

BEHIND THE MASK



*A New Generation Of
Netminders Is Shedding
The Stigma That Has Long
Surrounded The Position*



CORY SCHNEIDER
OF THE NEW
JERSEY DEVILS

Also Inside

**AJ MLECZKO CONTINUES
TO MAKE HISTORY**

**BUSINESS IS BOOMING
AWAY FROM THE ICE**

**NEW PROS CLOSE BOOKS
ON COLLEGE CAREERS**



ROB 'EM BLIND.

SUPREME

BAUER

GOALIES

Goalie Camp Caters To Top Female Netminders



There were crowded creases on the ice at the Schwan Super Rink in Blaine, Minn., as 18 of the nation's top female goaltenders came together for the fourth annual U.S. Women's National Team Goaltending Development Camp.

The camp brings together the nation's top female goaltenders to work with mentor coaches to improve their craft. The goalies ranged in age from 15-24 and represented 11 different states,

with eight of them coming from the college ranks.

USA Hockey has brought the top girl goalies together to train for the past 11 years, the first seven years both girl and boy Olympic hopefuls participated in the Warren Strelow National Goaltending Camp.

Among the goalie coaches working this year's camp in support of lead camp coach Matt Kelly were Nicole Hensley and Alex Rigby of the 2018 U.S. Olympic Women's Team.

COACHING

Online Module For Goalie Coaches



USA Hockey's Coaching Education Program

has added an online module that covers the basics in coaching and developing goaltenders. This new information is designed to create consistency in both the verbiage and proper techniques needed to help all goalies develop. Goaltenders and goaltender parents would highly benefit from this module as well. Completing the module is required prior to entering the Goaltending Coach Program. The module costs \$10 and is now available at usahcepmodules.flexcoach.com.



COACHING

GOALIE COURSES HELP COACHES DEVELOP PROFICIENT PUCK STOPPERS

GOALIE COACHES CAN TAKE THEIR GAME TO THE NEXT LEVEL by signing up for a new series of courses as part of USA Hockey's Coaching Education Program.

This step-by-step course progression will provide any coach with the consistent verbiage and techniques needed to help goaltenders reach their full potential.

The Bronze Level High Performance Seminar features a

series of one-day clinics that cover basic aspects of goaltending, such as incorporating goaltending drills into practice plans, teaching fundamental saves, foundational skating, puck handling, positioning, recovery and more.

The Silver HP Goaltending Development Coach Symposium consists of on- and off-ice instruction where coaches will learn additional skills through hands-on training in goaltender

development through multiple on-ice training sessions.

The final step in the program is the Gold Goaltending Development Summit, which is held in conjunction with the USA Hockey Level 5 Coaching Symposium. Coaches attending this event will spend 13 hours of on-ice and off-ice goaltending coaching development, covering all aspects of the position and the details of how to teach the concepts and create environments for optimal goaltender development.

Coaches who satisfactory complete all tasks will receive their

Level 5 Coaching Certification.

"We are excited for the roll out of Goalie Coach Development Program this upcoming clinic season," said National Coach-in-Chief Mike MacMillan.

"This unique education process for those working with our goalies is designed to help us become the best nation in developing goalies, and that starts with coaches at the youth level."

Coaches interested in taking part in this goaltender training program can contact their local coach-in-chief or goaltending development coordinator.



The camp is named after the late **Warren Strelow**, who served as the goaltending coach for the 1980 and 2002 U.S. Men's Olympic teams.

GOALIES

Strelow Camp Helps Goalies Take Games To Next Level

THE WARREN STRELOW Men's National Team Goaltending Camp returns to the ice for its 11th season when many of the top young U.S. goaltenders come together at USA Hockey Arena, Aug. 13-17.

The camp will once again feature an impressive roster of talented guest coach-

es who work in the NHL and AHL, as well as college and Junior coaches.

Among those scheduled to attend are Peter Aubry, developmental goaltending coach for the Chicago Blackhawks; Mike Buckley, Pittsburgh Penguins goaltending coach; Scott Clemmensen, develop-

mental goaltending coach for the New Jersey Devils; Dave Rogalski, assistant goaltending coach with the St. Louis Blues; Jeff Salajko, goaltending coach with the Detroit Red Wings; and Chris Terreri, goaltending development coach with the New York Islanders. USA Hockey's National Goaltending Coach Thomas Speer will serve as the lead coach for the camp.

The elite four-day camp is aimed at helping American goalies reach the NHL by assisting each of the invitees master both the physical and mental aspects of the position while developing a personal identity that translates to in-game success.

The camp is named after the late Warren Strelow, who served as the goaltending coach for the 1980 and 2002 U.S. Men's Olympic teams. ★

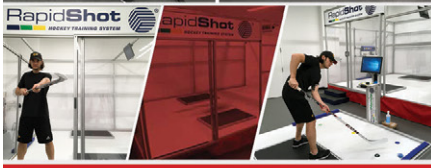


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Puck Professors

Goalie Greats Highlight Early Lineup Of Level 5 Speakers

by Harry Thompson

IN THE EARLY 1990S, Mike Richter and John Vanbiesbrouck teamed up to form one of the most formidable goaltending tandems in the NHL. This summer they will reunite to speak on a subject near and dear to their hearts at the 2018 National Hockey Coaches Symposium in Lake Placid, N.Y.

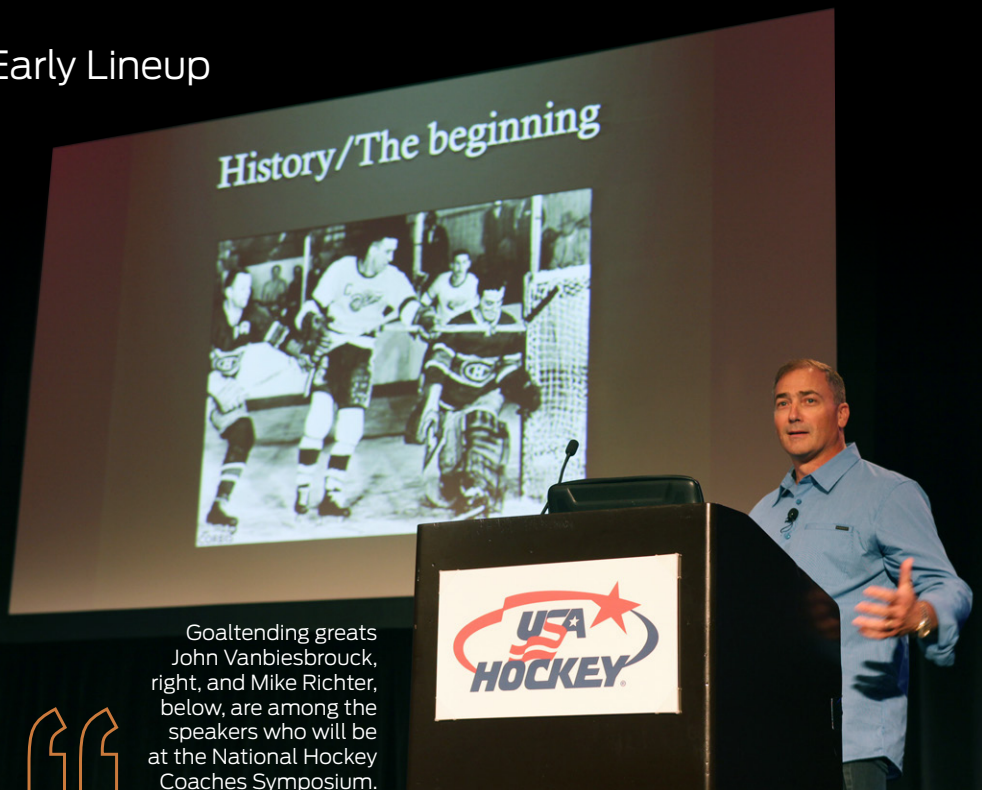
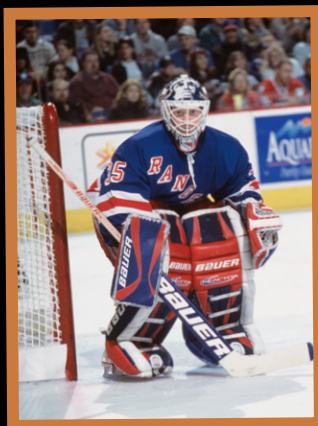
The former N.Y. Rangers teammates, who are among the top five all-time American goaltenders in numerous statistical categories, are excited about the prospect of helping coaches learn how to develop the next generation of goaltenders.

