



THE FRIENDS OF PENN STATE MEN'S HOCKEY, Inc. NEWSLETTER

FROM THE PRESIDENT

The 2014-15 Penn State men's hockey season began at a ferocious pace as the Lions jumped out to an impressive 9-4-2 start to the campaign, which included a 4-1 upset victory at fourth-ranked UMass-Lowell and a sweep of Wisconsin in Madison. The team created early season enthusiasm and energy with the quick start and hopes to continue in its quest of continuous improvement while playing winning hockey.

Behind every successful athletic program lies a strong support group. Like the hockey program, the Friends of Penn State Men's Hockey is in its infancy. Despite some early season hurdles, our "club" is looking to enhance its relationship with the hockey program. On October 25, during the Holy Cross hockey weekend, over 100 people

attended a club-sponsored tailgate at the Pegula Ice Arena. We are chartering a bus from State College to Philadelphia on January 31 for the 1 p.m. game against Vermont at the Wells Fargo Center (check your e-mail or visit our website – www.fopsmh.org – in the coming weeks for details). The season's activities culminate with the annual team banquet on March 7 at the Nittany Lion Inn.

The primary goal of the club is not to just show support for the student-athletes and staff that represent Penn State, but also to reach out to all hockey fans in the PSU and State College communities. Your continued support goes a long way in helping to enhance the overall experience of our student-athletes during their stay in "Hockey Valley."



If you have any suggestions or ideas on how we can move closer to reaching our goal of supporting the team even further, please drop me an e-mail at the address at the bottom of page 3 of this newsletter. I appreciate your support for both the Penn State men's hockey program and the Friends of Penn State Men's Hockey, and I look forward to meeting you at the rink.

OFF THE ICE



Coach Gadowsky reviews game films at the Air Force brunch (2012).

Coach Gadowsky conducts his weekly radio show from Rotelli's Restaurant.



Casey Bailey greets fans at the Club tailgate in Pegula on Ohio St. football Saturday.

Ricky DeRosa discusses season prospects at the Club tailgate.



COACH'S CORNER

There's a lot of optimism and excitement coming into the 2014-2015 season. A lot of it has to do with the great strides that we made last year. The team significantly improved from October to March and had some great results in the Big Ten (against some of the toughest competition in the nation) to show for it. The other reason for the optimism and excitement is what's going on off the ice. A 95% season ticket renewal rate and selling out the student section in three minutes are both strong statements of how Big Ten hockey and our hockey program have been received by this community and student body. For these reasons, we are extremely proud and motivated to play in front of such great fans in such a tremendous atmosphere.

We lost a great character player in Mike McDonough but gained three new players who bring different talents to the team. James Robinson is a captain from the BCHL and immediately adds to our identity. He drives the net extremely well and is very tough to play against. He has a great work ethic and fits in perfectly with our culture. Scott Conway is a very gifted offensive player who surprises you with his grit. His offensive instincts are very impressive and he is fun to watch; he should put up good numbers as he adjusts to college hockey. Erik Autio is an extremely poised defenseman who has the innate ability to make the game look simple; hockey fans will really enjoy watching him play. As he adjusts to college hockey, Erik will become very effective at both ends of the rink.



PSU Athletic Communications

We cannot thank the Friends of Penn State Men's Hockey enough. Your support is invaluable to what we do, as is the motivation you provide. I hope you all enjoy the season and watching our program grow.

ASK COACH GADOWSKY

Question: *What are the major rule changes in 2014-2015 for NCAA hockey?*

Coach Gadowsky: There are 3 points of emphasis for the 2014-2015 season:

Goaltender interference, diving and embellishment, and delay tactics.

The first two will be enforced more strictly. Delay tactics have to do with teams getting a rest when they are supposed to get to a face-off dot. This happens often after a team is tired from playing in their defensive zone, and therefore ices the puck. Often players will go to the bench and try to change, not because they think they will get away with it, but to get time to rest. This will now result in one warning, and a 2 minute penalty after that.

