks in a heavily fought battle losing a close game 4-2. In our December showcase, Palmyra will get a chance at redemption when they play the Ducks again on Friday December 14th at the Patriot Ice Center. With six games remaining in their schedule, Palmyra will look to finish out their season strong while hoping for a deep playoff push in February, in which they may very well face the Delaware Ducks.



Palmyra 16u Futures team celebrates a goal scored in a game played on November 10th against the Carolina Rage in which they would go on to win by a score of 4-0

Palmyra Black Knights Sled Hockey Team



There are few rinks around the country that are sled accessible. Sled accessible rinks allow players to remain in their sleds and skate off the ice into the bench area. This requires that the bench area is flush with the ice and there is clear plexiglass replacing the white boards. Klick Lewis Arena is one of these few rinks that is accessible for the sport of sled hockey and the Palmyra Black Knights do feature a sled hockey team. Sled hockey provides an opportunity for many types of disabilities and there are opportunities available in local areas for recreation/competition all the way to the National Sled Team that plays in the Paralympics. Sled hockey is rapidly growing in the US and players are "hooked" once they touch the ice the first time.

Sled hockey had its beginning in the early 1960s when some enterprising athletes at a physical rehabilitation center in Sweden wanted to play the game. The men modified a metal frame sled with two regular-sized ice hockey skate blades that allowed the puck to pass underneath. Their hockey sticks were round poles with bike handles. The growth of the sport was slow to develop but by 1969, Stockholm had a five-team league that included both disabled and able-bodied players. Ice sled hockey was first demonstrated at the Paralympic Winter Games in Sweden in 1976, and then again at the 1988 Innsbruck Paralympics. It became an official event at the 1994 Lillehammer Paralympics.

The Palmyra Black Knights, who play independently right now, feature youth and adult sled hockey players. The Black Knights organization allows players who have limited or physical disabilities the opportunity to play the sport of hockey through the game of sled hockey.

The Palmyra Black Knights Sled Hockey Team was founded in 2012. It is a not-for-profit, 100% volunteer organization. The team was formed to enable youth and adults with disabilities in the Greater Hershey/Harrisburg area to play disabled sled ice hockey. The program is USA Hockey sanctioned, and affiliated with the Palmyra Black Knights organization. There are no other athletic opportunities in the greater Harrisburg area for disabled athletes. Sled hockey gives them absolute freedom and control.



"The Black Knights program is for both boys and girls ages 6 and up who have a physical disability and cannot play standing hockey. In advance of starting with the Black Knights, players should be able to propel a manual wheelchair and sit upright in the sled's 'bucket' seat with the attached seat-belt," describes Kristen Powell, Assistant Team Manager.

Palmyra Black Knights Family Fund

The Palmyra Area Minor Hockey Association ("Palmyra Black Knights" or "PBK") is committed to providing opportunities to participate in youth hockey to those young athletes in our community interested in becoming part of the PBK hockey family. The PBK Family Fund was established to provide a reduced fee to families who otherwise may not be able to participate in travel hockey due to financial constraints. Eligibility is limited to families who have a PBK travel team player (excluding High Performance) and submit a timely application that meets our Fund guidelines.

PBK Family Fund awards will be considered and granted based on the availability of funds, and the financial need and any special circumstances of the applicant family.

To find out more about the PBK Family Fund, log on to www.palmyrablackknights.org.

Palmyra Black Knights “Blackout” Night



This year, the Palmyra Black Knights Youth Hockey Program hosted its 8th annual “Blackout” event. All 380 players in the organization participated in two packed days of hockey to kick off their season in October. One of the featured events during the Blackout weekend was a chili cook-off among the parents in the organization. With raffles and baskets that made your eyes pop, this event is one of the great things that the Palmyra Youth Hockey Program does in order to reach out to the community they play in.

Antoine Bergeron, director of hockey for Palmyra had this to say regarding the event: “The game of hockey is much larger than just playing the game. Part of what we want our athletes and players to do is also raise awareness to the community of their program and who they are.” The Blackout event is their largest club fundraiser with funds going back to the club as well as to the PBK Family Fund. It’s a fun day of hockey for the kids, parents, and coaches.

This event teaches all the youth athletes that there is much more to the game of hockey than just playing the game on the ice. It is very important to be involved in your community, giving back to those that gave you an opportunity to play the game of hockey and introducing the sport to potential new players.

Another portion of the funds raised during this event go back to the Palmyra Caring Cupboard.

The Caring Cupboard has its roots in the program ministry of the Palmyra Church of the Brethren (PCOB), when in 2001, children at the church felt that food should be available to transients. It blossomed into a program for not just transients but also members of the church who were in need. In the late summer of 2004, it was felt that the program should be expanded to help those in the community and become a ministry of the then Palmyra Area Cooperating Churches, now Palmyra - A Caring Community (PACC).

A pilot program to see if there was a need for a community food program and if that program would be sustained by the community was launched. The Outreach Team of the PCOB was empowered with the responsibility of organizing and running the food bank which immediately became a food pantry. With the help of our contributors we were able to provide 183 dinners over and beyond normal weekly needs for Thanksgiving, 164 for Christmas, and 170 for Easter. Additionally, we operate a Summer Lunch program for families with school children.



For more information on the Caring Cupboard, please log on to www.caringcupboard.org.

Brooke Hubert - Commits To Play At Minnesota State NCAA D1



Chris Hubert, The Director of the Women's Division for the EJEPL is one proud parent. Daughter Brooke Hubert commits to play Hockey at The NCAA D1 Minnesota State Mavericks in the Fall of 2019. Currently Brooke is sharpening her skills playing for the Long Island Arrows 18U Diamond EJEPL team. The Entire EJEPL staff would like to Congratulate Brooke on her great achievement!! We wish her lots of luck on her playing career as well as her educational success!
Go Mavericks!!



EJEPL Playoff Format and Venues

9u Diamond

Final 4

Aston IceWorks

February 1st - 3rd

10u Diamond

8 Team round Robin

Aston IceWorks

February 1st - 3rd

11u Diamond

Final 6

Aston IceWorks

February 1st - 3rd

12u Diamond

8 Team round Robin

Aston IceWorks

February 1st - 3rd

13u Division 1

6 Team Round Robin

Aston IceWorks

February 1st - 3rd

13u Division 2

Final 6

Aston IceWorks

February 1st - 3rd

14u Diamond

8 Team Round Robin

Aston IceWorks

February 1st - 3rd

15u

4 Team Double Elimination

Aston IceWorks

February 1st - 3rd

16u Diamond 1

6 Team Round Robin

Igloo Ice Center

February 1st - 3rd**16u Diamond 2**

6 Team Round Robin

Igloo Ice Center

February 1st - 3rd**16u Futures**

4 Team Double Elimination

Igloo Ice Center

February 1st - 3rd**18u Division 1**

Final 6

Igloo Ice Center

February 1st - 3rd**18u Division 2**

Final 4

Igloo Ice Center

February 1st - 3rd**10u Futures Gold**

6 Team Round Robin

Long Beach Arena

February 8th - 10th**10u Futures Silver**

Final 4

Long Beach Arena

February 8th - 10th**12u Futures Gold**

6 Team Round Robin

Red Bank Armory

February 8th - 10th**12u Futures Silver**

6 Team Round Robin

Red Bank Armory

February 8th - 10th**14u Futures Gold**

8 Team Round Robin

Abe Stark Arena

February 8th - 10th**14u Futures Silver**

Final 8

Long Beach Arena

February 8th - 10th

Please log on to www.ejepl.net to view your updated KRACH ratings