"Like most of the time that we've spent together, we have no idea what we're going to be talking about," joked Vanbiesbrouck, who has presented at past events.

"Speaking to coaches about a position that I played for a long time is really appealing to me. Having a small opportunity to influence and help them figure out how to communicate with a goalie and to help them develop is something I'm happy to help advance."

Richter and Vanbiesbrouck won't be the only former teammates among the impressive list of speakers who have committed to share their hockey knowledge with USA Hockey coaches seeking their Level 5 coaching certification. Mark Johnson and John Harrington, who made history at the 1980 Olympic Winter Games in Lake Placid, are also on the docket.

Johnson is in his 16th season as the head coach of the University of Wisconsin women's team, while Harrington recently completed his second season behind the bench with the Minnesota State Mavericks. Other members of the "Miracle on



Goaltending greats John Vanbiesbrouck, right, and Mike Richter, below, are among the speakers who will be at the National Hockey Coaches Symposium.



Having a small opportunity to influence and help them figure out how to communicate with a goalie and to help them develop is something I'm happy to help advance."

Ice" team are likely to make an appearance.

Also committed to speak are a pair of NHL head coaches, John Hynes of the New Jersey Devils and Jeff Blashill of the Detroit Red Wings. Blashill also coached this year's U.S. Men's National Team at the IIHF World Championship in Denmark.

According to USA Hockey's director of Coaching Education, Mark Tabrum, more speakers will be added in the coming months.

The highlight of the USA Hockey coaching calendar, the National Hockey Coaches Symposium will take place

Aug. 23-26 at the Lake Placid Conference Center and is available to all Level 4 registered coaches looking to achieve the highest level of coaching certification within USA Hockey's Coaching Education Program.

In addition to the main presentations, coaches will attend ADM age-specific breakout sessions. And new this year, the symposium will include an on-ice session (attendees must bring skates, sticks and helmets) as well as a dryland training session.

The cost for current USA Hockey members who register online is \$550, and \$600 for mail-in registrations. Coaches who are currently not registered can sign up for \$650, which includes a USA Hockey membership for the 2018-19 season.

For more information go to USAHockey.com/level5. ☆

Saint Anselm Goaltender Enjoys Slow Ride To The Top

By Jason Kates

WHEN MADDIE SCAVOTTO JOINED the Saint Anselm College hockey team as the third string goalie, her expectations were minimal.

As is the case with most college freshmen, playing time was hard to come by for the East Falmouth, Mass., native, who started just three games during the 2015-16 season. But instead of letting the lack of playing time get her down, Scavotto used the experience to make herself a better goaltender.

"I really needed that time to get up to the level of play at the college level," she said. "Everything was just way faster so I really needed that first year to assimilate with the team.

"Just coming to practice every day with not a ton of stress and knowing I wasn't going to have to play in a game was a really big part of my development."

Two years and 35 appearances later, the current number one goalie for the Division II school located in Manchester, N.H., can look back at that first year as a crucial one in her on-ice development.

"That first full year of just practice without being thrown into a game situation when I wasn't ready really helped with me confidence," Scavotto said. "I was more confident facing my players who are probably better than some of the teams that we would've played against."

As a sophomore, Scavotto went 17-1-2, which helped pave the way for her most recent campaign when

NCAA GOALS-AGAINST LEADERS

(2017-18 SEASON)

WOMEN'S DIV. I

1. **Maddie Scavotto**,
St. Anselm: 0.99
2. **Michaela Kane**,
St. Anselm: 1.09
3. **Kristen Campbell**,
Wisconsin: 1.19

WOMEN'S DIV. III

1. **Brooke Wolejko**,
Plattsburgh: 0.95
2. **Kate Turner**,
Adrian: 1.00
3. **Kelcey Crawford**,
Elmira: 1.06

MEN'S DIV. I

1. **Matthew Galajda**,
Cornell: 1.51
2. **Colton Point**,
Colgate: 1.74
3. **Connor LaCouvee**,
Minnesota State: 1.80

MEN'S DIV. III

1. **Evan Buitenhuis**,
Hamilton: 1.28
2. **T.J. Black, Jr**,
St. Norbert: 1.44
3. **David Richer**,
Oswego: 1.52



she started 15 of the team's 29 games, recording a 10-2-3 record and an eye-popping goals-against average of 0.99.

Head coach Kerstin Matthews admired how much Scavotto has progressed over the years.

"Maddie is unbelievably dedicated to her craft, she's probably from a technical standpoint one of the best goalies," Matthews said. "This year you could see her grow into the position a little bit more. It was really exciting to see her develop and grow into her skin."

When asked what makes the junior Psychology major such a capable netminder, her coach pointed to her uncanny ability to stay mentally sharp, whether it's in a practice or game.

"She doesn't come to the rink with baggage. She's reliable and she is the backbone of our team," Matthews said. "She is just 100 percent focused and she's able to lead the team with her steadiness and reliability."

And that helps her shake off surrendering the occasional goal, which are few and far between.

"Obviously everybody wants to go out there and get a shutout, but that's very unrealistic. When you're playing good teams, goals are going to go in," Scavotto said. "No matter what kind of goal it is, you have to come back the next play and be ready to stop another shot."

While a stipulation allows them to qualify for the NCAA Div. I Women's Ice Hockey tournament, the Hawks still play a Div. II schedule, which leads to a lack of national attention paid to the team.

This doesn't bother Scavotto.

"I play because I love hockey and I want to get better," she said. "We do get coverage at our own school, and if it doesn't extend outside of that it's not something we really pay attention to. Especially for myself, I don't like to focus on stats. Sometimes they get in my head, but we really just try to play for one another in the room." ☆

Get More Out Of Your Goalie's Pregame Warm-ups

→ By Phil Osaer

The buzzer goes, warm-ups are over, goalies at both ends give a sigh of relief that they survived the multiple-shot madness we call pregame warm-up.

We can all picture it. Players excited for the game, all lined in a corner, where one skates to the blue line, receives a pass from a player in the other corner then loops in and shoots 'bar down.' The passer, who now became the shooter, is right on his heels and he too ruffles the puck at the net. This ritual goes on for a couple minutes, usually each player touching the puck two times, while the goalies scramble around trying to 'get warmed up.'

Coaches everywhere are improving how they run practice, and it shows in the quality of the game. Now, let's take that approach with how we help goalies to warm-up before a game.