There are also 3 new rules:

1. Face-offs can no longer be won with your hand; a 2 minute penalty will be called when this happens.
2. After any shot from the offensive zone that goes out of play, the face-off will remain in that zone. In the past, a determination needed to be made whether the puck hit a post, the goaltender, was deflected by a stick, or went straight out. Now it doesn't matter, as all face-offs will remain in the offensive zone.
3. For face-offs in the end zones, the defending player now must put his stick down first. In the past it was the offensive player. The hope is that this will lead to more offensive plays from face-offs.

Editor's note: E-mail your questions for Coach Gadowsky to: joelsobel@hotmail.com

FUN FACT

During the 2013-14 season, Penn State played 8 games against 3 of the 2014 Frozen Four participants (eventual champion Union, Minnesota, and Boston College).



WEARING THE C A WORD FROM CAPTAIN PATRICK KOUDYS

Going into this season, we are all very excited. Now we are able to focus more on winning games without all the extras that went into last year. We experienced a lot of firsts: first game, goal, and win in Pegula, and first games in the Big Ten and the inaugural Big Ten Tournament. These were amazing experiences that none of us will ever forget. But now, with most of the team back from last year and this year already underway, we are ready to go. Big Ten league play is right around the corner and we are making every practice and game count by preparing to be our best by the time the Tournament comes around. Everyone is already on the same page and working hard towards our goal of being the most successful team we can be this season.

ASK THE LIONS

Question: *Who influenced your hockey career the most and in what way?*

Nate Jensen: The biggest influence in my hockey career was my dad. He had a successful career playing for the (University of Minnesota) Gophers, the 1984 U. S. Olympic Team, and in the NHL, so I always looked up to him. People always ask if he forced me to play hockey, but he was very supportive in every sport I played. I was just drawn to hockey because of its speed and finesse. Once I committed myself to hockey, my dad was always there to give me advice and help me hone my skills.

David Glen: I have been lucky enough to have had many great coaches in my hockey career, and I am grateful for the lessons they taught me along the way. However, my parents have definitely been the most influential people in my hockey career. From driving me to 6 a.m. practices, to making pre-game meals, and everything in between, my parents have afforded me the opportunity to play hockey at the highest levels, which has ultimately led me to play here at Penn State.

Question: *What do you think the team learned last year playing in the Big Ten and how will this help you this year?*

David Glen: I think that we learned how much commitment and effort it takes to be competitive at this level. Going into last season, we really didn't know how competitive we would be, and it took time for us to learn how to play what we call Penn State hockey on a nightly basis. Trust me, we are still learning this lesson, but we showed that when we all pull the same way, our team can be a significant factor in the Big Ten, and it opened up new expectations to work towards this year.

Editor's note: E-mail your questions for the Nittany Lions to: joelsobel@hotmail.com

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Tommy Olczyk's father Ed and Nate Jensen's father David were teammates on the 1984 U.S. Olympic hockey team in Sarajevo.

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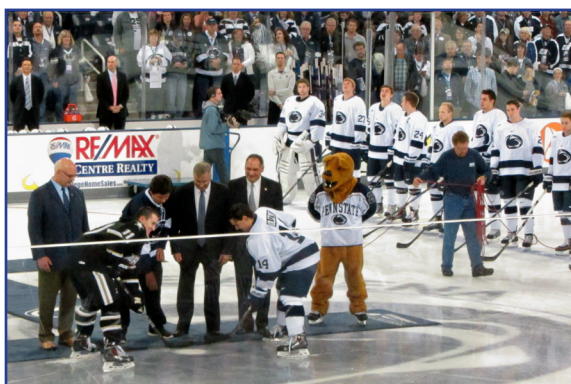
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GAME ACTION



Max Gardiner takes inaugural varsity face-off vs. American International (2012).

A trio of Lions swarms the American International net (2012).



Ceremonial face-off before opening of Pegula Ice Arena vs. Army (2013).

Taylor Holstrom takes the inaugural face-off in Pegula Ice Arena vs. Army (2013).



Richard, Goodwin, and Saar race Army players to the puck (2013).

"For the Glory" reverberates throughout Pegula Ice Arena (vs. Army, 2013).