1 Removing Some Myths

- Goalies do not need a ton of shots in a short span to get warmed up.
- A five-minute warm-up at the youth level should not mimic an NHL warm-up.
- Goalies need some shots at their pads to get warmed up is a false rumor that goalies made up so (we) didn't have to move. (Goalies have tricked the hockey world for generations, knowing we were ready to play before the game and we just didn't want to take a puck off the collar bone. Today's goalies are more athletic, smarter and better equipped hockey players who deserve better.)

2 Two Ideas To Try

- Divide the team into two groups. Have one group partner up and



Be creative, ask the players what they would like and have fun with every aspect of our game.

pass back and forth while continuously moving between the blue line and the red line. Start with all forehand passes, then go to all back hand passes and finish with saucer passes. Have the other half of the team play 3 v 3 or 4 v 4 below the dots. In order to shoot, they have to make at least one pass. One goalie is in the game, the other is in the neutral zone, doing skating drills or working on basic fundamental save techniques with another player. Half way through the warm-up, switch the groups.

- Divide the team in half, have the pucks below the goal line on both sides. Two offensive players are waiting outside the blue line. One player gets a puck and passes it to the two offensive players. The passer becomes the defenseman and tries to deny the shot.


- **Rule #1.** Defensemen can't skate backward.
- **Rule #2.** Offensive players have to stay on their side of the ice. Nothing over the royal road. Whoever shoots then goes to get a new puck and passes to the other side and becomes the defenseman.

As a country, we continue to help our sport evolve. Make sure we remember that just because we have always ran pregame warm-up one way, doesn't mean that is the best possible environment for our players. Be creative, ask the players what they would like and have fun with every aspect of our game. ☆

Phil Osaer is the manager of goaltending for the American Development Model.



The GOALIE ISSUE



So much about the goaltending position has changed since Jack McCartan led the U.S. to the gold medal at the 1960 Olympic Winter Games.

FEW POSITIONS in sports hold as much influence on the outcome of a game as the player who occupies the space between the pipes. In this issue we celebrate all those who stare down opposition shooters and serve as their team's last line of defense.





A new generation of netminders has helped change the perception surrounding the position.



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A New Generation Of
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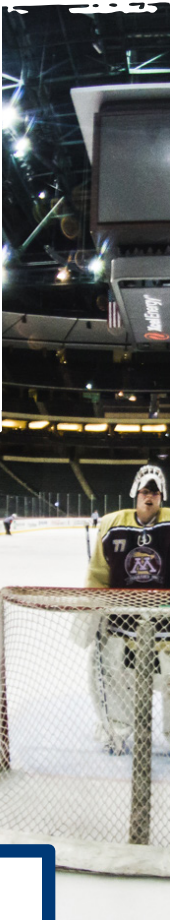
BEHIND THE MASK

By Harry Thompson

SPENCER KNIGHT has heard it all before. Despite holding the distinction of being one of the rising young stars on the American goaltending scene, the Darien, Conn., native has faced more than just shots from the opposition. He also has to deal with the good-natured ribbing from teammates that goalies often receive when it comes to playing the position.

“I hear that a lot, some people say it in a joking way,” Knight said of being called “quirky,” “odd” or “weird.”

When it comes to talk that goalies are somehow different from other players in the game, Spencer Knight of the U.S. National Under-18 Team has heard it all before.



“But I don’t think it’s weird at all. A goalie’s preparation and superstitions could be seen as weird, but for me every goalie has their own little quirks to get them going. It may seem weird by non-goalies, but to goalies it’s just what we do.”

Like the protective armor he wears as a member of the U.S. National Under-18 Team, Knight has developed a thick skin when it comes to dealing with the slings and arrows that come from those outside the goaltending community.

“One thing I’ve learned and what I’ve done is I try not to take myself too seriously,” said the future Boston College netminder. “If someone says something, I just laugh because they’re more than likely just joking with you. I’ve always said they can say it, but I’ll just go and stop the puck and then I’ll have the last laugh.”

And he does that better than most, leading the U.S. to a silver medal at the most recent IIHF Under-18 Men’s World Championship.

His coach Seth Appert can definitely relate. He too wore the tools of ignorance growing up in Minnesota and then at Ferris State University before turning to the coaching profession. He’s known a few goalies over the years who may have been a little on the quirky side, but that perception could have more to do with the solitary nature of the position than any character flaws.

“Players are always together in the locker room, and on the bench. They play on lines together, and in [defensive] pairings. The goalie, for the most part, is alone back there with his own thoughts, and sometimes his own demons,” said Appert, who completed his first season as a U.S. National Development Coach.

“There’s a different element to that, and you have to be very comfortable with that loneliness.”

They must also be comfortable with the pressure.

“Forwards can make tons of mistakes and most people don’t even know and they get seen for what they do well,” he said. “A goalie makes a mistake and the red light goes on and 10,000 people scream.”

It’s a message that Appert passes down to young netminders, including his 15-year-old nephew Roan, who plays goalie for the Mahtomedi Bantam AA team in Minnesota.

“I told him the position will become easier once you understand that every goal is your fault, and that it’s OK,” he said. “You have to take accountability for every goal, but you don’t have to beat yourself up about it. It’s the balance of those two things that is tricky for young goaltenders.”

It’s something that even the best goaltenders have had to get used to over the years. John Vanbiesbrouck has won more games than any American goalie in NHL history, and he has heard it all from the time he was a youngster growing up in Detroit right on through to today.

“I would say generally that nobody wanted to be abusive and I



“The position will become easier once you understand that every goal is your fault, and that it’s OK.”

—SETH APPERT

didn’t take it that way. I took it as a funny, tongue-in-cheek kind of comment and went along with it,” said Vanbiesbrouck, who recently took over as USA Hockey’s assistant executive director of hockey operations.

“It didn’t influence me to not want to be a goalie. Maybe the laugh was on me, but I went along with it.”

Like many of the colorful traditions associated with the game, the origins of the stereotype can be traced back to a bygone era when it took a certain breed to get between the pipes.

“I think that stigma was born out of a time when goalies didn’t wear masks and it took a certain type of person to play the position,” said Detroit Red Wings head coach Jeff Blashill, who also played his college hockey as a goaltender at Ferris State.

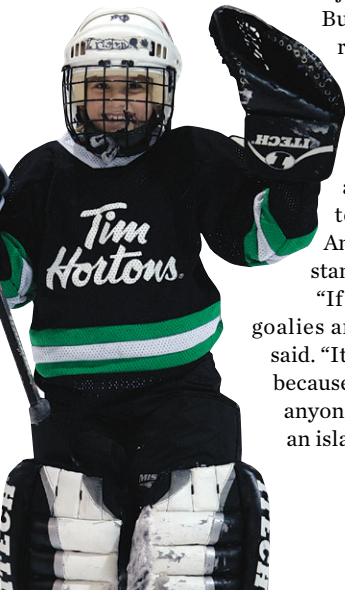
BEHIND THE MASK



When things aren't going well it may feel like a goaltender is all alone on the ice.

"I've never known that to be true. I think it's something that is either a fallacy or something that was true a long time ago, but certainly not anymore. I know lots of normal goalies. I know some weird goalies, just like I know some pretty weird forwards and defensemen."

From the days of Clint Benedict and Jacques Plante first donning rudimentary forms of facial protection right on through to Andy Brown, the last NHL goalie to wear a mask, and right on through to today, for whatever reason the stigma continues to stick. And just like Vanbiesbrouck did throughout his career, most goalies just go along with the joke.



But Phil Osaer isn't laughing. In his new role as the manager of goaltending for the American Development Model, Osaer sees the stigma as an impediment to recruiting talented youngsters to the position. And for someone who has a goal of having 51 percent of all goaltenders in the NHL and NWHL being Americans, he's ready to fight anything that stands in the way of that ambition.

"If you're living in the youth hockey world, goalies are not weird. They just aren't," Osaer said. "It's not cool or funny to make fun of a kid because of the position they chose. I don't want anyone in our sport to ever feel like they're on an island."

Wanna Go?

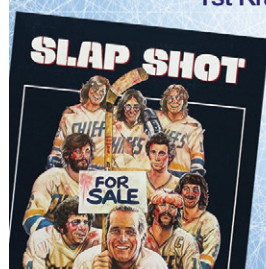
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"I don't want anyone in our sport to

-PHIL

If Osaer sounds a little defensive it could be because he's heard it all before, and quite frankly, it's gotten a bit old.

"People always say, 'Phil, you're pretty normal for a goalie,'" said the former collegiate and professional netminder. "Since I've been coaching I started thinking about that statement and it's not even remotely true. They're all really good kids. They're smart, they're engaged, they're leaders on their team. Then it started to bother me a little bit. And the last thing that I want is for one of these kids to think 'oh, I'm a goalie so I'm weird.'"

More importantly, Osaer worries about how that stigma could potentially dissuade parents from allowing their sons and daughters to try the position.

As a person whose livelihood is directly tied to the play of his goal-tenders, Blashill says there is a better stigma to attach to goaltenders.

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OSAER

"I would say that mental toughness is more associated with goal-tending more than being weird or anything like that," he said. "From a young age they're in a spotlight to a greater degree than other positions and you have to be able to bear the brunt of losses or goals against even though it's never totally their fault. They're the ones who are ultimately responsible for those things and they have to bear the brunt of that. The ones who survive and move on are the ones who are mentally tough."

USA Hockey is working hard to remove those types of stigmas by introducing a couple of additional measures aimed at getting more kids to try the position. One is the quick-change goalie pads, which give kids at the 6 & Under and 8 & Under levels more opportunities to play goalie for a shorter amount of time. The other is to split playing time, which allows both goaltenders to keep their head in the game.

"No one wants to go to the rink, put gear on and then not play, especially when you're 10, 11 or 12," Osaer said. "Through those years of sports sampling, long before you decide to specialize on a sport, we want to make our position more aligned with what we know about the adolescent brain so they're going to have the most enjoyment."

Vanbiesbrouck would also like to see coaches get their goaltenders more involved in practices and preparations for games rather than leaving them to their own devices on the ice.

"If he was a pitcher in baseball he would get the most coaching, if he was a quarterback in football he would get the most coaching but a hockey goalie probably gets the least amount," he said.

"I think that's certainly something we need to take a look at in the future of how we develop practices around this very important position and remove all the stigmas."

No matter what, even though many goaltenders will still go along with the joke, it's a stigma that has run its course as Osaer and others work hard every day to entice the best and brightest athletes to don the pads and get between the pipes.

"I just hope that we can evolve past this because the kids that I've gotten to know are not weird. They're really, really good people and great athletes," he said. "I hope this stigma dies with this generation." ☆

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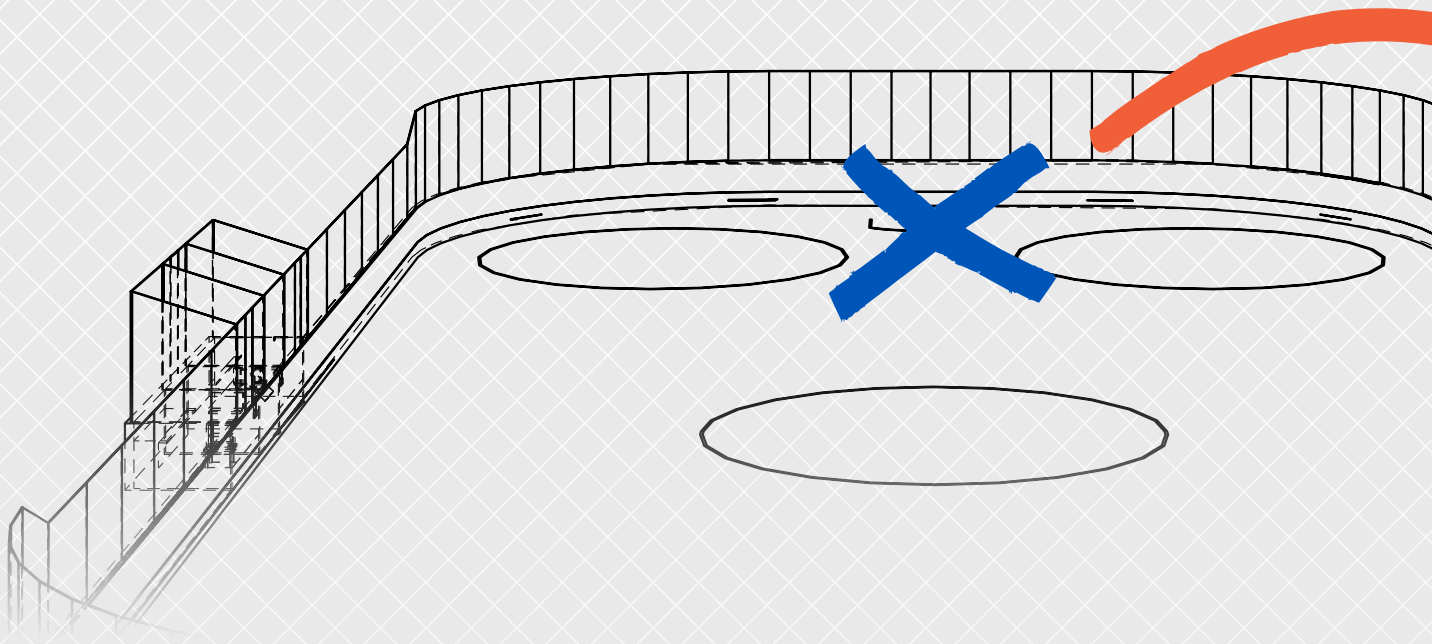
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FROM CREASE TO

Battle Tested By The Position, Former Goaltenders Find Their Calling Behind The Bench

By Harry Thompson

Whether it's the perspective from their position behind the plate or their ability to multi-task on the field, conventional baseball wisdom says that catchers make good managers.

A look up and down the organizational charts of any Major League franchise shows a number of former catchers who have made the transition from backstops to bench bosses.

What is it about the position that makes a catcher better suited to serve as a skipper than many of their teammates?

"I get that question a lot," said St. Louis Cardinals skipper and hockey dad Mike Matheny.

"It's just part of the job description for a catcher, where you have to understand what's going on with the pitching, what's going on with certain defenses, what's going on with the status of the team and understanding the game situation, not just my space right here."

It's more than just the "tools of ignorance" – a term long used to describe a catcher's protective gear—that links the position to a goaltender in hockey. It's the perspective one gets from standing between the pipes as a team's last line of defense that potentially makes a goaltender



Jeff Blashill, a former goalie at Ferris State, knew that his future in the game would be in coaching.

D COACH

Jeff Jackson has a resume packed with success at the collegiate, junior hockey, professional and international levels.



uniquely qualified to make the move into the coaching ranks.

“Those two positions, catching in baseball and goalie in hockey, are analytical positions,” said John Vanbiesbrouck, a Hall of Fame goaltender who was also an accomplished baseball player growing up in Michigan. “You’re observing, reading plays, reading how things develop as you come off the bench, matchups, who does well against each other. Your interpretation and observation are at a different level than other positions.”