Ricky DeRosa backchecks vs. Holy Cross (2014).

Scott Conway drives the Holy Cross net (2014).



UNDER THE STANDS



Coach Gadowsky shows off his new "Smartboard."



New lockers hold all the gear.



More sticks are ready by the entrance to the players' bench.



"RapidShot" allows players to work on shot speed and accuracy.

BEHIND THE SCENES: EQUIPMENT MANAGER ADAM SHEEHAN

Editor's note: Penn State hockey equipment manager Adam Sheehan has previously worked for the Phoenix Coyotes, Carolina Hurricanes, and Detroit Red Wings of the NHL. FULL STRENGTH interviewed Adam in October. This is the first half of that interview; the second half will appear in the Spring 2015 issue.

Question: Can you explain your duties as head equipment manager for Penn State hockey?

Adam Sheehan: As head equipment manager, I look after the budgeting for, and purchasing of, all equipment for both the men's and women's programs: skates, sticks, equipment, pucks, apparel, etc., you name it and we look after it. I look after skate sharpening, equipment repair, room set-up, practice set-up, and so forth, every day. Sometimes it can be like ground hog day but it's something I love doing.

Question: Does an equipment manager have to have hockey playing experience, and how did you get into the profession?

Adam Sheehan: I know of equipment managers at every level who have not played hockey. Even so, I think it makes a big difference when you are able to explain things to players and have them trust that you know how they are feeling in certain situations on the ice.

I played for most of my life leading into college and I spent some time working with my team at Western Michigan

University. I knew at a young age that I wanted to work in sports. In Phoenix, I met the Coyotes staff and built a relationship with them. They gave my name to someone in the front office, and at first I spent a season as part of a promotional team on game nights. I got the job of helping with the visiting teams on game night, and I also helped out on practice days. I spent springs and summers working with head equipment manager Stan Wilson, who taught me about skate repairs and sharpening. Tony Silva and Jason Rudee helped me learn the other side of the job, which involves preparing for road trips, transferring equipment to and from airports, and going about regular nightly duties for games.

When you work with home and visiting players and staff, you're almost auditioning for future jobs, especially with those teams; they get to know you, so that when jobs open up around the league, you aren't just a name on a resume. NHL teams normally promote from within the organization or their AHL affiliates, so I was fortunate to eventually get jobs with two other teams outside of Phoenix.



PSU Athletic Communications

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YOUR VOICE

To the members of Friends of Penn State Men's Hockey, Inc.:

This is the 1st issue of FULL STRENGTH, which we hope will become a publication you look forward to reading every season. We plan to publish 2 newsletters each season – one in the fall, and one following the season. Each issue will include information, insights, and pictures not available anywhere else, and will be sent to members only.

In each issue, you will learn about club activities and projects, hear from Coach Gadowsky and team members, and be introduced to the people behind the scenes who do so much for the Men's Hockey Program, in pieces written specifically for FULL STRENGTH. You will also be treated to pictures of game action, Pegula Ice Arena locations generally "off-limits" to the public, and team/club events.

We also want to engage you, our members – we want this to be YOUR NEWSLETTER. Each issue will contain an "Ask Coach Gadowsky" and an "Ask the Lions" section (see pages 2 and 3 of this issue), and we invite you to submit questions for both of these. We also encourage you to write to us about anything on your mind regarding Penn State Men's Hockey, the Friends of Penn State Men's Hockey, and/or this newsletter; we will include the best of these in each issue.

You may e-mail all such items to: joelsobel@hotmail.com

Alternatively, you may mail these to:

Friends of Penn State Men's Hockey, Inc.
P.O. Box 1104
State College, PA 16804
ATTENTION: NEWSLETTER

If you haven't already, please join us by becoming a member of Friends of Penn State Men's Hockey, Inc. We meet monthly in the Pegula Ice Arena. You can find out precise dates, times, and meeting rooms, and also find a membership application, on our website: www.fopsmh.org

If you ONLY have questions about membership, please send an e-mail to:

friendsofpennstatemenshockey@gmail.com

We look forward to hearing from you and seeing you at the games, our monthly meetings, and at various club events.