From Notre Dame’s long-time head coach Jeff Jackson to Seth Appert with USA Hockey’s National Team Development Program to

Detroit Red Wings head coach Jeff Blashill, a number of former goaltenders are making a name for themselves behind the bench at all levels.

“Playing goalie gives you a unique perspective, definitely different from a skater. Whether it’s advantageous or not to preparing you to become a coach, I don’t know,” said Blashill, who completed his third season as the Red Wings head coach.

“The position probably gives you a certain unique perspective, but I also think that when

you're on the bench even though you're not part of the action, you get a chance to learn a lot that way too."

That served Blashill well during his four years at Ferris State University, where his head coach, Bob Daniels often viewed the Sault Ste. Marie, Mich., native as another coach on the bench, asking his opinion during games.

"Ultimately I'm a coach because of him," Blashill said of his former coach and mentor. "My senior year in college it was evident to me that I wasn't going to go real far in pro hockey as a player. [Coach Daniels] thought I had some of the attributes that would make a good coach. That really jumpstarted my career."

U.S. National Under-18 Team to a silver medal at the IIHF Under-18 Men's World Championship.

"At that point in my life, I felt like I accomplished my dream as a player of playing Div. I hockey. My dad gave me great advice. He said, whether you decide to keep playing or start coaching, make a decision and never look back. And I've never regretted it."

As a former goaltender, Appert knows what his goalies are going through, and that perspective allows him to take a different approach to dealing with them. While some coaches take a hands-off approach to those who play the position, Appert has never treated his netminders with kid gloves.



Seth Appert is another former player of Bob Daniels at Ferris State who has carved out a successful career as a coach.

“PLAYING GOALIE GIVES YOU A UNIQUE PERSPECTIVE, DEFINITELY DIFFERENT FROM A SKATER.”

Appert is another of Daniels' disciples who used his time in Big Rapids, Mich., to launch a coaching career that has led him to the upper echelons of the profession, first as a seven-year assistant with the University of Denver and then with Rensselaer Polytechnic Institute, where he was the head coach for 11 seasons before joining the NTDP.

"He has a knack for finding guys that he thinks are going to be good coaches and seeing qualities that maybe they don't even see," said Appert, who led this year's

"I think the one thing that former goalies understand is that you can be harder on goalies than most coaches are willing to be," Appert said. "Most coaches are afraid to be demanding of their goalies in terms of their work ethic or if they let in a soft goal.

"You have to have great respect and understanding of the pressure and the position, but I'm a big believer that the goalies need to be held accountable to the highest level because they need to be the backbone of your team."

That means that no matter what happened on the previous shot, whether it resulted in a spectacular save or the puck found its way to the back of the net, any goalie worth his or her salt knows the most important shot is the next one he or she will face.

"It's a position you really have to adapt quickly because when you get scored on you have to put those emotions aside, and that's kind of hard to do," Vanbiesbrouck said.

"It's the same thing when it comes to coaching in hockey, you have to put a lot of emotions aside. That's why you see a lot of stoic coaches. It's not that they want to be stoic. Their emotions are probably raging inside but they have to keep it under control. I think that all goes into the pot together." ☆

What's In A (Nick) Name

IT SEEMS LIKE EVERYONE IN HOCKEY HAS AT LEAST ONE NICKNAME, and no position has more colorful monikers than those that have been attached to those who stand tall between the pipes. Here are a few of our favorite goaltender nicknames.



Big Ben
Ben Bishop

AMERICAN GOALIE NICKNAMES



Beezer
John Vanbiesbroeck



Money
Steve Cash



Mr. Zero
Frank Brimsek



Net Protective
Jim Carey



Chico
Glenn Resch



Lefty
Mike Curran



King Henrik
Henrik Lundqvist

OTHER GREAT GOALIE NICKNAMES



The Dominator
Dominik Hasek



Gump
Lorne Worsley



The Eagle
Eddie Belfour



The Cat
Felix Potvin



CuJo
Curtis Joseph



The 'Bulin Wall'
Nikolai Khabibulin



FRIEND OR FOE

Weighing The Benefits Of Small Area Games On A Goalie's Development *By Scott Clemmensen*

A friend and fellow goalie coach once told me that “goalie coaches need to be careful not to turn our goalies into robots.” This advice has stuck with me whenever I am working with a young goalie.

Most goalies have a system that can be summed up as a “mental-manual” that tells him or her what to do in certain situations. Goalie coaches want to help by giving young goalies certain rules to follow in every situation, which would effectively take the guesswork out of the game.

And that's important when it comes to playing such a precise position. For example, being off your angle by an inch or two can be the difference between making a save and surrendering a goal.

How well a goalie understands and executes his or her system becomes the foundation of their game. This is obviously important, but relying too much on structure will turn a goalie into a robot and take away from

his or her natural athleticism. This is why a balance between structured and unstructured play is crucial to effectively developing as a goalie.

OUT OF THE COMFORT ZONE

Small area games are designed to force players into thinking and executing at a faster rate due to the limited space that is provided. This is especially true for goalies. It forces them to play outside of their comfort zone by playing deeper in the net and making more reactionary saves than they are used to. Part of this is due to the fact that there is no crease or other on-ice markings in which to base their positioning (although coaches can easily draw a crease if they choose to).

Goalies need to be able to read plays and react accordingly, with less structure. Therefore, more emphasis will be put on athleticism and compete level in order to keep that little black thing out of the net.

The fast and furious pace of small area games takes goaltenders out of their comfort zone and forces them to rely on their athleticism to compete.

RIGHT MENTAL APPROACH

Some goalies take the wrong mental approach and get frustrated while playing small area games because they do not know how to play without their own mental-manual. They view these games as their foe and their confidence can take a negative turn. They must understand that any drill designed to put the goalie at a disadvantage can be a good learning experience. It will challenge them. If they can do it during practice while at a disadvantage, then it will become easier in the game.

A GOALIE'S FRIEND

In taking a different approach, small area games can become a goalie's friend and ally. It will challenge them to execute their skills quicker, no matter what their system is. They can work on certain aspects such as reading plays, challenging their reflexes, raising their compete level and making more athletic saves that are outside of their typical structure. Often times, this is what many of the momentum-changing saves are comprised of during games. They are saves that are not within their typical structure. These athletic, non-robotic saves that cannot be taught.

CHALLENGE YOURSELF

Hockey is a creative sport. Goalies cannot just be robots. Small area games provide a good opportunity for goalies to get outside of their comfort zone by forcing them to rely less on their mental-manual to tell them what to do.

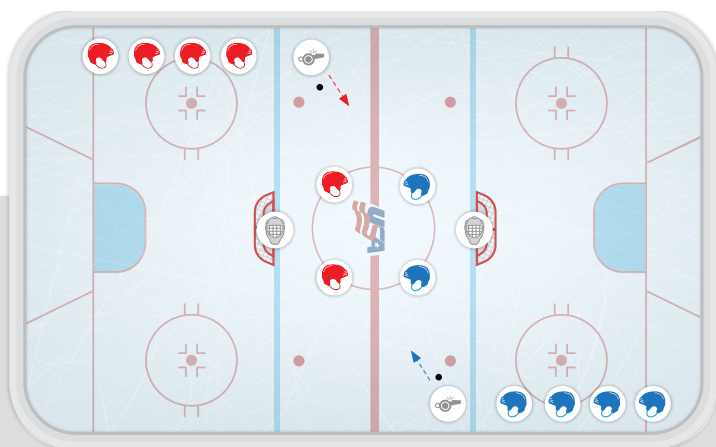
Small area games should be challenging and fun. Embracing this challenge and understanding their purpose will inevitably make these drills an enjoyable experience that can benefit them greatly. ☆

Scott Clemmensen is the goaltending development coach for the New Jersey Devils.

Small Area Games For Goalies

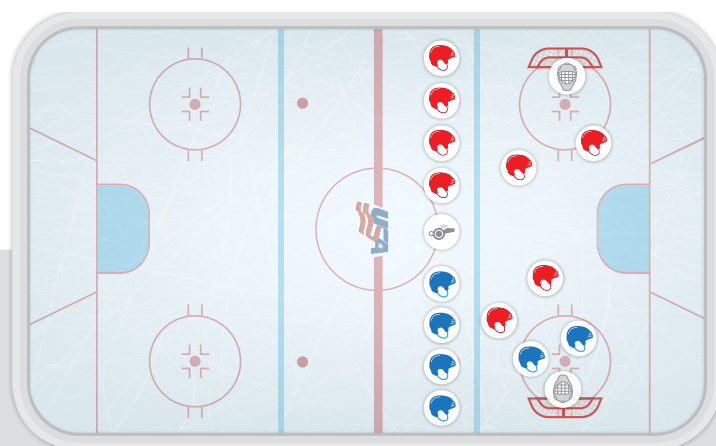
By Scott Clemmensen

Here are two small area games that we use in New Jersey. Our head coach John Hynes used these SAG when he was a coach with the National Team Development Program. I like both of these drills because they're good for both our goalies as well as for other players.



NEUTRAL ZONE 2 V 2

- Both coaches have puck and designated teams
- After a goal is scored, the team that was scored on gets a pass from their team's coach and attacks the other end right away
- Switch players every couple of minutes



IN ZONE 2 V 2

- Spray paint a line to cut the zone in half
- The offensive players (Px) try to score on the defensive players (Pz)
- Once the defensive players gain control, they attack the other goalie and new players waiting on defense (Pz)
- It is a continuous drill as players hustle out of the zone after they have gone on offense and two new players wait behind the line to play defense

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51 & 30

Goalie Profiles

“51 in 30” is the battle cry behind the USA Hockey goaltending initiative where the goal is to have 51 percent of NHL and National Women’s Hockey League goaltenders to be American-born by 2030. Here are several goaltenders who stood tall between the pipes during the 2017-18 season.

NHL

Connor Hellebuyck

Commerce Township, Mich.

Connor Hellebuyck snapped Tom Barrasso’s 25-year-old record for most wins by a U.S.-born goaltender when he notched his 44th victory against the Chicago Blackhawks. The 24-year-old netminder finished the 2017-18 campaign with nine straight wins, and went on to lead the Winnipeg Jets to the Western Conference finals. He finished eighth in goals-against (2.36) and 10th in save percentage (.924) to become the first Vezina Trophy finalist in Jets/Atlanta Thrashers history.

AHL

Alex Lyon

Baudette, Minn.

Alex Lyon worked overtime to help the Lehigh Valley Phantoms extend its AHL playoff run after he made 94 saves in a quintuple overtime win over the Charlotte Checkers, the longest game in AHL history. Lyon wrapped up his second season in the Philadelphia Flyers organization posting a 16-8-2 record with a 2.75 GAA. He stepped things up in the playoffs as he continues to make his case to join the Flyers next season.



NAHL

Mitchell Gibson

Phoenixville, Pa.

Mitchell Gibson enjoyed an MVP-like season for the Lone Star Brahmas, leading the North American Hockey League with a record-setting 11 shutouts to go along with a 26-7-0-5 record. The Harvard University commit led the Brahmas to the second round of the Robertson Cup play-offs where they lost to the eventual NAHL champion Shreveport Mudbugs.

USHL

Jared Moe

New Prague, Minn.

Jared Moe made quite an impression when he allowed one goal in his first two games to earn USHL Goaltender of the Week honors. It proved to be just a glimpse of things to come as the University of Minnesota commit finished the season with a 23-6-1 record and a 2.23 GAA. His play also caught the eye of pro scouts who ranked him 10th among North American goaltenders on NHL Central Scouting final rankings.

Based on their stellar play during the 2017-18 season, these talented young goaltenders have bright futures ahead of them.



YOUTH

Luke Pavich

Clarence Center, N.Y.

Luke Pavich capped off a great year by backstopping the Buffalo Jr. Sabres to the USA Hockey Tier I 15 Only National Championship at the USA Hockey Arena. Pavich won five games to pace the No. 1 seed in the tournament. He was most impressive down the stretch, surrendering one goal in each of his final three games, including a 24-save effort in the title game against Little Caesars.

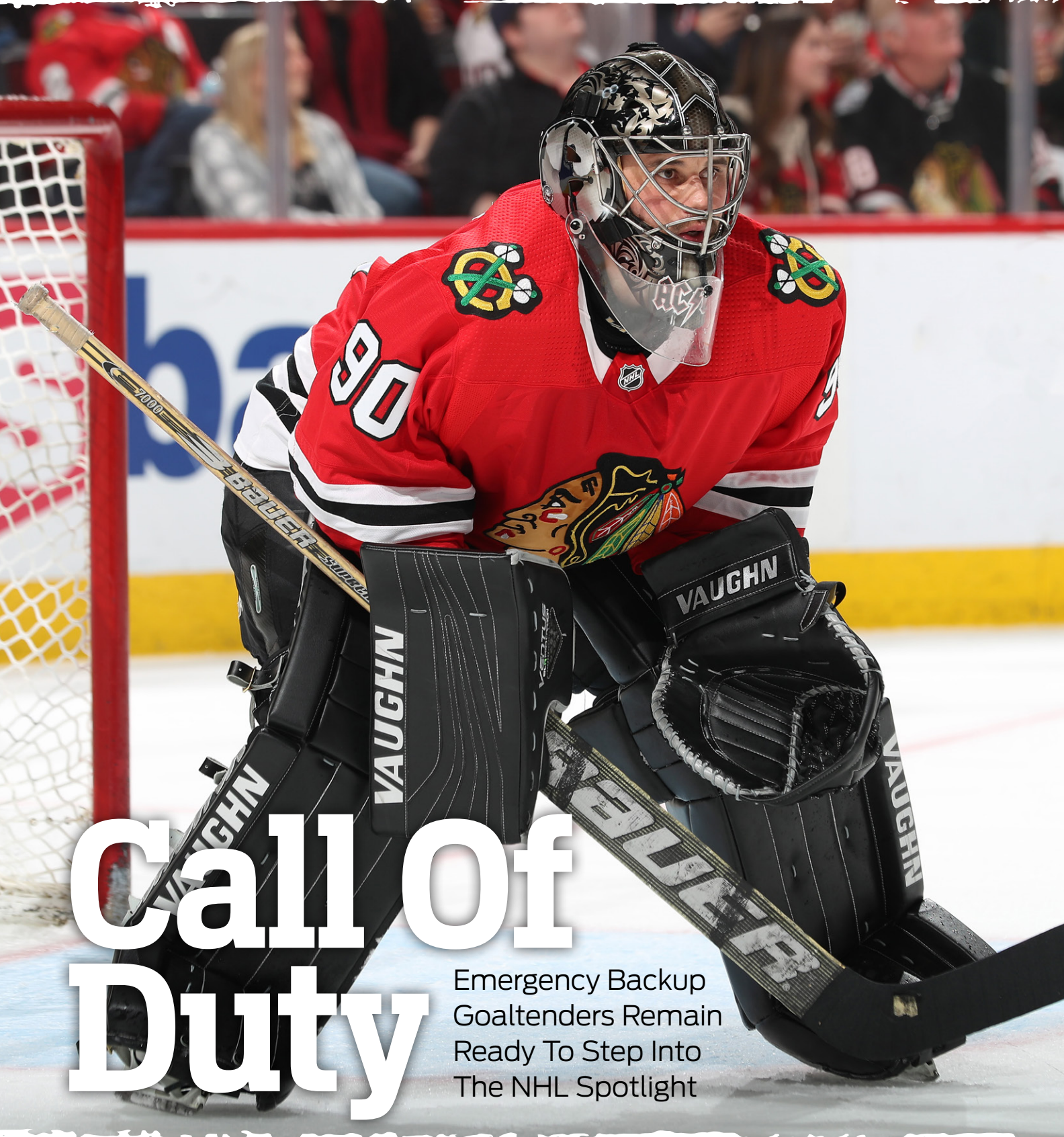


COLLEGE

Sidney Peters

Geneva, Ill.

Sidney Peters closed out her collegiate career at the University of Minnesota with an impressive 1.93 goals-against average and four shutouts as she led the Gophers to the national quarterfinals. In four years, Peters was part of Minnesota's back-to-back national championship teams in 2015 and 2016, and stands in the top five in program history in victories, shutouts, GAA and saves. She also made her mark by earning the 2018 Hockey Humanitarian Award after volunteering nearly 800 hours toward community programs. ☆



Call of Duty

Emergency Backup
Goaltenders Remain
Ready To Step Into
The NHL Spotlight



WHEN SCOTT FOSTER

stepped out of the shadows of anonymity and into the NHL spotlight this past March, it sent the hockey community into a frenzy.

It was early in the third period of a game against the Winnipeg Jets when Chicago Blackhawks backup goaltender Collin Delia went down with an injury. The call was quickly placed to Foster, who came on in relief to stop all seven shots he faced to seal the win.

It was a rare moment in the sun for the 36-year-old former college goaltender turned accountant, who was used to facing local beer league shooters at Johnny's Ice House rather than the top players in the game.

For fellow backup goalie Alex Bjerck, it was a momentous occasion seeing one of their own become the talk of the league, even if it were only for a day.

"I didn't get to see it until I got home and went on social media and it was all over," said Bjerck, who is currently an USA Hockey goalie development coordinator with the Nevada Amateur Hockey Association and also serves as the emergency goalie for the Vegas Golden Knights.

A graphic designer and goalie coach for the Las Vegas Jr. Golden Knights by day, the 29-year-old Minnesotan admitted jealousy set in when he saw the attention Foster was being given.

"I wanted it to be me," Bjerck said. "Being a hockey player my whole life I'm a competitive person and it was an exciting moment for your average Joe. It's cool when one of us could get in the spotlight like that, even for the little time that there is."

The NHL rulebook opens the door for an "average Joe" to live out his NHL dreams. According to Section 5.3 of the collective bargaining agreement, "In regular league and playoff games, if both listed goalkeepers are incapacitated, that team shall be entitled to dress and play any available goalkeeper who is eligible. This goalkeeper is eligible to sit on the player's bench, in uniform."

Some organizations have try-outs for the position, but for Bjerck, it was all about being in the right place at the right time that landed him the emergency backup for the league's newest expansion team.

While helping with a commercial promo shoot for Cirque du Soleil, Bjerck used his connection with Gabe Gauthier, the then-hockey director for the Jr. Golden Knights, to inquire if Vegas had someone waiting in the wings if necessary. Fortunately for Bjerck, "there's not a big pool for men's goalies" scattered along the Vegas Strip.

Four days after that, Bjerck's phone rang with the news he was hoping for.

"I got a call from our senior VP asking if I'd be interested and we talked about some details and it all kind of happened pretty quick and unexpected," said Bjerck, who played two seasons at the University of Wisconsin Eau Claire. "I was elated to jump on board and the rest is history."

While Bjerck used connections in his quest to becoming an emergency backup, the same can't be said for Zane Kalembo, the USA Hockey goaltending development coordinator for the Atlantic District.

After the New Jersey Devils posted an online application to their website and social media channels for the position, Kalembo was one of around 400 applicants interested in the position. From there, the list shrunk to four, with his

previous experience at the professional and college level landing him a backup role.

Following an injury to Winnipeg Jets netminder Steve Mason in a practice and his replacement Michael Hutchinson running into travel issues before a March game versus the Devils, the former four-year starter at Princeton University was the next man up.

"It was pretty awesome, I got a call around 1:30 in the afternoon just saying be ready because Mason got injured in the pregame warmup and they couldn't guarantee that Hutchinson would fly in in time with all of the delays," Kalembo recalled.

"I got dressed after the short warmup and I went out on the ice for the on-ice warmup with the Jets so it was pretty amazing."

With the element of unknown a major part of the equation, both Bjerck and Kalembo touched on the importance of the preparation needed to stay in shape and focused in case their services are ever needed.

"You're always sort of ready as a goalie, whatever level you're playing at you're on the bench ready to hop on," Kalembo said. "I was able to skate with a few men's leagues teams

here and there just to stay in shape. In the playoffs I actually skated with the Devils' Black Aces for a few days so it was good just to keep the fitness up and get a daily sweat going."

"It's a constant juggling act," added Bjerck, who uses his position as goalie coach to keep up

his fitness. "I try to get extra ice when I can and try to stay focused in that way. The other part of it is staying sharp mentally."

Although the chances that they play in an NHL game are low, Bjerck is fixated on one thing: giving back to the game that has given so much to him.

"We get to go to all these games, we get to watch these guys every night, nobody else in town can really say that," he said. "I feel like a part of that family culture that the team has here. All the guys are super friendly. I know my part, and I'm happy doing it for what I'm supposed to be doing." ☆

"I got dressed after the short warmup and I went out on the ice for the on-ice warmup with the Jets so it was pretty amazing."

—ZANE KALEMBA



Gear Today, Gone Tomorrow

The Evolution Of Goalie Equipment Has Helped Change How The Game Is Played

As the game has evolved over the years, so too has the equipment worn by those who stand between the pipes. From the protective face mask to bulky leg pads, goalie gear has undergone drastic changes in order to better protect the goaltender. Along the way it has ultimately changed how the position and the game is played.

THE MASK

1920s

Elizabeth Graham of Queen's University became the first goaltender to wear a mask, sporting a fencing mask in order to protect her teeth.

1930s

After the Montreal Canadiens' Benoit became the first to get a face mask for a few years.

TRAPPER (or Catching Glove)

1920s

In the early days goalies wore the same style of gloves as other players because most shots were kept below the waist.



Lorne "Gump" Worsley

1920

BLOCKERS

1930s

Eveleth, Minn., native Frank Brimsek was the first goalie credited with adding a pad to the outside of glove worn on his stick hand.

GOALIE LEG PADS

1930s

Modeled after cricket pads, early leg pads were made from horsehide and stuffed with deer hair.

UPPER BODY PROTECTION

1920s

Bulging belly pads made of leather, canvas and felt were often used under the sweater.

19

Since the 1920s, goalies have used this type of padding.

By Jason Kates



Goalies were considered odd for not wearing masks.

1950s

A contest in 1959 between the New York Rangers and Montreal Canadiens became a landmark affair when Habs goalie Jacques Plante became the first NHL goalie to wear a mask on-ice made of fiberglass that covered his entire face after being hit there with a puck.

aking a puck to the face,
al Maroons netminder Clint
et wore an all-leather mask
w games before ultimately
rid of it.



1930s

When Minnesota natives Mike Karakas and Frank Brimsek broke into the NHL, they used rounded gloves with a webbed pockets similar to a baseball mitt, which allowed them to catch and trap the puck. By the end of the decade, the trend caught on with other NHL netminders.

1940s

Emile Francis, a two-sport star from Saskatchewan, asked the trainer with the N.Y. Rangers to take his glove to a local shoemaker to take the cuff off an old hockey glove and sew it onto a baseball mitt. After much back and forth with the league, the glove was ruled to be a legal piece of gear.

Worsley

1930 1940 1950 1960

alie
n on



Maurice Roberts is in the U.S. Hockey Hall of Fame

1950s

Chicago goaltender Al Rollins took Brimsek's idea a bit further by adding a fiber backing covered with leather, which allowed him to better control rebounds.



Willard Ikola of the 1956 U.S. Olympic Team shows off goalie gear of the era.

1940s

An extra roll of material called the "skip-over roll" was added to prevent a puck that hit the edge of the pad from slipping past on the side of the pad. It also provided additional stability and flexibility.

1950s

The "skip-over roll" was extended to the top of the leg pad to the lowest point covering the skates.

1930s

imilar to what a catcher in baseball would wear,
alies wore chest protectors made of leather, felt
ffing and canvas. These protectors included
ck sleeves that fit snugly under the jersey.



Al Lacroix led the U.S. to a silver medal at the 1924 Olympics

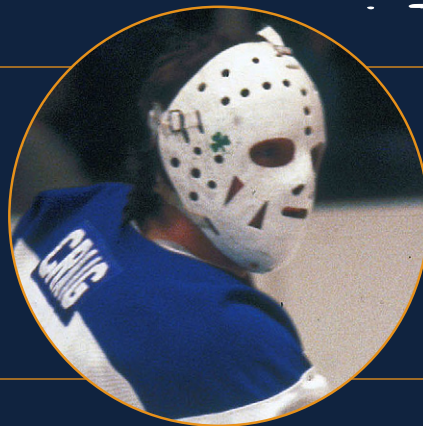
1950s-1960s

Protectors, made of leather or thick canvas, were worn over felt long-sleeve shirts and contained extra padding around the goalie's elbows and shoulders.

THE MASK

1970s

The decoration of goalie masks can be traced back to the 1970s, when Boston Bruins goaltender Gerry Cheevers asked his trainer to add stitch marks to his mask anytime a puck hit him in the face. Tony Esposito advanced goalie masks forever when he built-in a steel cage over the eyeholes of his mask and created an extension made of fiberglass that protected the top of his head. This change set the groundwork for masks goalies wear today.



Goalies have long shown their personality through the designs on their masks.

TRAPPER

1970s

As curved sticks brought with them the ability to lift the puck, the trapper (catching glove) transformed into a piece of gear designed specifically to catch the puck. Among the changes was the addition of palm and wrist protection and a 'string mesh' in the pocket.

Leg pads used to be made of leather and stuffed with horse hair, which made them heavy when they got wet.



1970

BLOCKERS

1960s-1980s

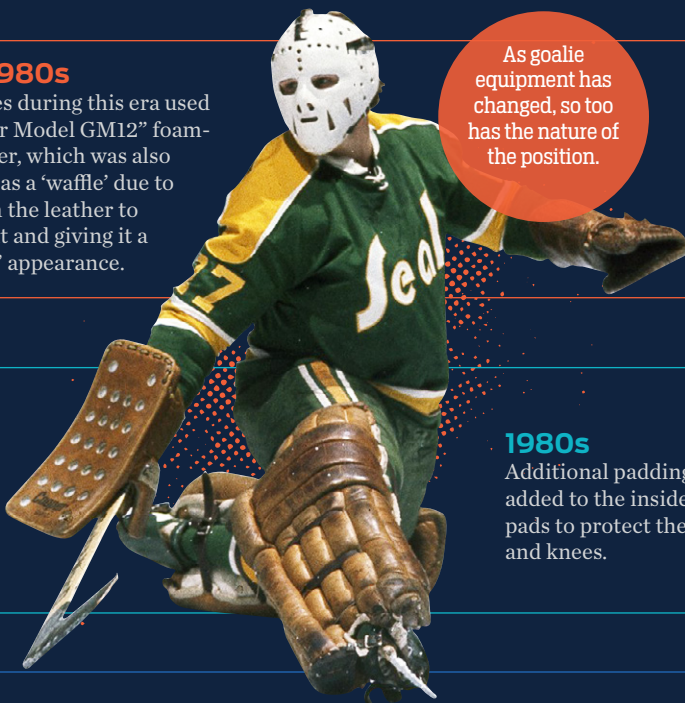
Most goalies during this era used the "Cooper Model GM12" foam-filled blocker, which was also referred to as a 'waffle' due to holes cut in the leather to limit weight and giving it a 'waffle-like' appearance.

1980

As goalie equipment has changed, so too has the nature of the position.



GOALIE LEG PADS



1980s

Additional padding was added to the inside of the pads to protect the legs and knees.

1990s

A shift to synthetic leathers and high-density foams came about to make pads lighter, cheaper and easier to create in the colors of the specific goalie's team.

UPPER BODY PROTECTION

1960s-1970s

Goalies began wearing two pieces of gear: a chest protector that featured canvas stuffed with padding, and the other designed to protect the arms and shoulders. While these pieces of gear helped take away some of the sting of stopping a high, hard shot, goalies were oftentimes left with welts on their upper bodies.

1990s

Radical change came with the introduction of upper-body armor, which the shoulder and chest protector were combined into one piece of equipment that was thicker and reinforced with Kevlar for added protection. The upper body protector was designed to better cover key areas such as the elbow, collarbone and shoulder.



Goalies are better protected and more athletic, which makes things harder for shooters.

Today

These days goalies can be seen sporting 'hybrid masks' that are made of materials such as Kevlar, carbon fiber and fiberglass. Masks today consist of a large cutout in the eye/nose area that is covered by a cage made of steel/titanium to keep pucks and stray sticks from getting through.

2000s

Trappers in today's game consist of foam padding over the top of the hand in order to provide extra protection from rushes to the net, and is designed to absorb the impact of repeated shots. The NHL eventually ruled that the circumference of catching gloves needed to be reduced from 48 inches to 45 inches, which would make pucks harder to snag and thus create more rebounds.

2000

2010

TODAY →

1980s-Current

Present-day blockers are now a combination of a close-fitted glove and a rectangular block of padding made of high and low-density foams and high-density plastic. In 2005, the NHL reduced the size of blockers to 15 inches.

2000s

As goalies shifted towards a blocking style technique rather than reacting style, "box" style pads became more popular. In these pads, the edge between the pad face and the pad inside edge is square, maximizing the blocking area when the goaltender drops to the "butterfly" position. In 2005 the NHL ruled that leg pads could be no wider than 11 inches.



SKATES

Once again credit Mike Karakas for the creation of the modern goalie skate. During the 1938 Stanley Cup final, a hard shot broke Karakas' toe. He returned from the dressing room with the toe of his skate reinforced with steel. Several years later all goalie skates featured a protective plastic shell similar to what all goalies use today.

Modern goalie skates owe much to former American goalie Mike Karakas.



New chest protectors

2000s

These days goalies are protected with equipment that wraps fully around the shoulders and extends down the arms all the way to the wrists. Foam-filled chest protectors were segmented to increase mobility and flexibility.